



# ALL ANGELS BY THE SEA WEEKLY TIDINGS

Thursday, April 9, 2026

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## Spring Fling Coffee Hour Sunday, April 12th

The Spring Fling is Sunday after the 10 a.m. service where we will say hello to those who attend the 8 a.m. service and offer a toast to the snowbirds who are heading north.

Christi is making her famous spinach dip, Nancy is bringing her famous baked goods and Linn will debut a pineapple flan dish. There

will be plenty of finger foods to enjoy with fellowship. **Be sure to bring a friend for the food, fellowship and fun.**

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## **Sunday Service at 10am**

To live-stream the service - go to [AllAngelsLBK.org](https://www.allangelslbk.org), click on the "All Angels Enter Here" picture and you will be routed to our YouTube channel.

Zoom - go to <https://zoom.us/j/5955701807> and watch and listen live. Be sure to stick around after the service for our coffee hour chat-with-your-neighbor time.

The bulletin can be found on the All Angels Website: [AllAngelsLBK.org](https://www.allangelslbk.org) or at the following link:

[\*Bulletin for Sunday, April 12, 2026\*](#)

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## **Scripture Readings for April 12, 2026**

Acts 2:14a, 22-32

Psalm 16

1 Peter 1:3-9

John 20:19-31

[\*Click Here for the Readings\*](#)

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# **IN CASE YOU MISSED IT**

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**Sunday Service**



## **Sunday Sermon**

If you would like to read Rev. Dave's recent sermon,  
please click the link below:

[Easter Sunday Sermon: Do Not Be Afraid](#)

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## **PRAYERS**

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### **We Pray for our People**

Bring the healing of your touch to all those who suffer in body or spirit, especially Downs IV, Holden, Barbara, Caitlin, Victoria, Alice, Annette, Charles, Anne, Ellie, Patricia, Bob, Agie, Eric, Amy, Trude, Donna, Beverly, Carling, Carol, and Rafaela. For those going through cancer treatments, and in remission, especially, Downs III, Lauren, Nancy, Shannon, Frank, Carmen, Zachary, Claudia, Will, Pete, Cara, Jennifer, Lauren, Melinda, Lindsay, Melissa, Kelly, Davidson, and Kelsey.

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## **A BRIDGE BETWEEN ALEX AND DAVE**

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### **Podcast: A Bridge Between**

[Episode 173: My Lord and My God](#)

Also available on Spotify:

[Spotify: A Bridge Between](#)

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## PARISH ACTIVITIES

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**America is Turning 250!**

**Join Interfaith 250 on Saturday, April 18th.**

**8:30 am**, Adopt-a-Highway clean-up on Gulf of Mexico Drive.

**9:30 am**, Interfaith Breakfast & Fellowship at Temple Beth Israel

**10:00 am**, Interfaith Service

Celebrating American freedom with sacred texts, prayers and reflections on the red, white and blue.

Sign up and get an All Angels t-shirt.



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### Art Gallery

Christine Hales is our Gallery Artist through April. Come see her wonderful Icons exhibit *Making Past Present: Icons as Windows into Eternity*.



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## Discussion Groups

**Men's Discussion Group - Tuesdays at 10:00am**

**Women's Discussion Group - Wednesdays at 10:00am**

Happy Easter! It's a season of stories, skepticism and belief. Next week's discussion will be about Malcolm Muggeridge's journey from doubt to faith. It took a journey to Ukraine where he witnessed Stalin's forced famine, which began his journey toward Christian faith (not collectivism).

I too have seen the effect of the forced famine; and I too have had a journey of faith. I'd like to know about yours.

For those in person, I'll have the coffee ready. For those online, here is the Zoom link: <https://zoom.us/j/5955701807>

To read the article, click the link below:

**[Muggeridge's Journey to Christian Belief](#)**

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## Choir News

Regular Choir Rehearsals are on Thursday mornings at 10 am.

New members are ALWAYS welcomed!

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**Coffee Hour Hosts Needed**

One of the most important things we do is gather after the service for coffee hour. If you are interested in hosting, the sign up sheet is on the Gallery table. If you would like help, sign up and we will find someone to show you how it is done.



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## Online Giving

If you would like to give to the offering plate electronically, you can find the online giving link on our All Angels website by clicking the link below:

[AllAngelsLBK.org](http://AllAngelsLBK.org)

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## Centering Prayer

Centering Prayer invites you to pray with them, every day, at 8 am, wherever you are. When you enter into prayer at 8 am (Eastern), you will know that others are praying at the same time.

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## REFLECTION

*From “What If” to “Even If”*

Raise your hand if you have ever lost sleep over worry. Have you ever obsessed over something and no matter how many times you thought

about it nothing changed? (And then it is 3 a.m. and you are still awake and frazzled and are worried about how much you are obsessing.)



Worry was the discussion theme for this past week. It was the central theme of my Easter Sunday message when we handed out over 150 cards that read, “Do not be afraid.” The most often repeated message of the Bible – be not afraid – is a reassurance and not a command. Yet, human development has brought us to a point where fear keeps us alive. At the same time, constant fear (obsessing) is apparently as damaging to one’s heart as smoking multiple packs of cigarettes. So, we humans are caught with the conundrum of fear as a way of keeping us from doing stupid, life-ending things (like eating any random mushroom we see growing in a field) and also fear diminishes peace and joy and longevity. What are we to do?

One of the discussion group participants said there is a simple, and very difficult, thought process that helps. When I am obsessing about something, identify what it is that I am asking “what if” about and switch it to “even if”. I’ll go with something simple, *what if the boat motor stops running*. Let’s switch the “what if” to “even if”. *Even if the boat motor stops running, all on board will be safe.*

Even if... *they will still love me.*

Even if... *at least we’re out on the water enjoying the day.*

Even if... *I will be clear headed and will know exactly what to do.*

“Even if” helps us to focus on resilience. We can look back at past challenges as a reminder of our ability to cope and move forward. For instance, I have been stuck on the water and survived (and came up with a really good sermon idea) so even if the motor stops, which is unlikely, I will be okay.

A friend I correspond with in a different state was obsessing about an upcoming doctor’s appointment based on a blood test he took. He was

rattling off *what ifs* in his mind – what if it's cancer, what if I am diabetic, what if there is a blockage, what if it's more tests and more questions without any answers. After he was exhausted from the unanswerable “what if” questions, he tried switching one to “even if”. *Even if it's cancer, I will be loved by my wife and family. Even if it's a blocked artery, I will still have my faith.* He told me, “Even if it is... God is not giving up on me and I'm not giving up on him.”

Humans in general like to be in control of things. Obsessing makes it feel like we're in control because “what if” thinking is an activity. But switching to “even if” does not give up control. “Even if” reminds us of our identity, what we control, and where our love is. *Even if the Seattle Seahawks move to another city, I'll still choose to be a fan.*

My out-of-state friend met with his doctor. There is a treatment plan in place and all will be well. The MD said he took the news surprisingly well. My friend replied: It's because, regardless of what you told me doc, I know that I am loved and supported.

- Fr. Dave

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All Angels Church | 563 Bay Isles Rd | Longboat Key, FL 34228 US

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