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*Make Us Channels of Your Peace*

## St. Francis Episcopal Church



May 6, 2020

## What Do I Do at Home Now?

**In your presence is the fullness of joy. Psalm 16:11**

### ***Staying At Home***

I've seen the photo above on social media over the last few weeks. It makes me laugh. It relieves my stress. It helps me to make the most of a lock-down situation. Even with that there is still the challenge of what to do as the lock-down goes on. It can seem that we are stuck which can make us weak in some ways.

### ***The Presence of the Lord***

You may have tried a number of spiritual practices while we are under the stay at home directive. Some of those you may have tried for the first time. Some may have gone well and some may not have gone so well. I have a suggestion about what to do next, you may have already done this, but if not you may find it helpful. Just stay quiet in the presence of the Lord, doing nothing but becoming aware of God's presence. God is present all the time with us, even when we are bored or frustrated. The great benefit of being consciously in the presence of God is you begin to know the fullness of joy. The joy you come to know more deeply is the joy of the Lord. It is the joy Jesus has, that we begin to experience more fully. We are not all that likely to make our own selves all that joyful. We can, however, experience the joy of the Lord. We can find that it is the Lord's joy that gives us our strength. Try it, just for a few minutes, and see what happens.

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### **Coming Attractions**

**Sunday, May 10, 2020 - Worship via Zoom at 10:00am**

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### ***Centerville Circle of Prayer***

Food Lion, Centerville, that customers and employees would be safe and well.

### ***The Diocese of Virginia***

For the people of St. Peter's, Arlington; St. Mary's, Goochland; St. John's, Centerville; 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 of Mumbai (Formerly Bombay) (North India) The Rt Revd Prakash Patole Yokohama (Japan) The Revd Ignatius Osamu Irie that they would continually walk in the power of the Holy Spirit.

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*Grace and Peace,*

***John Maher***

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