

**Subject:** Worship  
**From:** "St. Francis Episcopal Church" <[vicar@stfrancisva.org](mailto:vicar@stfrancisva.org)>  
**Sent:** 3/18/2015 11:17:11 AM  
**To:** "Larry" <[lckiddjr@gmail.com](mailto:lckiddjr@gmail.com)>

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The logo for St. Francis features a large white 'S' on the left. A red cross is positioned behind the 'S', with a sunburst pattern of small red dots radiating from its center. To the right of the 'S' and cross, the word 'Francis' is written in a white, serif font. The entire logo is set against a dark blue background.

St Francis



**KEEP  
CALM  
AND  
WHISTLE WHILE  
YOU WORK**

March 18, 2015

### **The Sacrifice of Praise**

*... to you, O Lord, I will make music.  
Psalm 101:1*

#### ***Sacrifice of Praise***

Today is the commemoration of Cyril, Bishop of Jerusalem, around 349A.D. He established the observance of certain rituals and practices during Lent and Holy Week. He was given to worship and taught the church, especially those who were about to be baptized, how to live a Christian life including offering to God sacrifices of praise and worship.

What strikes me very deeply about this man is that he lived during a time of great political and church conflict. Three times he was banished and restored as the Bishop of Jerusalem. I can imagine Cyril singing, whistling, or having a tune of praise go through his mind no matter what was going on, even through the circumstances in which he was three times banished from his work and his home.

### ***Sacrifice of Praise from Us***

As we enter into Holy Week very soon we will be following the liturgical traditions Cyril first established in the 4th century. There is a powerful, prophetic witness to the love of God in these liturgies. To prepare we might follow what I have imagined to be one of Cyril's personal disciplines: Make music to the Lord any time at all. While you work at your everyday responsibilities whistle any song of praise towards God that comes to mind. Is there a "secular" tune you really enjoy. Offer the melody to God as worship. The Spirit of God might even give you some new words. Open up that part of your life to God. Give it a try. See what happens.

## **Coming Attractions**

***Sunday, March 22, 2015***, Symphony outreach at 9:00am, 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 at the home of Richard and Hedy Walker, 166 Centerville Park Lane, Manakin Sabot 23103. We will be prayer-walking the community. Contact Richard Walker at [richardandhedy@yahoo.com](mailto:richardandhedy@yahoo.com)

*The Garden* meets on March 15, 2015 immediately after worship. Contact MJ Weatherford at [mcats2@aol.com](mailto: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 400-795

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

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

For ABC in Centerville that those struggling with addiction would find release and freedom

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

Congregations and clergy of All Saints, Richmond; St. Peter's, Richmond; Our Saviour, Charlottesville; Holy Cross, Dunn Loring; St. Dunstan's, McLean.

### ***Metropolitan Richmond***

For healthcare in Metropolitan Richmond: For clinics, medical personnel, and all institutions that serve persons who are uninsured or under insured.

Grace and Peace,

John Maher

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