

Good News Daily

Volume XVIII

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Number 28

Sunday, July 15

Mark 1:21-27 *Just then there was in their synagogue a man with an unclean spirit.*
(v.23 NSRV)

Do you ever feel an unclean spirit is inside you? Have you acted in a way that is self-destructive? Have you made rash decisions that in hindsight weren't the best choices for your well-being?

We face many decisions on a daily basis that present opportunities to help or hurt our well-being and our relationship with God and each other. A wise priest gave a sermon during Lent suggesting that we ask ourselves, "What would it look like if I did *x* today instead of *y*?" I have found this approach very helpful in that it keeps me from getting bogged down in condemning myself for past behavior and it allows me to open the door to a new way of doing things. It may be a way for us to expel the unclean spirit and try a better way.

ANGLICAN CYCLE: PRAY for The Anglican Church of Papua New Guinea [The Most Revd Allan Migi](#); Archbishop of Papua New Guinea

DIOCESAN CYCLE: St. John's Episcopal Church, Centralia, The Rev Canon David Baumann, Priest-in-Charge; Kanindo Mission, Burundian Refugee Settlement, Tanzania, Rev. Mikas Nyandwi; [The Parish of the Most Holy Trinity & Missions](#), San Juan de Miraflores, Peru, The Rev. Julio Montoya, Vicar General
Joshua 1:1-18; Psalms 148, 149, 150; Acts 21:3-15

Monday, July 16

Matthew 25:1-13 *"Keep awake therefore, for you know neither the day nor the hour."* (v.13)

As I write this the cleanup from Hurricane Irma continues in Florida. Some of us experienced no loss of power and some of us were without it for over a week. The St. John's River was visibly rising even though some weather authorities said it had crested. Three weeks after Irma, Central Florida counties are still seeing flooding occurring; indeed, there are flood warnings all the way up to Jacksonville, at the mouth of the river. Experts made predictions, but the hurricane showed them to be "weather-guessers". I am reminded that I can do my best to prepare, but I know not what will come to pass.

ANGLICAN CYCLE: Egbu - (Owerri, Nigeria) [The Rt Revd Geoffrey Okoroafor](#)

DIOCESAN CYCLE: Lord, we ask for protection, but even more for guidance.

Joshua 2:1-14; Psalm 25; Romans 11:1-12

ST. MATTHEWS: Happy Birthday to John Gibson & Tori Roberson.

Tuesday, July 17

Romans 11:13-24 *That is true. They were broken off because of their unbelief, but you stand only through faith. So do not become proud, but stand in awe.* (v.20)

Isn't that the truth? That we stand, live, and breathe through faith. Let me not be haughty, as Paul admonishes, "but stand in awe."

The October 9, 2016 *Parade* magazine had on its title page "AWE," subtitled, "How the soul-stirring wonder sparked by a shooting star or a majestic peak can transform your health and happiness." There was no mention of the Creator of this natural beauty in the article inside.

Let me not forget the source of life and all that is good in it, and let me offer thanks and gratitude to the Lord.

Joshua 2:15-24; Psalms 26, 28; Matthew 25:14-30

Wednesday, July 18

Joshua 3:1-13 *The LORD said to Joshua, "This day I will begin to exalt you in the sight of all Israel, so that they may know that I will be with you as I was with Moses."* (v.7)

I am struck by the idea of the Lord making promises to Joshua. In daily life, it is usually us humans making promises to the Lord. Promises to do better, try harder, wherever we have fallen short. This passage shakes me awake at the strangeness of it. Then I remember, the Lord has made promises to me, too. For example, when I have sinned, if I confess and seek forgiveness, I shall be forgiven. That's pretty remarkable, too.

Psalms 38; Romans 11:25-36; Matthew 25:31-46

ANGLICAN CYCLE: Eha - Amufu - (Enugu, Nigeria) [The Rt Revd Daniel Olinya](#)
DIOCESAN CYCLE: Almighty God, make us gentle and courteous in word and deed.

ST. MATTHEWS: Happy Birthday to Doug Dyson.

Thursday, July 19

Romans 12:1-8 *For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another.* (vv.4-5)

This verse brings back fond memories of the parish mission I attended years ago. This verse put to music in the hymn "One Bread, One Body" was a favorite for communion and we sang it often. The congregation welcomed my husband and me and knew my son before he was born. This hymn goes through my head to my heart and feels like love.

Joshua 3:14—4:7; Psalm 37:1-18; Matthew 26:1-16

ANGLICAN CYCLE: El Camino Real - (Province VIII, The Episcopal Church)
[The Rt Revd Mary Gray-Reeves](#)

DIOCESAN CYCLE: Heavenly Father, may we rediscover those deep things on which our life depends.

ST. MATTHEWS: Happy Birthday to Rose Adams.

Friday, July 20

Joshua 4:19—5:1, 10-15 *And Joshua fell on his face to the earth and worshiped, and he said to him, "What do you command your servant, my lord?" The commander of the army of the LORD said to Joshua, "Remove the sandals from your feet, for the place where you stand is holy." And Joshua did so. (vv.14b-15)*

Do you have places where you feel you are in the presence of holiness? I feel this often at our church. I may have rushed to get out of the house, through traffic, and searched for a parking place to get to worship service. I find that once there I quickly settle in and take a deep breath. I feel the day's tensions melt away as I participate in the liturgy and welcome the beauty of God's glory.

Psalm 31; Romans 12:9-21; Matthew 26:17-25

ANGLICAN CYCLE: Ekiti Oke - (Ondo, Nigeria) [The Rt Revd Isaac Olubowale](#)

DIOCESAN CYCLE: Savior of the world, by your cross and precious blood you have redeemed the world.

ST. MATTHEWS: Happy Birthday to Valarie Jones.

Saturday, July 21

Joshua 6:1-14 *To the people Joshua gave this command: "You shall not shout or let your voice be heard, nor shall you utter a word, until the day I tell you to shout. Then you shall shout." (v.10)*

Joshua gives his people specific instructions which must have been difficult to follow, but were followed with great results.

At a parent-teacher conference, one of my child's elementary school teachers answered my question, "What is the most important skill my child should master?" Her reply was, "How to follow instructions."

Our Holy Bible is full of instructions on how we should best live our lives. I can work on following the Lord's instructions for my life today. He promises great results.

Psalms 30, 32; Romans 13:1-7; Matthew 26:26-35

ANGLICAN CYCLE: El Salvador - (Central America) [The Rt Revd Juan David Alvarado Melgar](#)

DIOCESAN CYCLE: Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation.

by Anne Robinson

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Pray for the sick and those in distress: Charlie, Jenna A., Mary, James T., Julie C., Valerie R., Barbara A., Bill B., Ms. Shayne, Diane B., Steve J., Carol D.

Pray for the Faithful Departed:

Pray for those living in nursing homes and other shut-ins: Dale B., Barb W., Daniel T., Ina R., and Margaret P.

Pray for: The Diocese of Tabora, Anglican Church of Tanzania, The Rt. Rev. Elias Chakupewa, the clergy and people. The Missionary Diocese of Peru, The Rt. Rev. Alejandro Mesco. Fr. Kari Marcelle, the clergy and people of Holy Trinity St. Vincent. Fr. Dave and all clergy, for whom we light the candle on the west side of the Altar