

TRINITY NEWS

Epiphany VIII Do Not be Anxious About Tomorrow

Therefore I tell you, do not worry about your life. Which of you by being anxious can add a single hour to the span of your life? Therefore do not be anxious, saying, “What shall we eat?” or “What will we drink?” or “What shall we wear?”... Your heavenly Father knows that you need them all. Why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these.

Jesus wore sandals and a linen robe. He was dependent on others for sustenance. He had a home base in Capernaum after he left the family home in Nazareth.

It is rabbinic logic, not our Western and Asian logic. It proceeds from the lesser fact to the greater fact. If God cares for the lilies, surely he will care much more for humans.

“God provides our physical needs to signify his great concern for our spiritual matters. As his care for the lilies on the grass is matched by his provision of clothes for us, so the garments we receive prefigure God’s desire to clothe us with glory and immortality in heaven”.

Christ had a great trust in our capacity to find the right answers and also to discover the most practical way to do things. The Sufis say, “Praise Allah, and tie your camel to a post!” That is, the praise of God and the practical aspects of the moment that require attention go together. Love of God and love of neighbour go together in Jesus teaching.

“But seek first the kingdom of God and his righteousness, and all these things shall be yours as well. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day’s trouble be sufficient for the day.”

“Every experience, no matter how wonderful or terrible it may be, will change and pass away. What we are is a process that is continually unfolding into the unknown of each and every moment. In striving to regain what is past, we keep ourselves prisoners of what we already know”.


The poet Rilke calls the kind of happiness that is based on these fleeting experiences “that quick gain of an approaching loss.”

“Fear is the membrane between what we know and something new.”

Chuang Tzu: “Little fears cause anxiety. Big fears cause panic.”

“A great potential exists in the heart of each person for the realization of truth, for the experience of wholeness, for going beyond the shell of the ego.”

This encouraging statement seeks to motivate us to achieve more of our innate potential. We have plenty of motivational gurus around today, but in the Gospels we have a huge amount of encouragement from the Christ. Let us explore some of those encouraging and timeless words of encouragement and guidance.
Bishop Arthur Jones

 **Next Week's Readings:** Exodus 24:12, 15-18; Psalm 99; Philippians 3:7-14; Matthew 17:1-9

THIS WEEK:

Mar. 1, Tuesday.

- Bible Study, 10am
- Finance Mtg, 5:30pm, Parish Office
- Vestry Mtg, 6:30pm, Rectory

Mar 3, Thursday.

- Midweek Eucharist, 10am, Chapel



NEXT WEEK

Mar. 8, Shrove Tuesday/Pancake Supper

A signup sheet is on the Parish Office board for those who wish to donate items. Cash donations are also most welcome.

†Mar. 9, Ash Wednesday

May we request those who have kept their palms from last year to bring them next Sunday.