

Subject: Hope
From: "St. Francis Episcopal Church" <vicar@stfrancisva.org>
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To: "Larry" <lckiddjr@gmail.com>

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St Francis



March 11, 2015

Hope

... hope does not put us to shame.
Romans 5:4

Shame

Brene Brown offers this definition of shame in her book [Women and Shame](#), "Shame is the intensely painful feeling or experience of believing we are flawed and therefore unworthy of acceptance and belonging." The

core of this description of shame, in my opinion, is believing we are unworthy of acceptance or belonging because of being flawed. That sense of unworthiness can be something we carry around throughout our lives. It is the result of hopelessness.

Hope

Hopelessness can come from having an expectation that others will always treat us with respect. While that is a natural expectation it is not a reasonable one. We simply will not always be treated respectfully. When we cannot let go of the demand to be treated with respect at all times we can become hopeless. However, when we accept in our hearts and souls that "God's love has been poured into our hearts through the Holy Spirit who has been given to us (Romans 5:4)," we have every reason to hope because we are fully accepted. The first One to fully accept us is the merciful God of all love and comfort. With that acceptance comes hope. It is that hope which removes all shame.

Can you think of a way right now God is demonstrating full acceptance to you? Is there an expectation the Holy Spirit is prompting you to release? Open up to the gifts the Spirit of God is giving you.

Coming Attractions

Sunday, March 15, 2015 worship at 10:00am

Sunday, March 22, 2015, worship at 10:00am

Sunday, March 29, 2015 worship at 10:00am. Palm Sunday and visit from Aspire Dance Academy

Thursday, April 2, 2015 Maundy Thursday worship at 6:15pm

Friday, April 3, 2015 Good Friday worship at 6:15pm

Sunday, April 5, 2015 Easter worship at 10:00am

Our Missional Communities

The Parke outreach meets on March 29, 2015 at 3:30pm for a prayer walk beginning at the home of Richard and Hedy Walker, 1661 Centerville Park Lane, Manakin Sabot 23103. Contact Richard Walker at richardandhedy@yahoo.com

The Garden meets on March 15, 2015 immediately after worship. Contact MJ Weatherford at mcats2@aol.com

Symphony meets on March 22, 2015 at 8:45am at the Symphony Manor of Richmond, 12411 Gayton Rd.. Richmond 23238. Contact Bobbie Leviness by calling or texting 400-7895

Please bring nonperishable food to worship with you to donate to the Goochland Free Clinic Food Pantry

Centerville Circle of Prayer

For McDonald's that jobs would be filled at this location

The Diocese of Virginia

All Bishops of the Episcopal Church as they gather for the House of Bishops

Metropolitan Richmond

For health care in Metropolitan Richmond: For emergency response personnel, especially those from Centerville Volunteer Fire and Rescue#3, for all emergency room staff, for hospitals, nursing homes, and hospice programs; for persons diagnosed with terminal illness.

Grace and Peace,

John Maher

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