

THE FIFTEENTH SUNDAY AFTER

TRINITY

September 9, 2018

God is love; O come, let us worship!

8:30 a.m. – Morning Prayer:

✠ Psalm 79 | Ezekiel 11:14-20 | St. Luke 7:36-8:3

9:00 a.m. – The Holy Eucharist

Introit: Psalm 86:1-7:	page 439
The Gloria:	page 86
The Collect:	page 240
The Old Testament Reading:	Joshua 24.14-25
Psalm 86:11-13:	page 440
The Epistle:	page 241
Gradual Psalm 92:1-4:	page 449
The Holy Gospel:	page 241
The Creed:	page 71
The Homily	
The Prayers of the People:	L: Lord, in your mercy; C: Hear our prayer
The Consecration:	page 82
Post-Communion Prayer:	page 85

9:45 a.m. – Sunday School: Parish Hall Time with Fr. Stockall

10:30 a.m. – The Holy Eucharist

♪ PROCESSIONAL HYMN:	598 (England's Lane)
The Gloria:	page 86
The Collect:	page 240
The Old Testament Reading:	Joshua 24.14-25
Psalm 92:1-4:	page 449
The Epistle:	page 241
♪ GRADUAL HYMN:	588 (Cross of Jesus)
The Holy Gospel:	page 241
♪ GOSPEL ACCLAMATION:	Alleluia
The Creed:	page 71
The Homily	
♪ OFFERTORY HYMN:	240 (Schmuche Dich)
The Prayers of the People:	L: Lord, in your mercy; C: Hear our prayer
The Consecration:	page 82
♪ HYMN DURING COMMUNION: Seek Ye First the Kingdom of God	
Post-Communion Prayer:	page 85
♪ RECESSIONAL HYMN:	727 (Providence)

*Everyone is invited to join us in the Parish
Hall following the 10:30 Celebration for
our monthly Shared Meal!*

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From the Rector

Earlier this year I spoke with Michael Higgins, a member here at St. Mary's, about the concept of a Rule of Life. Following our conversation I asked Michael to share his thoughts in writing so that we might be able to encourage a Parish-wide conversation about how we can serve and love Christ here at St. Mary's. With Michael's permission, I share his thoughts with you and warmly recommend them to your consideration. I hope that Michael's experience of developing and implementing a Rule of Life will encourage all of you to think about developing and implementing your own.

The Role and Nature of a Rule of Life:

Michael Higgins

I had been praying for knowledge of God's will for my life and the power to carry that out. During a baptismal service, we renew our own baptismal vows and recall our own confirmation. In reviewing the supplementary instructions for the catechism in the Book of Common Prayer, I saw the suggestion for a Rule of Life (*Book of Common Prayer*, p. 555), seemingly for the first time. The principles of the Anglican faith suggest that every confirmed Christian should periodically frame a Rule of Life in accordance with the Gospel and the Anglican faith.

The Rule of Life was the answer to my request for knowledge of God's will for my life and the power to carry that out! It's about goal setting, but so much more. I've been setting and reviewing goals for years. However, the Rule of Life is different than our five year business plan or our annual set of New Year's resolutions that sometimes barely survive New Year's Day. Within the Rule of Life we define; regularity of attendance at church and Holy Communion, our commitment to prayer and meditation, Bible-reading, and self-discipline, how we incorporate the teaching and example of Christ into our lives, our witness to faith in Christ, our personal contribution, how we interact within our community, and our contribution to the offertory. It was clear to me that I did not know how to go about establishing a Rule of Life.

I felt it was necessary to consider;

- My baptismal vows
- My duties from my confirmation
- My duty towards my neighbour
- The vocation of a Christian in this world

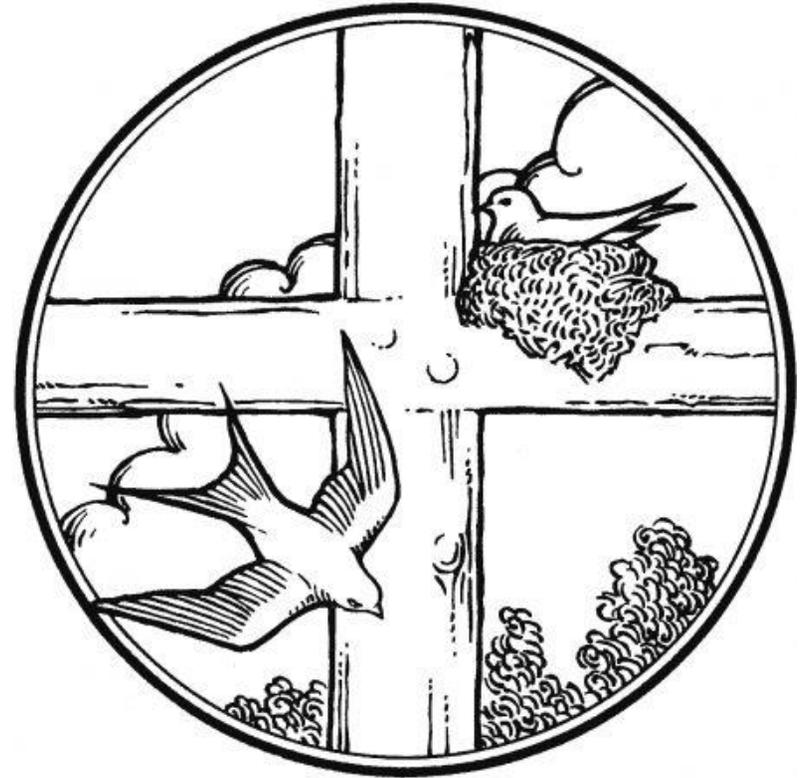
The starting point was a reflection of spiritual disciplines in light of the duties above and to determine where I felt there to be a deficiency. From these, I was able to establish daily, weekly, and monthly targets that I can monitor my own progress and be able to report upon. Ultimately, my Rule of Life became a record of my worldly and spiritual objectives and a means to track my progress. I created a collage with images that reminds me of each objective at a glance.

During the development of the Rule of Life, prayer and meditation are critical to improve conscious contact and to influence the content. Armed with a draft, it is helpful to socialize the results with a trusted resource to make sure that we have developed something that meets the objectives and is appropriate. The Rule of Life evolves as objectives are met, modified, or replaced.

The benefits of a Rule of Life:

- Singularity of purpose
- Alignment of objectives (worldly and spiritual)
- Focusing of efforts
- Combining of Body, Mind, and Spirit to improve my total contribution as a Christian

The Anglican Church of Canada *The Diocese of Fredericton* THE PARISH OF ST. MARY, YORK



In the Cross is salvation, in the Cross is life, in the Cross is protection from our enemies, in the Cross is infusion of heavenly sweetness, in the Cross is strength of mind, in the Cross is joy of spirit, in the Cross is the height of virtue, in the Cross is perfection of sanctity. There is no salvation of the soul, nor hope of everlasting life, but in the Cross.

Thomas á Kempis, *The Imitation of Christ*

Priest and Rector

The Revd. Canon Kevin M. Stockall, B.A. (Hons), M.Div.

Rectory: 770 McEvoy Street, Fredericton NB E3A 3B7

454.0245 (rectory) | 472.4661 (office) | 461.7685 (cell) | kevin.stockall@bellaliant.net

Visit us at: <http://www.stmarysfredericton.ca/>

Parish Notices and Updates

STARTING TODAY, WE INVITE ALL YOUNG PEOPLE AND THEIR FAMILIES to join us each Sunday morning, from approximately 9:45 and continuing until about 10:20, for an exciting, fun, and informative programme of Christian Education. Janice offers an interesting mix of crafts and instruction to help our young people to grow in their faith and to engage the Scriptures. Plan to join us as often as you can; and please invite your friends to come along as well. Everyone is welcome! *And anyone who would like to share in this wonderful and rewarding ministry is encouraged to speak to the Rector.*

✠ *And, while the children are learning in one part of the Parish Hall, all adults are invited to a conversation each Sunday with the Rector on matters of faith and life. Bring your thoughts and questions!*

PLEASE JOIN THIS MORNING, following the 10:30 a.m. Celebration of the Holy Eucharist, for our monthly *Shared Meal*. Members of all of our congregations are encouraged to gather with their sisters and brothers in Christ as we share the peace and joy which are have in Jesus Christ.

ST. MARY'S BRANCH OF ANGLICAN CHURCH WOMEN will be meeting on **Monday, September 10th**, beginning with lunch at the north side Pizza Delight at 12:00 noon followed by a business meeting at the Parish Hall. The women of St. Mary's are warmly invited to join them. For more information please speak to Doreen Lawrence at 458-5402 or the Rector.

LIKE TO SING ALONG TO THE RADIO??? Enjoy singing to your heart's content in the shower??? Are hymns some of your favourite things to sing??? Then you just may be a prime candidate for the Parish Choir!!! Weekly Choir Practices will be starting on **Wednesday, September 12th at approximately 7:45 p.m.** and we'd like to invite all enthusiastic choristers to come out. We gather each week to share the gifts that God has given us to praise Him in word and song; and we have a fun time too! *And please note, we plan on returning to practicing on Sundays after the Thanksgiving weekend.* Please speak to the Rector if you're interested!

MEMBERS OF THE PARISH CORPORATION (Wardens and Vestry members) are reminded of the meeting scheduled for next **Sunday, September 16th**, starting at approximately 12:15 p.m. Those who are unable to attend are asked to convey their regrets to the Rector or the Vestry Clerk.

IF YOU LIKE TO QUILT, OUR THURSDAY QUILTERS invite you to join them each week. They work from 11:00 a.m. to 3:00 p.m., taking a break for lunch; and they welcome experienced quilters and novices alike. They'd also warmly welcome you to come by if you'd rather knit or crochet and just share in the fellowship.

ST. MARY'S WEEKLY BIBLE STUDY will be starting up after our summer break on **Friday, September 28th at 10:00 a.m.** at the Rectory. We plan to resume our study of the Gospel according to St. Luke. Everyone is warmly invited to join us; and if your schedule only permits you to attend occasionally, please plan to join us when you can.

EVERYONE IS INVITED TO ST. MARY'S 2ND FALL FAIR on **Sunday, September 30th** immediately following the 10:30 a.m. Celebration of the Holy Eucharist. We had a great time last year with lots of fun; and we're again planning to enjoy some delicious homemade chili together. There will be games and crafts and prizes, and more! If you wish, bring along your favourite apple or pumpkin dessert; but, otherwise, lunch is on us. So plan to join us on the 30th for food and fun for all ages!

THE RECTOR, ORGANIST AND PARISH CHOIR OF ST. MARY'S are scheduled to conduct Evening Prayer at St. Mark's Chapel at Kings Landing on **Sunday, October 7th**, at 3:00 p.m. Members of St. Mary's are invited to join us that day as we gather to worship God and engage the visitor community. There is no cost to enter Kings Landing for Evening Prayer as long as you use one of the Visitor Passes which will be made available to the Parish. Please speak to the Rector if you'd like to attend or if you have any questions: transportation can be arranged. *And a small reminder to choir and congregation: give yourself a little extra time to make the walk from the Service entrance to the Chapel!*



SCHEDULE OF SERVICES

SEPTEMBER 12: ST. CYPRIAN, Bishop and Martyr
6:30 p.m. – Evening Prayer
7:00 p.m. – Holy Eucharist

SEPTEMBER 13: HOLY CROSS
8:30 a.m. – Morning Prayer
Followed by time for personal prayer in the Church

SEPTEMBER 15: THE SIXTEENTH SUNDAY AFTER TRINITY
4:30 p.m. – Evening Prayer
5:00 p.m. – Holy Eucharist

SEPTEMBER 16: THE SIXTEENTH SUNDAY AFTER TRINITY
8:30 a.m. – Morning Prayer
9:00 a.m. – Holy Eucharist
10:30 a.m. – Holy Eucharist
Followed by Coffee & Conversation in the Parish Hall