



# ALL ANGELS BY THE SEA WEEKLY TIDINGS

September 19, 2024

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## Update to the Parish Hall



Parish Hall Remodel 1



Parish Hall Remodel 2



Parish Hall Remodel 3

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## SUNDAY SERVICE

10:00 am

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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

Zoom - go to <https://zoom.us/j/955701607> 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](http://AllAngelsLBK.org) or at the following link:

[Bulletin for Sunday, September 22](#)

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## Scripture Readings for September 22, 2024

Jeremiah 11:18-20

Psalm 54

James 3:13-4:3, 7-8a

Mark 9:30-37

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

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The flowers for Sunday, September 22nd  
are given by Daphne Walker  
in thanksgiving for the Marshall family.



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## IN CASE YOU MISSED IT

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Last Sunday's Service





## Sunday Sermons

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

[Sermon: Contradistinction](#)

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## PRAYERS

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### A Prayer for Peace Among the Nations *(BCP 816)*

Let us pray in this time of conflict for peace in Israel, Palestine and Ukraine.

*Almighty God our heavenly Father, guide the nations of the world into the way of justice and truth, and establish among them that peace which is the fruit of righteousness, that they may become the kingdom of our Lord and Savior Jesus Christ. Amen.*

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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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### We Pray for our People

Breathe your healing and peace on all those who suffer, especially Downs

IV, Holden, Anne, Victoria, Kim, Michael, Barbara, Maria Christine, Caitlin, Dennis, Angie and Amy Jo. Heal Ed and Ginny from the virus they received while on their pilgrimage. We pray for all who receive the care of skilled nursing, especially Timothy, Barbara, Kim, Lou Lorraine and Ann. Give peace to those going through cancer treatments, and those in remission, especially, Margaret, Downs III, Victoria, Alex, Connie, Douglas, Frank, Gerta, Lauren, TJ, Stephanie, Cara, Todd, Valerie, Violet, Joan and Nancy. We pray for those in Hospice care, especially Ellen.

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## A BRIDGE BETWEEN ALEX AND DAVE

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**Podcast: A Bridge Between**

*[Episode 91: Draw Near to God](#)*

Also available on Spotify:

*[Spotify: A Bridge Between](#)*

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## PARISH ACTIVITIES

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### Choir News

The first rehearsal of the Chancel Choir is Thursday, October 3rd at 10 am. New members are always welcome!

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### New to You Summer Art Sale

**Only 2 more Sundays to purchase New to You Summer Art.**

All money raised from the New to You Art Sale will go to Turning Points.\*

*\*We support Turning Points in Bradenton. They have been helping the needy in our*

local community since 1995. Recently, an organization called Turning Point, founded in 2012, has made national news. Please know that although these organizations have similar names, their mission is different.



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## Men's and Women's Discussion Group

Arthur Brooks is back next week to talk about how to say the unsayable. Recognizing that we are heading into the time when we gather with family and friends, our author gives us some tools to help us to speak our mind without being ostracized. And yes, there is a faith element to this as well. I'd like to know what you think.

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

And, for those who have limited internet connection, here is a new feature. Dial in on your cell phone using the information below.

**Dial 1-305-224-1968**

You will be asked for the meeting ID - shown below - then press pound. Then, when prompted, press pound again.

**Meeting ID: 595 570 1807**

*To read the article, click the link below:*

[\*How to Say the Unsayable\*](#)

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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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## REFLECTION

### *Inner Voice*

Most people have an inner voice. Some call it an internal monologue, verbal thinking, and (my favorite) stream of consciousness. Experts claim the inner voice is the result of brain mechanisms that cause a person to hear themselves talk in their head without actually speaking. It also works for memorization and self-motivation.



The discussion groups this past week covered a topic called “mindfulness” which is a practice that involves being aware of the present moment, without judgment, and observing your thoughts, feelings, and surroundings. One key to mindfulness is attention. There are many things that distract us; mindfulness is the opposite of that – it asks that we pay attention, or focus, on the very present moment, right now, this second,

and observe our thoughts, feelings and surroundings. You can do this when you first wake up, or are waiting at a doctor’s office, or a red light, sitting on the beach, while walking your dog, or in line at a grocery store. Unlike meditation where you close your eyes and focus on clearing one’s head, mindfulness asks that we stay fully aware and to simply check in on

head, mindfulness asks that we stay fully aware and to simply check in on how we are feeling and what we are thinking at the present moment.

Mindfulness is frankly nothing new. The Church, over the centuries, has been steering people to pay attention to their inner voice, their stream of consciousness, through prayer and ritual. Thankfully, in our fast paced, hectic world, we have our Christian ethics and practices to make us more mindful which can steer our stream of consciousness into favorableness with ourselves and into closer connection with God.

The first encounter we have in the morning can shape our attitude for the day. Our ancient Christian practice is to give thanks to God when we first wake up – whether you feel like giving thanks or not. Some saints have taught that we are to name (to bring to mind in our stream of consciousness) five blessings or thanksgivings before we get up. Then using our inner voice, give thanks to God for those blessings.

Halfway through the day, the Christian practice is to stop and give thanks. But there is more to it than that. Our tradition from the Church of England has this noonday prayer: *Gracious heavenly Father, we beseech thee to send thy Holy Spirit into our hearts, to direct and rule us in accordance with thy will, to comfort us in all our afflictions, to defend us from all error, and to lead us into thy truth; through Jesus Christ our Lord. Amen.*

Asking the Holy Spirit to enter our hearts is a means of discernment, like doing a check-in – *how are we feeling and thinking right now?* We then ask the Holy Spirit to “direct and rule us” according to God’s will (not our own), to comfort us, to defend us from error, and to lead us into God’s truth. This prayer, using 21st century mindfulness language, asks us to take a moment around noon to check in with God and our inner voice. It’s a way of taking a moment to reflect on the morning that has passed, and to see, without judgement, whether we are on the right course for a good remainder of our day.

Our Christian tradition is to end the day with prayers of thanksgiving and

Our Christian tradition is to end the day with prayers of thanksgiving and to ask for protection through the night. You can pray this with whatever words you choose; our tradition offers the following: *Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.* Repeating this prayer while you are waiting for sleep to come is another practice to help us be mindful of the moment and to sleep in peace.

We can pray out loud or we can use our inner voice. Either way, God hears us. The important part, of course, is to do it. When we pray, we take a moment to check in with ourselves, to recognize where we are, and to

share it with God. By following the ancient practices of gratitude, especially in the morning, a noontime check-in with the Holy Spirit, and an evening prayer for guidance/watching with Christ/sleeping in peace, we are following our tradition that has/can/will take us through whatever hecticness this world brings to us.

- Fr. Dave



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