

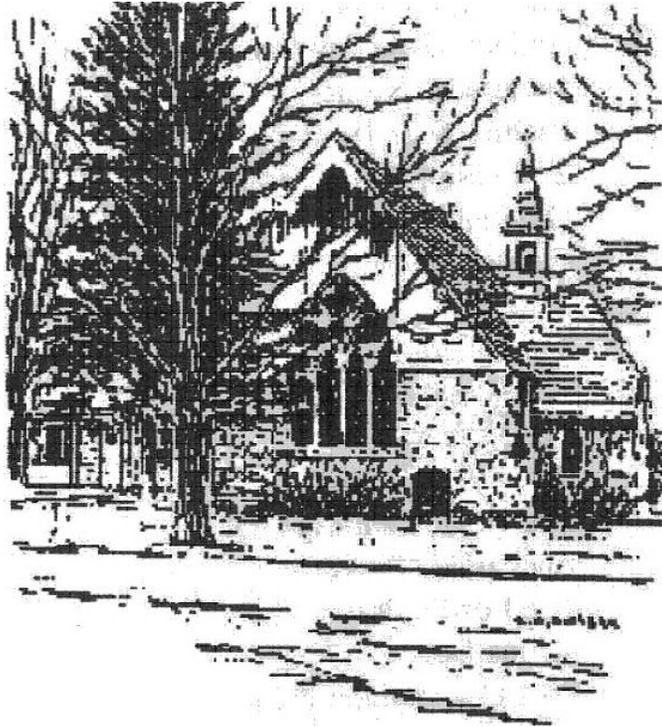
# CHURCH OF OUR SAVIOUR

## GIDEON'S TRUMPET

Volume 10

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Number 6



### PASTOR'S PAGE

Hello Brothers and Sisters,

Over the past couple of months I have spent some time here and there meditating on the idea of spiritual discipline. Why? Well, quite simply, because my own discipline has taken a bit of a bump over the past few months.

Allow me to explain: when I had returned to my faith some years ago I had made a commitment to God that he would get all of me. In making this commitment, I found myself under the tutelage of my mentor, Fr. A. Wayne Bowers. I had committed to finding out how it is that he lived his Christian walk and to adopt his disciplines in order to allow God to do the work in me he needed to do. This led to developing several disciplines of faith. Amongst them were reading/praying through the daily offices, use of the Rosary (both Anglican and Roman), reading scripture separate from the offices, attending bible studies, doing additional bible studies on my own, attendance at “extra” church services and working on fulfilling the scripture of “pray without ceasing”.

I just got a little winded writing that out.

For the most part, I have been able to maintain the majority of my disciplines. I believe these help me in my every day walk not only with God and fellow believers, but more especially in my interaction with non-believers.

There are two risk factors that sometimes interfere with these. The first is complacency. When one becomes complacent, read that as too comfortable, one can easily become “bored” with what they are doing. The natural cure for boredom is to try something different. This has the potential side effect of “trying to fix what isn’t broken”. Routine is not always comfortable. It is not exciting. It does not reach the news and often will go unnoticed by the majority of the world around you. Yet, routine is what helps to discipline the mind so that it works consistently in a new way of thinking. This fulfills scripture of “taking every through captive”.

The other risk factor is reprioritization. In other words “I’ve got to get \_\_\_\_\_ done first”. This leads to shaving off disciplines in order to “save time” that you then may use for the new priorities. I have heard it quoted from some religious figure (I do not recall which one) as he was sharing with someone regarding how much work he had to do that day and how busy he was going to be as he was going in to do his morning prayer. Asked if he then decided to shorten or skip the prayers, he responded, “Quite the opposite, with so much needing to be done, I spent twice as long in prayer”.

Discipline is about setting boundaries. Spiritual discipline is about setting boundaries for our spirit which in turn helps to set boundaries for our minds and bodies. It is through discipline that we demonstrate discipleship. This is needed for our spiritual growth.

So, today, as I finish this up, I am preaching to myself. Time to get back to what has worked, allow for God to lead wherein it may need to change and be open to the leading of the Holy Spirit in all things.

Blessings and peace to all,

*Father Frank Lockwood*

## **PRAYER CONCERNS**

Presiding Bishop Michael Curry  
The Right Rev. William Love, Bishop  
Daniel Herzog  
Rev. Frank Lockwood  
Rev. Canon Clinton Dugger  
Deacon Randolph Lukas  
Deacon Leslie Groneman  
Pope Francis  
Fr. John  
Deacon Peter

Metropolitans of Eastern Orthodox Churches  
Bishops of Lutheran Synods  
Archbishop of Canterbury  
Missionaries  
United States Government  
President Trump  
Governor Cuomo  
Senator Kirsten Gillibrand  
Senator Daphne Jordan  
Senator Charles Schumer  
Congressman Anthony Delgado  
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Scott	Katrina
Terry	Janis
Jessi	Eric
Angela B.	George Ertel, Jr.
Martin	Peter Guiler
Adrian	Margaret
Rich	Ralph
Nancy Mills	Joanne Papucci
Courtney	Scott

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Eddie  
Storm Riders  
Jane & Freida  
Beverly  
Sue H.  
Theresa Hoffman  
U.S. Military – Evan, KI and families  
Vestries and ministries of Christ Church Cocksackie and

Mary Ann H.  
St. Mark's Church – Philmont  
Michael  
Janice C.  
Bitsy & Tony Winig  
Cliff Myers  
Peter Quinn  
Church of Our Saviour

### **JUNE BIRTHDAYS**

16 – Louis Godfroy, III  
24 – Dianne Spoto  
25 – Cecile Best  
27 – Darian Bates

### **DOLLARS AND SENSE**

Last month, I wrote a lot about the weather. In the past, May was one of my favorite months – the beautiful shades of green with the really blue sky and white, white clouds and all the spring flowers and flowering trees. What happened to my May? Now talk about different colors – mostly grey with what looks like more heavy laden rain clouds. I don't know about you, but I'm really tired of the rain – if it isn't a deluge, it's misting.

Tonight (15 May), I attended a meeting in Glenville (Schenectady) and when I left my home it was raining but over the mountain in the valley it was partly sunny and the sunset was absolutely beautiful. Coming home afterward, when I got in Massachusetts, it was again raining sort of like spitting – not heavy rain but not misting either.

Mother's Day even had a cruel twist, with lots of rain and then sleet and snow. And Monday morning, the tops of the hills were snow-capped white. Come on, it's MAY!!!

Friends coming back on the Mass Pike from a Mother's Day visit were slowed to 35 mph with the sanders out taking care of lots of ice. Cars off the road! Come on, it's MAY!!! The poor daffodils, tulips and forsythia looked like they needed covers it was so cold.

One question keeps popping up – what ever happened to Spring? I know, we'll probably slide right into Summer and not have all the beauty God's shows us in Spring. I cannot understand why the grass still needs to be cut – to me that means God is going to give us some **NOT**rain weather so the grass can be cut soon.

I'm not questioning God's plan, as I know He has one – maybe He feels we need the water but a little sun for a couple of days in a row would definitely be a blessing. Then I would really wax poetic about the Spring colors!

Thank you God for your blessings – I do enjoy Spring flowers and the colors of Spring tho' and so come on, it's MAY!!!

Please join your parish family at service or for coffee or breakfast at Jimmy D's some Sunday.

God's Love and Blessings to All!

*Susan Darcy*

## **CHURCH HAPPENINGS**

### *Bible Study*

The last Bible Study will be held on Saturday, June 15<sup>th</sup> at 5:30 p.m.. Bible Study will resume on Saturday, September 21<sup>st</sup> at 5:30 p.m..

### *Newsletter Deadline*

The newsletter deadline for the July/August issue will be ***Saturday, June 15<sup>th</sup>***.

If you have any news to share, please send it to Susan Darcy at [susan@darcy-systems.com](mailto:susan@darcy-systems.com)  
or Kris Smith at [pioneer03@aol.com](mailto:pioneer03@aol.com).

## JUNE CALENDAR

Saturday, June 1 –

5:30 p.m. Bible Study

Sunday, June 2 –

8:00 a.m. Holy Eucharist

Friday, June 7 through Sunday, June 9 – Diocesan Convention

Saturday, June 8 –

NO Bible Study

Sunday, June 9 – *Pentecost Day*

NO 8:00 a.m. service

5:30 p.m. Pentecost Service

Saturday, June 15 – **Newsletter Deadline for July/August issue**

5:30 p.m. Bible Study

Sunday, June 16 – *Trinity Sunday*

8:00 a.m. Holy Eucharist

9:00 a.m. Vestry meeting

Sunday, June 23 -

8:00 a.m. Morning Prayer Service

Sunday, June 30 -

8:00 a.m. Holy Eucharist

## **A Summer Blessing**

May you walk with God  
this summer  
in whatever you do  
wherever you go.

Walking with God means ...  
walking with honesty  
and with courage,  
walking with love  
and respect  
and concern for the feelings of others.

May you talk to God  
this summer  
and every day and  
in every situation.

Talking with God means ...  
praying words of praise  
for the beauty of creation,  
saying prayers of thanks  
for friends and good times,  
asking God's help  
in all your decisions,  
expressing sorrow  
when you have failed.

May you talk with God  
every day. Amen.

Author unknown