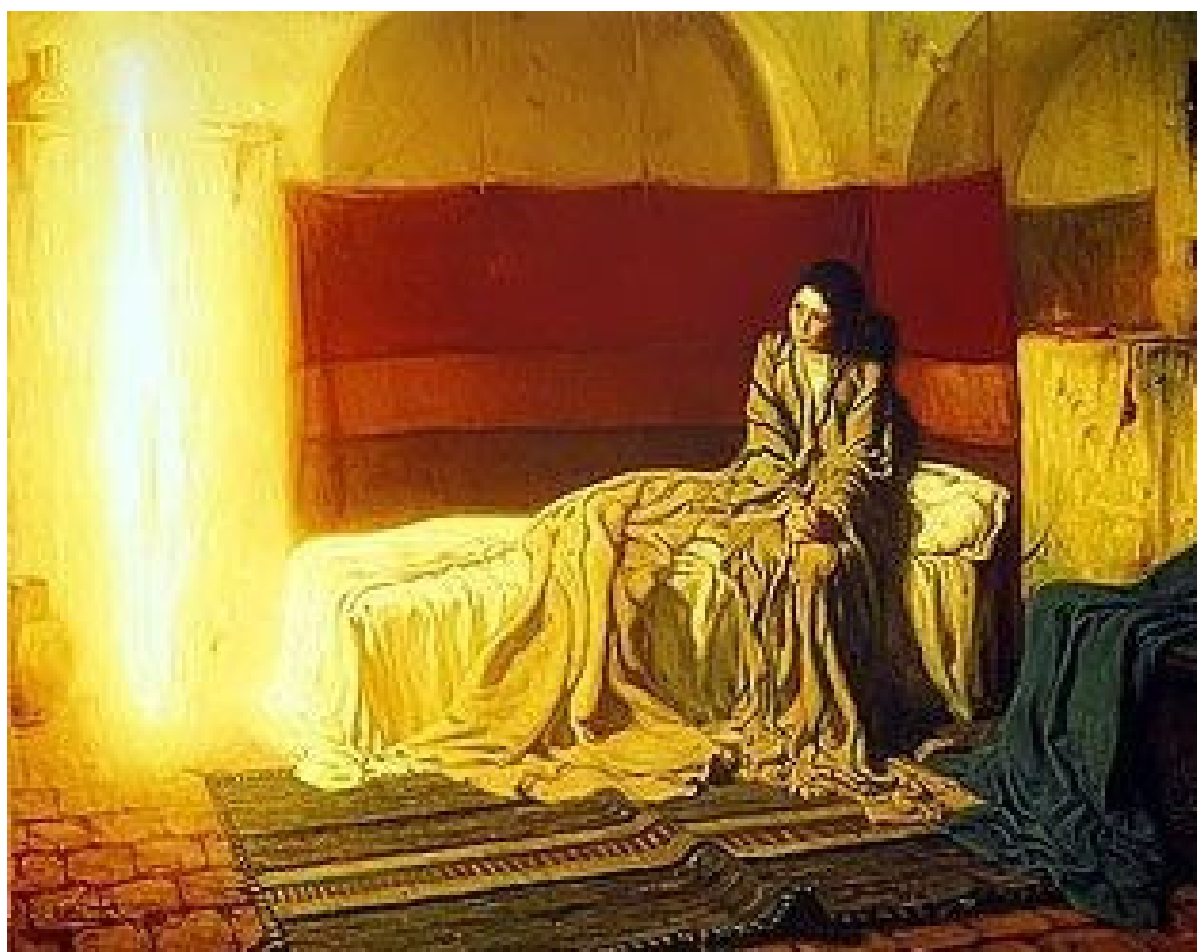


**Subject:** New From St. Francis Episcopal Church  
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**Date:** 12/18/2013 9:51 AM  
**To:** Larry <lckiddjr@gmail.com>

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December 18, 2013

## Daily Visits

*... his mercies never come to and end;  
they are new every morning  
Lamentations 3:22+23*

### ***"Quiet" Time***

Many people start the day with a "quiet" time for prayer, meditation, or some kind of reflection. That is very, very good. Some people cannot really do that in the morning so they try to have a "quiet" time at another time during the day. That often does not work either. Some of us do not really pray or meditate by quiet reading or reflection. We need some kind of action, hands on experience, or visual input. Once we land on a method we like that method can become too methodical and we feel empty once again. So, what do we do?

### ***Visiting***

The discipline that has real life in it is the discipline of visiting. It is a different discipline from practicing a prayer or reflection method. Once we have a prayer time, place and method that works for us there is one more ingredient that brings it all to life-- the presence of God. If you are reading the Bible every day (something I highly recommend) ask the Spirit of God to have something from your reading that day "jump out" at you. Reflect on what jumped out. That will make your Bible reading exercise and actual visit with God. You can have a daily visitation of God that way.

## Coming Attractions

***Sunday December 22, 2013*** Worship at 10:00am. Students from the Aspire Dance Academy join us with a special Advent Dance.

***Tuesday, December 24, 2013*** Christmas Eve Worship 5:00pm

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

For Wally's Wholesale and Walter Ford, owner: That the employees would have good health, strong families, and productive lives.

### ***Metropolitan Richmond***

We pray for the families of Metropolitan Richmond: For the care and protection of infants, children, and youth; for the intimate knowledge that each one is a beloved child of God.

***Diocese of Virginia***

Congregations and clergy of St. Clement's, Alexandria; St. Gabriel's, Ashburn, Christ Church, Lucketts; St. Paul's, Hanover; and Calvary, Hanover

Thanks to all who worked at the St. Francis table at the Manakin Market this past Saturday!

Grace and Peace,

John Maher

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