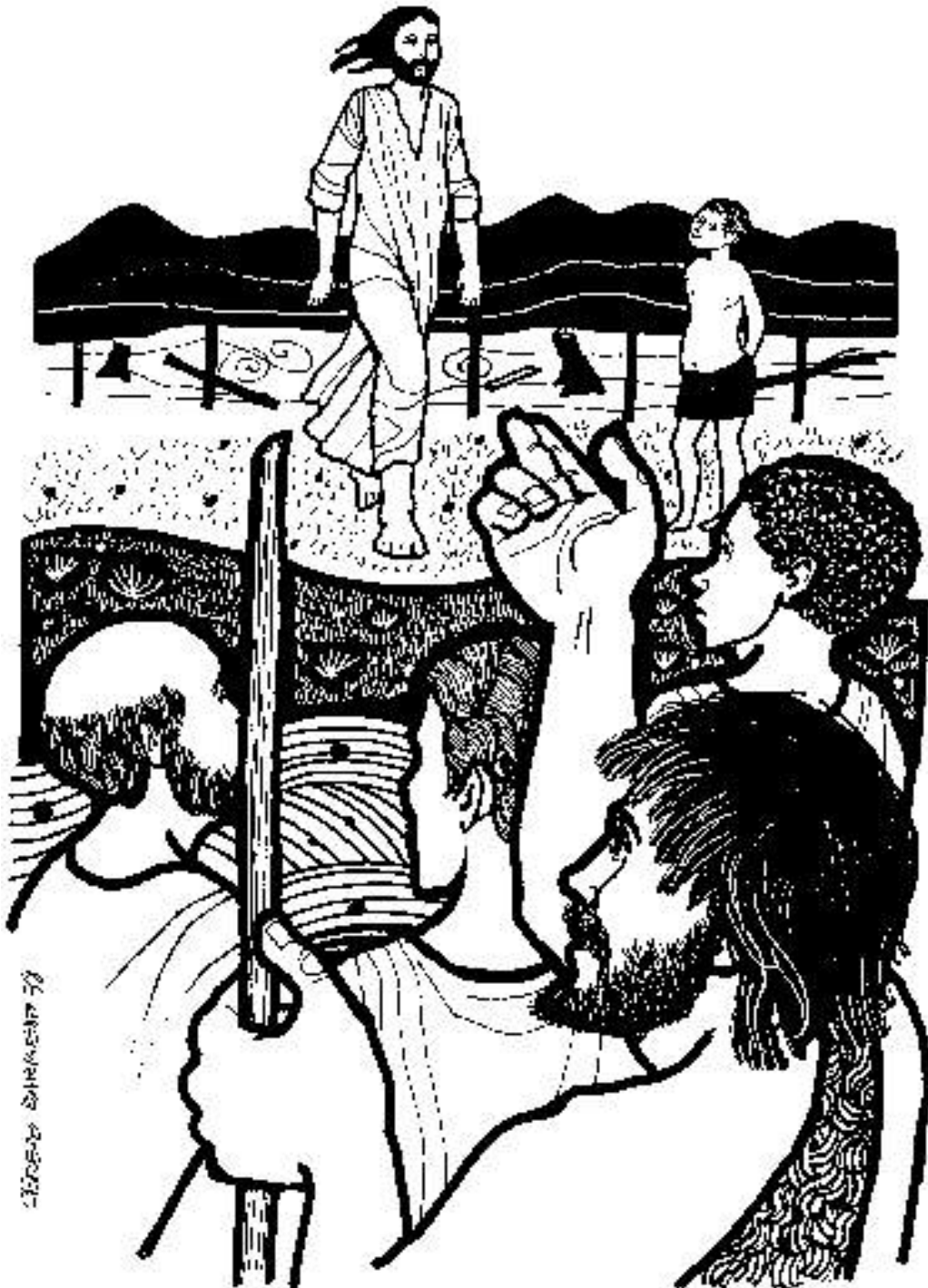


ST. MICHAEL AND ALL ANGELS

*St. Michael and All Angels Anglican/Episcopal Church
aspires to be a beacon of inclusive Christian spiritual growth and
service in the city of Cuernavaca, Mexico.*

January 15, 2023

Epiphany 2



Minerva #1
Colonia Delicias
Cuernavaca, Morelos

WELCOME TO SAINT MICHAEL AND ALL ANGELS

We extend a warm welcome to you all and, as we celebrate our life and mission in Christ, we ask the blessings of God on our parishioners and those who are worshiping here for the first time. All are welcome to receive Holy Communion or a blessing at the altar. Please join us for continued fellowship and refreshments in the Parish Hall after the Service.

In the Anglican Communion: We pray for The Anglican Church of Kenya, the Most Revd. Enrique Treviño, our Presiding Bishop and the Diocese of Cuernavaca, for the Congregation of San Miguel Arcangel, The President of Mexico and all World Leaders

We keep in our prayers: Andrea, Carlos, Charlie, Dennis, Eduardo, Gonzalo, Hank, Harriet, Jorge, Kathryn, Maria Luisa, Marisela, Nicole, Patsy, Raymundo, Salvador, Sheila, René, Paul and Anita and William.

If you are interested in reading, greeting, or donating flowers for the altar, or bringing sweets or other treats for the coffee hour, please sign up on the list at the back of the church. Also if you would like to serve at the altar or help with communion, please speak to the Rev. Douglas Carter.

St. Michael's is a self-supporting Parish in the Diocese of Cuernavaca. Every year we give to support the Churches in the Diocese and numerous charities in the State of Morelos. We rely on the generosity of our members and visitors to implement the goals of our ministry.

Donations for niches: Information is available about the niches for both animal and human remains. Many thanks and blessings to the Funeraria Hispano-Mexicana and their staff for their continued support in this project.

We still need flower donations for Sunday services. We have vases available and garden flowers or street corner flowers are more than welcome. Let us know whether they are in Memory of or Thanksgiving for a person or occasion. If we have that information in time it will be included in the Sunday Bulletin.

Thomas Esakin has only two more Wednesday, 6-7PM Buddhist Meditations before his departure to Canada for a couple of months. This highly popular offering is bringing new people onto our campus. Thank you Tom for your ministry to the larger community as well as to Saint Michael's. Thomas is also active in Spiritual Counseling. His number can be found in the Directory. If you don't have an updated Directory please contact Carol Hopkins.

The Vestry meets this Wednesday at 10:00.

Reader - Carol Hopkins

ORDER OF SERVICE

Prelude:

Processional Hymn

Gloria

7
S280

The Collect

Almighty God, whose Son our Savior Jesus Christ is the light of the world: Grant that your people, illumined by your Word and Sacraments, may shine with the radiance of Christ's glory, that he may be known, worshipped, and obeyed to the ends of the earth; through Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, now and for ever. Amen.

Old Testament - Isaiah 49:1-7.

Listen to me, O coastlands, pay attention, you peoples from far away!

The Lord called me before I was born, while I was in my mother's womb he named me.

He made my mouth like a sharp sword, in the shadow of his hand he hid me; he made me a polished arrow, in his quiver he hid me away.

And he said to me, "You are my servant, Israel, in whom I will be glorified."

But I said, "I have labored in vain, I have spent my strength for nothing and vanity; yet surely my cause is with the Lord, and my reward with my God."

And now the Lord says, who formed me in the womb to be his servant, to bring Jacob back to him, and that Israel might be gathered to him, for I am honored in the sight of the Lord, and my God has become my strength—he says, "It is too light a thing that you should be my servant to raise up the tribes of Jacob and to restore the survivors of Israel; I will give you as a light to the nations, that my salvation may reach to the end of the earth."

Thus says the Lord, the Redeemer of Israel and his Holy One, to one deeply despised, abhorred by the nations, the slave of rulers, "Kings shall see and stand up, princes, and they shall prostrate themselves, because of the Lord, who is faithful, the Holy One of Israel, who has chosen you."

The Psalm 40. - Women read the odd numbered full verses; men the even.

1 I waited patiently upon the Lord; *he stooped to me and heard my cry.

2 He lifted me out of the desolate pit, out of the mire and clay; *he set my feet upon a high cliff and made my footing sure.

3 He put a new song in my mouth, a song of praise to our God; *many shall see, and stand in awe, and put their trust in the Lord.

4 Happy are they who trust in the Lord! *they do not resort to evil spirits or turn to false gods.

5 Great things are they that you have done, O Lord my God! how great your wonders and your plans for us! *there is none who can be compared with you.

6 Oh, that I could make them known and tell them! *but they are more than I can count.

7 In sacrifice and offering you take no pleasure *(you have given me ears to hear you);

8 Burnt-offering and sin-offering you have not required, * and so I said, "Behold, I come.

9 In the roll of the book it is written concerning me: *I love to do your will, O my God; your law is deep in my heart."

10 I proclaimed righteousness in the great congregation; *behold, I did not restrain my lips; and that, O Lord, you know.

11 Your righteousness have I not hidden in my heart; I have spoken of your faithfulness and your deliverance; *I have not concealed your love and faithfulness from the great congregation.

12 You are the Lord; do not withhold your compassion from me; *let your love and your faithfulness keep me safe for ever.

The Epistle - 1 Corinthians 1:1-9.

Paul, called to be an apostle of Christ Jesus by the will of God, and our brother Sosthenes,

To the church of God that is in Corinth, to those who are sanctified in Christ Jesus, called to be saints, together with all those who in every place call on the name of our Lord Jesus Christ, both their Lord and ours:

Grace to you and peace from God our Father and the Lord Jesus Christ.

I give thanks to my God always for you because of the grace of God that has been given you in Christ Jesus, for in every way you have been enriched in him, in speech and knowledge of every kind-- just as the testimony of Christ has been strengthened among you-- so that you are not lacking in any spiritual gift as you wait for the revealing of our Lord Jesus Christ. He will also strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. God is faithful; by him you were called into the fellowship of his Son, Jesus Christ our Lord.

Gradual Hymn

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Gospel - John 1:29-42.

John saw Jesus coming toward him and declared, "Here is the Lamb of God who takes away the sin of the world! This is he of whom I said, 'After me comes a man who ranks ahead of me because he was before me.' I myself did not know him; but I came baptizing with water for this reason, that he might be revealed to Israel." And John testified, "I saw the Spirit descending from heaven like a dove, and it remained on him. I myself did not know him, but the one who sent me to baptize with water said to me, 'He on whom you see the Spirit descend and remain is the one who baptizes with the Holy Spirit.' And I myself have seen and have testified that this is the Son of God."

The next day John again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, "Look, here is the Lamb of God!" The two disciples heard him say this, and they followed Jesus. When Jesus turned

and saw them following, he said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means Teacher), "where are you staying?" He said to them, "Come and see." They came and saw where he was staying, and they remained with him that day. It was about four o'clock in the afternoon. One of the two who heard John speak and followed him was Andrew, Simon Peter's brother. He first found his brother Simon and said to him, "We have found the Messiah" (which is translated Anointed). He brought Simon to Jesus, who looked at him and said, "You are Simon son of John. You are to be called Cephas" (which is translated Peter).

The Sermon

The Rev. Douglas Carter

The Nicene Creed

p. 358

The Prayers of the People

Form 3 p. 387

The Confession

The Peace

St. Michael's Welcomes Visitors

The Great Thanksgiving

The Offertory Hymn

"I Have Decided to Follow Jesus"

Eucharistic Prayer A

p. 361

The Sanctus

S 129

The Lord's Prayer

Breaking of Bread

All are welcome to receive Holy Communion or a Blessing at this altar.

Communion Hymn

178

Post Communion prayer

p. 365

Blessing

Amen by Marty Haugen

Recessional Hymn

135

Dismissal from the back of the Church

Postlude

Let Jesus Take Control of Your Daily Plans by Grace Fox

Trust in His plan and purpose for your life when the unexpected happens.

Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. Psalm 139:16 (NIV)

At the start of each year, I ask Jesus to take control of my calendar. I also ask Him to fill in the blank dates to mesh with His purposes for me. This practice keeps me mindful of my role: I'm His servant, here to do His bidding. He alone knows what that looks like on a day-to-day basis. This also reduces my stress when the unexpected happens. If He's in charge, then there's no need to fret when plans change, right?

On one occasion, I'd experienced three difficult months due to medical reasons. Everything climaxed when I broke into shingles ten days before I was to speak at a women's retreat. Determined to fulfill my commitment despite the pain, I didn't mention my situation to the event planners. Five days before the

retreat, they phoned me and canceled due to circumstances beyond their control. I've spoken at women's events for nearly two decades, and only two groups have canceled. This was one of those instances. When our call ended, I sensed Jesus remind me that I'd invited Him to rule my calendar, and He had ruled in favor of rest (Psalm 23:2).

On another occasion, I had a month with no scheduled commitments, which made me available to travel to Alberta to visit my mother and lend a hand for a week. A few days later, another family member experienced an emergency and needed me. The timing was perfect.

Inviting Jesus to take control of my calendar is one of the best practices I've begun doing. I can't imagine a better way to start the year.

Faith Step : Invite Jesus to fulfill His purposes for your life every day this year.

4 Simple Practices to Build Inner Strength Holly Lebowitz Rossi

You don't have to carry the weight of the world to be empowered, strong and resilient.

Strength training, in fitness terms, refers to lifting weights or doing weight-bearing exercise to improve muscle tone and metabolism, and to be resilient against injury.

When it comes to our inner lives, though, it's all too easy to confuse "having strength" with "carrying the weight of the world." Just like overloading the barbell with too much weight will hurt, not heal, our bodies, holding on too forcefully to life's stresses doesn't make us stronger, it makes us tighter.

So how do we build inner strength of the balanced, self-compassionate, and authentically positive variety?

1) Let 'No' Be a Complete Sentence

A hallmark of inner strength is a person's ability to set boundaries and say "no" without guilt, shame, or conditions. Especially when declining an invitation, a request, or an offer feels like a statement about a relationship, job ambition, or self-confidence, remember to look inward for reassurance and guidance. Your instincts about what serves your joy and peace—and what does not—are usually spot-on.

2) Monotask When Possible

Multitasking is the way of the world these days, it seems. But the more we ask ourselves to focus on simultaneously, the less we have to offer each task or activity. Try whenever possible to carve our time to devote to important moments in your day. Minimize distractions by turning off phone notifications or leaving devices outside of a space where you're trying to focus. And feel the satisfaction that comes from having the inner resolve to stick with a task—just one—until it's complete.

3) Pay Attention

Build inner strength by focusing your attention on yourself—how you feel in your body, where you are in a room or a space, and what is going on around

you. Whether you do this through intentionally mindful practices like meditation, yoga or gentle stretching, or prayer, or simply take a deep breath and take a calm look around the room, know that each time you pay attention, you are reinforcing your ability to be present, centered, and peaceful wherever you find yourself.

4) Move Your Body

“Mens sana in corpore sano,” says the famous Latin phrase meaning “a healthy mind in a healthy body.” To build inner strength, we need to feel as strong as possible in our bodies. That doesn’t mean hours of rigorous exercise each week, but it does mean trying new physical activities, or pairing relaxing activities like a friend’s visit with gentle movement like walking through a park. Whether we’re stretching beyond our comfort zones or returning to beloved healthful practices, movement grounds us in our bodies so we can travel our days feeling strong both inside and out.

What helps you build inner strength?

Be Open to the Bright Blessings Coming Your Way by Sandra Clifton

An unexpected visit from a chirpy cardinal reminded her of God’s higher purpose. Behold, I will do a new thing . . . —Isaiah 43:19 (NKJV)

Honey, come quick, Robert Redford’s in the backyard!” called my husband, Terry, who was resting on the couch facing the living room window. Terry was in his twelfth week of chemo, and I was feeling overloaded by having to play solo with chores we usually shared. Chalking it up to my exhaustion, I was sure I had misheard Terry. When I arrived at the window, Terry announced, “Robert Redbird wishes you a happy new year!” Housebound these past weeks, and being avid jokers, we’d taken up creating celebrity-sounding names for any creature that stopped by for a visit.

To be honest, I had been trying to ignore that it was New Year’s Day. The last thing I needed to hear was a chirpy “Happy new year” from Robert Redbird. The past months of dealing with Terry’s health challenges had been stressful. Would the new year ahead be any better?

Taking a closer look through the window, I beheld the most vivid male cardinal I had ever seen. The contrast of his red feathers against the gray background was breathtaking. It made me recall my uncle Ittai, a retired army colonel, who late in life became a very successful artist. He saw each new year as a fresh canvas—just waiting for new splashes of vibrant color.

I knew that our visiting red bird was not here as part of a silly name game, but rather for a higher purpose, as only God could bring—inviting me to turn my eyes from the sorrows of the past year and to embrace the fresh canvas of his bright, colorful promises to come.

Lord, help me to not be bound by the stresses of the past year, but to be open to the new year ahead. Please walk with me daily so that I keep my eyes on the fresh new year ahead of me and, with it, your bright blessings to come.

Ministry

Bishop:	The Rt. Revd. Enrique Treviño Cruz
Rector:	The Rev. Douglas Carter
Senior Warden	Judy Frothingham
Junior Warden:	
Treasurer:	Alistair Richardson
Secretary:	
Vestry:	Roxana Villa Michel Brownlee (Diosesan Representative), Erik Friend, Debbie Jeffress, Charlie Detweller, Chris Jones, Judy Frothingham, Alistair Richardson
Music Ministry:	Andrea Carr and Gabriel Vargas (Assistant)
Choristers:	Patricia Bridger, Susan Kirago, Andrea Rogel, Kay Godrey Suzie Jeffress, Ian Thomas, Jim Blanchard, Lucia Rogel
Altar Guild:	Debbie Jeffress, Kristen and Marisela Lathrop.
Acolyte:	Jorge Bredée, Erika Mayen
Support Team:	Remigio Garcia, Guadalupe Estrada Gallardo, Adriana Estrada Gallardo, Cati Rodriguez

Schedule of Services

Sunday - 10:45: Holy Eucharist
4:00: San Pablo Service in Spanish

In case of a pastoral or spirit related issue you can contact The Rev. Douglas Carter at the Casita and Church Office at **777 316 2841** or Cell **777-389-6981**.

Please sign up to be: a Greeter or Reader; to supply flowers for the Altar; or to bring coffee time cookies/cake. Information can be found on the table at the back of the Church.

Any news, dedications or special prayers you would like included in the bulletin and/or service, please contact Helen at **helen.millan@gmail.com** or Cell: **777 374 4697**.

Mexican peso check donations should be made payable to St. Michael and All Angels A.C. **US dollar check donations** should be made payable to just St. Michael and All Angels.

If you require a US tax deductible receipt, U.S. dollar check donations should be made payable to DFMS which must be accompanied by a letter which Alistair Richardson, our treasurer will prepare for you.