

SOUNDS

of

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January 30, 2011

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*A lmighty and everlasting God,
who dost govern all things in heaven
and earth: Mercifully hear the sup-
plications of thy people, and in our
time grant us thy peace; through
Jesus Christ our Lord, who liveth
and reigneth with thee and the Holy
Spirit, one God, for ever and ever.
Amen.*

FROM THE RECTOR

*From the Rector's Sermon on the Sunday of the 56th Annual Meeting
January 23, 2011 – The Third Sunday after the Epiphany*

There is so much about Potomac Parish that was true of that Corinthian fellowship then. Our fellowship is richly blessed by God. We lack no spiritual gift. We know that others have labored in this field, in this building, before we got here, and we trust that others will follow when we have departed. We know that in the broader Anglican world, there are questions of such divisive force, that the viability, definition, or even need of that Communion is in doubt. We know that the moral and intellectual climate of our day in the West is openly hostile to Christianity. Corinth then, Potomac now. We know, too, that our mission remains to preach Christ crucified, scandalous and foolish though our message may seem.

Parish meetings are called to do business. That's our Anglican way, and it is meet and right to elect vestries, hear reports, talk with one another, and give thanks for services rendered. All of that we do year after year, in this particular place for 56 years now. But that is not the purpose of our parish, nor is it the highest call of this day. Our purpose is to proclaim Christ, and never to lose sight of that.

We proclaim Christ in our worship, not just in the sermons here, but in the liturgy and music we offer in praise of God. We do so in the hours devoted to study and teaching. We do so in the hours and monies devoted to what we call "outreach", but which is, in fact, the cup of water given in Jesus' name in myriad ways. We do so in the pastoral care we have for one another. All of these and many more are ways we proclaim Christ.

We also proclaim Christ when we admit that there are such things as sin and salvation. When someone asks you what you mean by those, you can begin by saying that it is just this simple: We know life is not full, life is not complete, when all we have is what we bring to it, or can earn, or can accomplish. Sin is the human condition: Separation from God with no way back. Salvation is the invitation, "Come unto me, all who are heavy laden, and I will give you rest." We proclaim Christ when we recognize – as I believe we do here – the truth of that ancient battle, as old as Eden, as fresh as bread and wine given as gifts of God to the people of God.

So, our mission is simple and yet as deep as the mysteries of life: We proclaim Christ, and him crucified. That did not begin with this rector, nor even with this wonderful parish. It will, God willing, go on as long as there is a reason to call St Francis home, regardless of who stands here as rector, regardless of who is called to serve as warden or vestry member. It is our privilege and vocation to undertake this work now, in our own time, and this place. That is the true agenda for this Sunday, and any day.



POT LUCK SUPPER & TRIP TO ANTARCTICA

SATURDAY, FEBRUARY 26, AT 6 P.M.

Please join us for a pot luck supper and photo presentation by our very own George Stosur. George & Roxanne traveled all the way South recently and returned with amazing stories as well as photos that they will share with us on Saturday, February 26, at 6 p.m. Guests are welcome. Babysitting services will be available for children under age 6 during the Antarctica presentation.

Please call the church office (301- 365-2055) to RSVP and specify the dish you will bring to share. Please plan enough for for 8 – 10 servings. If you have any questions, please call Barbara Heywood at 301-926-9765.

MOVING FOR LIFE

MONDAYS, FEB. 7 & 28, 7:20-8:30PM

As we grow older, quality of life becomes increasingly important: not just for today but for our lives in 10, 20, or even 30 years. Longevity experts cite good health - especially strength and flexibility - as key to being satisfied and happy in our lives.

With this in mind Libby Rubin, recently seen on NBC 4 sharing post-holiday fitness tips, will be leading two classes about bringing movement into your life .

Libby will lead these chair-based sessions so that **people of all levels of fitness** from beginner to advanced **will benefit** from attending. Come early, bring a towel, & prepare to feel energized!

ST. FRANCIS WEEK AT THE COMMUNITY BASED SHELTER (CBS)

SUNDAY, FEBRUARY 13 - SATURDAY, FEBRUARY 19

CBS provides short term housing for homeless women actively working with professional/treatment services as they prepare to move into more permanent housing. It depends completely on the support of some 60 congregations and community groups each of which provides the meals, serving supplies, and kitchen volunteers for one week of the year and CBS could not operate without this assistance. Volunteers are needed to:

1. **pre-shop** for the supplies and paper goods for the week (2-3 hrs);
2. **provide a dinner** at the shelter for approximately 30 women at 6:30 pm daily which includes delivering and serving the dinner and some light cleanup (2 hrs); and
3. **prepare bag lunches daily** (1 hour or less).

All Interfaith Works activities are pre-approved for Student Service Learning hours for Montgomery County public schools and community service hours for many private schools.

Look for sign-up sheets, menu ideas & directions on the bulletin board adjacent to St. Francis Hall. Contact Susan Dolan at 240-472-4379 (sl.dolan@verizon.net) or Andy Jordan at 301-299-3162 (marionaj@aol.com) with questions. **Please team up with some friends and join us!**

LINENS AND TOILETRIES COLLECTION

We are also collecting supplies used by the shelter residents. Most particularly needed are:

- **Twin & bunk-sized bed linens**
- Towels & wash cloths
- Deodorant
- Feminine hygiene supplies
- Safety razors, Shaving cream
- Bath soap/shower gel
- Laundry powder
- Flashlights with batteries (for power outages.)
- Dental care items: please note: oral rinses must be alcohol free, e.g. Crest Pro Health
- Other toiletries, full and travel sizes are both gratefully accepted

Collection boxes are located by the kiosk outside the church office for your convenience.

COMING UP AT SAINT FRANCIS CHURCH

For more information, please visit our website at www.stfrancispotomac.org

SUNDAY, JANUARY 30

LOAVES & FISHES

8:00 am Holy Eucharist
9:00 am Holy Eucharist
Sunday School and Adult Education
11:15 am Holy Eucharist
12:00 pm High School Small Group

TUESDAY, FEBRUARY 1

5:30 pm Youth Choirs
7:00 pm Centering Prayer—Undercroft

WEDNESDAY, FEBRUARY 2

10:00 am Holy Eucharist
11:00 am Rector's Bible Study

THURSDAY, FEBRUARY 3

7:00 am Men's Bible Study
5:00 pm *Sounds* Deadline for **2/13/11**
5:30 pm Youth Bible Study
7:30 pm St Francis Choir

SUNDAY, FEBRUARY 6

8:00 am Holy Eucharist
9:00 am Holy Eucharist
Sunday School and Adult Education
11:15 am Holy Eucharist
12:00 pm High School Small Group

The Scripture appointed for the Fourth Sunday after the Epiphany
Micah 6:1-8, 1 Corinthians 1:18-31, Matthew 5:1-12, Psalm 15

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