



# ALL ANGELS BY THE SEA WEEKLY TIDINGS

September 26, 2024

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**SUNDAY SERVICE**  
10:00 am

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## **Sunday is All Angels Sunday.**

We are going to have angel readings, hymns and a sermon about angels all around us.

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:

## Hurricane Information

Here is a link to look at traffic cameras in the area.

[www.mymanatee.org](http://www.mymanatee.org)



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## Scripture Readings for September 29, 2024

Genesis 28:10-22

Psalm 103:1, 19-22

Revelation 12:7-12

John 1:47-51

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

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The flowers for Sunday, September 29th  
are given by David Stasney  
in loving memory of his Grandmother Catherine Stratten  
on her birthday.



# OCTOBER CELEBRATIONS

## Birthdays



1 Carolyn Judd  
3 Ed Rogers  
9 Elaine Smith  
12 Don Judd  
16 Barbara Lelewski  
22 John Gill  
24 Whit Sibley

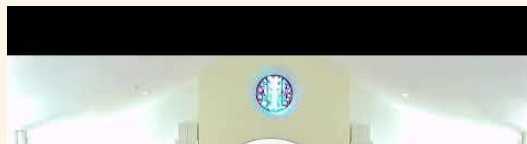
## Anniversaries



12 Tom & Heidi Thomas  
16 Bob & Carol Erker  
19 Dave & BJ Bishop

## IN CASE YOU MISSED IT

Last Sunday's Service





## Sunday Sermons

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

[Sermon: Humility - The Outward Sign of Wisdom](#)

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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,

IV, Holden, Anne, Victoria, Kim, Michael, Barbara, Maria Christine, Caitlin, Dennis, Angie and Amy Jo. 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 92: Stumbling Block](#)*

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 1 more Sunday 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

Balance is the key to many aspects in life. Our author for next week asserts that self-obsessing can keep us alive but also ruin our happiness. 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:*

**[Stop Self Obsessing and Get Happier](#)**

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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

### *Hopeful-mindedness*



At a recent business networking meeting, the group's treasurer, and member of All Angels, (and commercial real estate expert) Joe Martini, used his time to share an article with the group to help them in their business. It was my Reflection from last week! (*Inner Voice*) It is a mind-blowing experience to hear someone else read words that I put together. Since it meant something to him, and to the other business leaders in the group, I'd like to take that Reflection a little further.

Mindfulness is a practice that involves being aware of the present moment, without judgment, and observing your thoughts, feelings, and surroundings. Practicing mindfulness reduces anxiety, improves concentration, makes you kinder, a better friend and family member, and helps in becoming wise. Prolonged stress, however, is kryptonite to mindfulness. Stress blocks our ability to remain centered and calm without judgement. Logically speaking, mindfulness could also be kryptonite to prolonged stress; but unfortunately, that does not appear to be the case.

Since mindfulness cannot effectively combat stress, what can? Simply put, hope. Future-oriented thinking (hope) is kryptonite to stress. Author and

hope. Future-oriented thinking (hope) is kryptonite to stress. Author, and professor of management at North Carolina State University, Tom Zagenczyk, recently published his findings about hope and its ability to overcome stress. He, and others working on this project, determined that these three factors are a direct result of hope over time: resiliency, reduced tension and distress. Individuals experiencing periods of prolonged stress – unemployment, overemployment, poor health, family issues – were helped by focusing not on their present moment but on a better future.

The core process of mindfulness is not the same core process as hope. Mindfulness practices make one acutely aware of their circumstances; of the here-and-now. Stress is very much about the here-and-now, and the present moment is an unpleasant moment. Stress can take over thought processes and turn it negatively toward doom. Stress increases the heart rate and makes one turn inwardly which exacerbates the feeling of isolation and loneliness. Future-oriented thinking does something entirely different. It incorporates the ability to imagine a future that could be different, it invents and examines new possibilities, and helps us build an action plan to that better future. In other words, it gives us hope. According to Scripture, hope leads to joy, boldness, faith and love. Hope leads us to comfort and to encourage one another.

Co-author Sharon Sheridan wrote, "Being mindful can be tremendously valuable — there are certainly advantages to living in the moment. But it's important to maintain a hopeful outlook particularly during periods of prolonged stress. People should be hopeful and hold on to the idea that there's a light at the end of the tunnel." Co-author, Emily Ferrise, wrote, "There is real value for organizations to incorporate hope and forward thinking into their corporate culture."

You might wonder what this has to do with faith, spirituality and the Church. If you are feeling prolonged stress, you may want to consider the hope provided by Morning Prayer. It is an ancient tradition that starts with



this psalm:

*Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling. (43:3)*

This is the future-oriented hopefulness that prayer and Scripture provide for us. Another phrase that is said in Morning Prayer is this:

*Glory to the Father and to the Son and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.*

The future-oriented view is that God's glory has been, is and always will be – no matter what stress or concern we have. Morning Prayer is concluded with this prayer:

*Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in the world knowledge of your truth, and in the age to come life everlasting. Amen.*

For as long as the Church has been keeping records, the faithful have prayed those prayers to start the day. And, for longer than the Church has kept records, humans have undergone prolonged periods of stress – from work, or health, or family, or frankly, all the above. Thankfully, we have access to the kryptonite of stress;

*Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling.*

*Glory to the Father and to the Son and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.*

- Fr. Dave

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The logo features the word "Angels" in a large, elegant, cursive script. Below it, the words "gather here" are written in a smaller, simpler, lowercase font. The entire logo is set against a white background with a subtle drop shadow.

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