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Make Us Channels of Your Peace

St. Francis Episcopal Church



May 13, 2020

One Step At A Time

*But this I call to mind,
and therefore I have hope:*

*The steadfast love of the Lord never ceases;
his mercies never come to an end;
they are new every morning;
great is your faithfulness.
Lamentations 3:21-23*

Stuck?

While we are social distancing, and many of us staying at home, we can have a sense of being stuck. In fact, for the most part we are physically stuck. We can react to this situation by taking the opportunity to improve on something. For some of us that might be improving our prayer life or other spiritual disciplines. That is a great idea! However, we can quickly find that we get stuck trying to improve as well. A very frustrating outcome.

One Step At A Time

When getting stuck in a spiritual discipline, like trying to get better at prayer, I have found the "one step at a time" approach to be very helpful and freeing. When I want to take giant strides forward I usually get overwhelmed, or actually don't know what to do to take those steps. So I will take a huge step that I am ill-equipped to actually take. The remedy is to break down into smaller pieces what I want to do in my prayer life. If I want to be able to spend thirty minutes in a prayer time I find it helpful to start with five and add a few minutes on every other day or so until I reach thirty minutes. If I want to have a list of people I pray for each day I might start with two or three and add on names every other day or so. I find that I will make more progress that way than if I start out with fifty or sixty names the first time I make this attempt. That will work for an spiritual discipline we want to improve upon. What discipline can you improve right now taking it one step at a time?

Coming Attractions

Sunday, March 17, 2020 Worship via zoom at 10:00am

Centerville Circle of Prayer

K-9 Cuts By Sue- that Sue and her clients would remain healthy.

The Diocese of Virginia

For the people of St. James's, Richmond; St. Stephen's, Richmond; Christ, Lucketts, Leesburg; St. Gabriel's, Leesburg; All Souls, Atlee that they would continually walk in the power of the Holy Spirit.

The Anglican Communion

For the people of the Diocese Zaria (Nigeria) The Rt Revd Abiodun Ogunyemi Saliu Bello that they would continually walk in the power of the Holy Spirit.

Grace and Peace,

John Maher



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