



# CROSSTIES



## CHAPEL HAPPENINGS

### Daylight Savings Time

Sunday, March 8 at 2:00 AM  
("spring" forward one hour)

### Lenten Series

Wednesdays, 6:00 pm  
Potluck & Presentation  
Begins February 25  
Other meeting dates are:  
March 4, 11, 18 & 25  
See **Parish Notes** for details

### The Annunciation of the Blessed Virgin Mary

Holy Communion, 8:00 am  
March 25

### Mothering Sunday

March 15

### Palm Sunday

March 29

### Maundy Thursday

April 2, 7:00 pm

### Good Friday

April 3  
Meditation on the Seven Words  
12:00-3:00 pm

### Holy Saturday

April 4, 10:00 am  
Morning Prayer with  
Ante-Communion  
Easter Even Vigil, 10:00 pm  
With POTLUCK following

### Easter Sunday

April 5  
Egg Hunt, Noon

### Easter Monday

April 6  
Holy Communion, 12:00 pm

### Easter Tuesday

April 7  
Holy Communion with  
Morning Prayer, 8:00 am

### St. Mark the Evangelist

April 25

## Founder's Perspective:

### The Chapel of the Cross Origin Story

Submitted by Judy Moore  
with introduction by Bishop Boonzaaijer

*As you read reflections from Chapel of the Cross founder Judy Moore on our early years, consider what God was shaping here in Dallas. What does faithful courage look like? What do shared sacrifice and lay leadership mean for a parish? And how are we called to carry that spirit forward today? Judy's memories remind us that the Chapel was formed with prayer, conviction, and deep affection for one another.*

*For those who would like to explore our story more fully, the official longer-form church history is available in the Book Nook. Parishioners can also look forward to more historical perspectives in future editions of Crossties as we continue celebrating God's faithfulness through the years.*

Memories of the early years of the Chapel are many. I have forgotten a lot, but what I really remember is total commitment and dedication of the members. Everyone was willing to do any and every thing. We all felt guided by the Holy Spirit as we moved forward.

We left Church of the Incarnation and the organized Episcopal church in 1985. Our reasons for leaving the abandonment of the traditional Book of Common Prayer, an increase of Anglo-Catholic practices and differences in pastoral style by the Rector where the lay voice was diminished in church governance.

From 1985 to 1987 we built our "church" in a room at the SMU Student Center. We had

*continued on page 2*

Please note Daylight Savings Time begins on Sunday, March 8 at 2:00 am. Be sure to "spring" forward an hour (set your clocks Saturday night before retiring).



Maria Alonso-Ugalde and Jose Torres were married on Saturday, Feb. 21 at The Chapel. The parish celebrated during coffee hour on Sunday.

*continued from page 1*

many social gatherings. This increased the bond of friendship among the members.

In 1987 we were generously given the opportunity to have the building at 4333 Cole Avenue (formerly The Highland Park Church of Christ). Starting on Maundy Thursday, we moved into the furnished building (even chalk in the blackboard trays). Our children loved to run through the big baptistry tub that was above where the altar is now.

We formed a non-profit corporation run by a Board of Trustees. The laity completely ran the Chapel for the first 20 years. In 1989 Richard Barnard became our Rector and spiritual leader. Since we were "independent" we did not have a Bishop for confirmation. We "rented" various Bishops over the years. We had a lot of friends over the country who heralded our commitment. We had many clergy who visited. Several young men from Dallas Theological Seminary went into the Episcopal ministry after training at the Chapel by the Rector.

The Chapel was remodeled into a Gothic style sanctuary and consecrated in a beautiful service in 1990. The church was filled with many of our friends who had encouraged us on our journey. The beautiful stained glass windows were next.

Some activities during the 1990s were: home Bible Study, church bazaars, parking lot dinners and trunk sales, after school program for children at Ben Milam School called Pioneer Club, food pantry, Angel Tree and all of the normal church activities that continue today. The choir was under the direction of Russell Brydon who came with his wife Gloria from Incarnation in 1990.

In 2007 John Boonzaaijer was called to be our Rector and we joined The Reformed Episcopal Church. Saint Timothy's School was started. The rest is the next 20 years.

As I look back on those early years, what stays with me most is the courage, dedication, and deep affection that bound us together as we built this Chapel brick by brick, prayer by prayer. We were guided, always, by the Holy Spirit and by a genuine love for one another. My hope is that our story encourages you to carry that same spirit forward—to invest in each other, to serve with willing hearts, and to continue shaping this community with the same faith and friendship that sustained us from the beginning. I invite you to join in that legacy, keeping our Chapel strong, joyful, and united for the years ahead.



The annual parish photo (above), and the Annual Meeting (left) were held on Sunday, February 1.

Prior to the meeting, The Reeds baptized their daughter, Christina Rose, with family and Godparents in attendance. (right)



### Parish Notice Board

- **The Chapel's episcopal visit** will be May 10, Rogation Day. The day will be extra-special as The Chapel celebrates its 40th birthday!
- **40th Birthday!** 2026 is the 40th birthday of The Chapel. A birthday party committee has been set up to arrange a series of party hits!
- This year's **Lenten Series** will be held at The Chapel, and reflect on, "The People of God: Israel and the Nations." The evenings will begin at 6:00 pm with a potluck meatless soup/salad supper. This will be followed by lecture/discussion. Choir and clean-up at 7:00 pm. The schedule of speakers is: Mr. Frank Bridwell, 2/25; 40th Anniversary Committee, 3/4; Presiding Bishop Sutton, 3/11; Suffragan Bishop Walter Banek, 3/18; 40th Anniversary Committee, 3/25.
- **Annual Parish Meeting** We gathered in the Sanctuary for the annual parish photo before beginning the business. Proposed Vestry slate of Ron Kerridge and Victor Predtechenskis were elected, Budget and by-law amendments were all passed, and Diocesan Convention delegates Remy Davis and Mark Parry were approved with Ben Embry being approved as the alternate.
- The "Aids to Devotion" will be republished as "Liturgical Supplements" during Lent.
- **Garden-Narthex** start date is next!.
- 250th Birthday for the United States of America. The Church is the soul of a nation, and The Chapel will commemorate our nation's 250th birthday through reflection on Christian civilization, citizenry, and contribution to society and the body politic.



- The St. Timothy School annual **jog-a-thon fundraiser** is underway. Students are seeking pledges to run laps. Donations go towards improving playground/parking lot & libraries; maintaining family friendly tuition; and traveling the world through choir, books, and adventure! The jog-a-thon will be held on Friday, April 10, at 11:00 am.
- 5th-12th grade students will take a Heritage Trip to the East Coast April 13-20. They will visit Washington D.C., Virginia, and Philadelphia.
- TEFA (Texas Education Freedom Accounts) applications are open through March 17. The St. Timothy School is an approved school. Find out more at [educationfreedom.texas.gov](http://educationfreedom.texas.gov).
- Spring Break, March 9-13



### Church/Diocesan News

ACNA Downloadable Catechism available at [anglicanchurch.net](http://anglicanchurch.net)

**58TH REC GENERAL COUNCIL**  
June 10-12, 2026, Richmond, VA

**GAFCON G26 BISHOP'S CONFERENCE**  
March 3-6, Abuja, Nigeria

**THE BOARD OF FOREIGN MISSIONS**  
Now has a prayer calendar page at:  
<https://www.rec-bfm.org/prayer-calendar>

**"KYRIAL MASS SETTINGS"**  
Published by The Chapel's Choirmaster, Andrew Dittman

### Vital Signs

	December	January	Year to Date (Jan)
Average Attendance	147*	124**	124
Income	\$83,271	\$29,954	\$29,954
Expenses	\$42,016	\$68,115	\$68,115
Surplus (Deficit)	\$4,209	(\$38,164)	(\$38,164)

\* December attendance includes the services for Christmas Eve and Christmas Day in addition to the Sunday service attendance.

\*\* January attendance was affected by the ice storm we had on the 25th.

† The "Year-to-Date" deficit is due to The Chapel's annual payment to the REC clergy retirement funds and a cash accounting methodology.

### BIRTHDAYS

#### MARCH

Frank Bridwell 3/1  
Maeve Gagie 3/1  
Lou Bridwell 3/2  
Tracy Lives 3/6  
Eleanor Dickinson 3/10  
Elenor Boonzaaijer 3/10  
Karl Boonzaaijer 3/12  
Ken Bennett 3/20  
Missy Owens 3/21  
Harry Nicholls 3/22  
Ron Kerridge 3/23  
Christine Boonzaaijer 3/24  
Tiia Saunders 3/25  
Elijah Dean 3/30  
Brooklyn Embry 3/30  
Ed Fruin 3/31

#### APRIL

Victor Predtechenskis 4/1  
Julia Powell 4/1  
James Reagan 4/5  
Isaac Tutuska 4/10  
Karen Mabry 4/13  
Bill Simpson 4/14  
Jose Torres 4/14  
Ashley Cole 4/16  
Andrew Dittman 4/20  
Kathryn Johnson 4/24  
Brittany Dean 4/25  
Annelies Rafferty 4/27  
Brad Lives 4/28  
Nathan Halberstadt 4/28

### ANNIVERSARIES

Barbara & Harry Nicholls (47) 3/17  
Morgan & Ron Kerridge (22) 4/2

# March 2026

Sun	Mon	Tues	Wed	Thur	Fri	Sat
<b>1 Lent 2</b> 8:00 am Holy Communion 9:25 am Catechesis 10:30 am Holy Comm w/Morning Prayer 5:00 pm Evening Prayer followed by Chapel Youth (6th-12th grade)	<b>2</b> 8:00 am M Prayer 10:30 am Chapel Staff Mtg 3:05 pm Eve Prayer 7:00 pm Trail Life* (@ Trinity Fellowship)	<b>3</b> 7:00 am Primary Polls Open 8:00 am M Prayer 3:05 pm Eve Prayer 7:00 pm AA 7:00 pm Polls Close Election Day	<b>4</b> 8:00 am M Prayer 3:05 pm Catechesis 6:00 pm Lenten Series 7:00 pm Choir Rehearsal	<b>5</b> 8:00 am M Prayer 3:05 pm Eve Prayer	<b>6</b> 8:00 am M Prayer (w/Litany) 3:05 pm Eve Prayer	<b>7</b> 8:30 am Pro-Life M Prayer @ CHC <i>every Sat of month</i> 9:00 am Morning Prayer, Lenten Quiet Day & Doorkeepers Ministry
<b>8 Lent 3</b> 8:00 am Holy Communion 9:25 am Catechesis 10:30 am Morning Prayer (& HC) 5:00 pm Evening Prayer, followed by Chapel Fellows	<b>9</b> 8:00 am M Prayer 10:30 am Chapel Staff Mtg	<b>10</b> 8:00 am M Prayer 7:00 pm AA	<b>11</b> 8:00 am M Prayer 6:00 pm Lenten Series 7:00 pm Choir Rehearsal	<b>12</b> 8:00 am M Prayer	<b>13</b> 8:00 am M Prayer (w/Litany)	<b>14</b> 9:00 am Morning Prayer, Lenten Quiet Day & Doorkeepers Ministry
Daylight Savings	Saint Timothy Spring Break					
<b>15 Lent 4</b> 8:00 am Holy Comm 9:25 am Catechesis 10:30 am Morn Prayer w/Litany (& HC) 5:00 pm Evening Prayer followed by Fellowship of Ancient Christian Storytelling	<b>16</b> 8:00 am M Prayer 10:30 am Chapel Staff Mtg 3:05 pm Eve Prayer	<b>17</b> 8:00 am M Prayer 3:05 pm Eve Prayer 7:00 pm AA	<b>18</b> 8:00 am M Prayer 3:05 pm Catechesis 6:00 pm Lenten Series 7:00 pm Choir Rehearsal	<b>19</b> 8:00 am M Prayer 3:05 pm Eve Prayer	<b>20</b> 8:00 am M Prayer (w/Litany) 3:05 pm Eve Prayer	<b>21</b> 9:00 am Morning Prayer, Lenten Quiet Day & Doorkeepers Ministry
<b>22 Passion Sunday</b> 8:00 am Holy Communion 9:25 am Catechesis 10:30 am Morning Prayer (& HC) 5:00 pm Evening Prayer followed by Ladies of the Chapel	<b>23</b> 8:00 am M Prayer 10:30 am Chapel Staff Mtg 3:05 pm Eve Prayer	<b>24</b> 8:00 am M Prayer 3:05 pm Eve Prayer 7:00 pm AA	<b>25 Annunciation of the Blessed Virgin Mary</b> 8:00 am Holy Comm 3:05 pm Catechesis 6:00 pm Lenten Series 7:00 pm Choir Rehearsal	<b>26</b> 8:00 am M Prayer 3:05 pm Eve Prayer	<b>27</b> 8:00 am M Prayer (w/Litany) 3:05 pm Eve Prayer	<b>28</b> 9:00 am Morning Prayer, Lenten Quiet Day & Doorkeepers Ministry 9:30 am Ladies/girls prepare palm crosses 9:30 am STS Aptitude Testing
<b>29 Palm Sunday</b> 8:00 am Holy Communion 9:25 am Catechesis 10:30 am Holy Comm w/Morn Prayer	<b>30</b> 8:00 am M Prayer & Ante-Communion 10:30 am Chapel Staff Mtg 3:05 pm Eve Prayer	<b>31</b> 8:00 am M Prayer & Ante-Communion 3:05 pm Eve Prayer 7:00 pm Vestry 7:00 pm AA	1 HOLY	2 WEEK	3	4

Trail Life meetings will move to Monday nights at 7:00 pm at Trinity Fellowship located at 932 S Greenville Ave, Richardson TX 75081. The number of monthly meetings was still being worked through at the time of publication. You may direct any questions to Adam Reed.

# March 2026

March	Day	Service	Time	Altar Guild Team	Nursery *SS & Worship	Epistoler / Reader	Lector(s)	Acolytes *stays for HC	Ushers W = Welcomers (*Captain) Open/Close	Counters B = Broadcaster	
Sun	1	Lent 2	HC	8:00 am	x	x	Adam R.	Andrew G.	Adam R.	Nola Rae S.	x
			HC (&MP)	10:30 am	Cynthia B.	Hannah L. Ashley C.	Coleman R.	Karl B.	Isaac L. Peter P.	Norris M. Victor P.	David B. Brad L.
			EP	5:00 pm	x	x	Coleman R.	youth	x	Coleman R.	x
Wed	4	Lenten Series #2	FEP	6:00 pm	x	x	x	x	Fruin	x	
Sun	8	Lent 3	HC	8:00 am	x	x	Adam R.	Carlos M.	Adam R.	Nola Rae S.	x
			MP (&HC)	10:30 am	Christine B.	Susanna P. Laura B.	Norris M.	David B.	Karl B. Karl VI* Ansel B. Gavin B.	Julian J.* James R.	Ryan D. Ken B.
			EP	5:00 pm	x	x	Karl B.	Fruin	x	Karl B.	x
Wed	11	Lenten Series #3	FEP	6:00 pm	x	x	x	x	Fruin	x	
Sat	14	Funeral	MP	10:00 am	Sunday Team	x	Adam R.	Fruin	Isaac L.	Brad L.	x
Sun	15	Lent 4	HC	8:00 am	x	x	Adam R.	Carlos M.	Adam R.	Nola Rae S.	x
			MP w/ Litany (&HC)	10:30 am	Cathy M. (Catherine S. - interim)	Christine B. Ana A.	Karl B.	Ben E.	Paul C.* James D. John D. Joaquin A.	Brad L.* Ryan D.	Sam C. Edwin A.
			EP	5:00 pm	x	x	x	young adult	x	Norton	x
Wed	18	Lenten Series #4	FEP	6:00 pm	x	x	x	x	Fruin	x	
Sun	22	Lent 5 Passion Sunday	HC	8:00 am	x	x	Mark P.	Andrew G.	Mark P.	Nola Rae S.	x
			MP (&HC)	10:30 am	Becky M.	Gloria A. Melissa F. (SS: Ashley C.)	Edwin A.	Victor P.	Luis S.* Anthony S. Peter P. John D.	Ken B.* Julian J.	Norris M. Ryan D.
			EP	5:00 pm	x	x	x	woman	x	Ashley D.	x
Wed	25	The Annunciation of the Blessed Virgin Mary	HC (&MP)	8:00 am	Sunday Team	x	Coleman R. (HC)	student	Paul C. Karl VI	Victor P.	Alms Box
			FEP	6:00 pm	x	x	x	x	x	Fruin	x
Sun	29	Palm Sunday	HC	8:00 am	x	x	Adam R.	Carlos M.	Adam R.	Nola Rae S.	x
			HC (&MP)	10:30 am	Cynthia B.	Sarah E. Kathryn J.	Ron K.	Coleman R.	Coleman R.* Isaac L. Karl VI	Norris M.* Brad L.	David B. Sam C.
M-Th	30-2	Holy Week	MP&Ante-Communion	8:00 am	Sunday Team	x	Coleman R. Andrew D. (epistoler)	student & faculty	30th-John D; Anthony S 31st-Paul C; Ethan S 1st-Joaquin A; Luis S 2nd-Karl VI; Peter P	x	Alms Box

# April 2026

Sun	Mon	Tues	Wed	Thur	Fri	Sat
			<b>1</b> 8:00 am M Prayer & Ante-Communion 3:05 pm Catechesis 7:00 pm Holy Comm 7:00 pm Choir Rehearsal  H O L Y	<b>2 Maundy Thursday</b> 8:00 am M Prayer & Ante-Communion 3:05 pm Eve Prayer 7:00 pm Holy Comm  W E E K	<b>3 Good Friday</b> 8:00 am M Prayer (w/Litany) 12:00 - 3:00 pm Meditations on the Seven Words  St. Timothy Break	<b>4 Holy Saturday</b> 8:30 am Pro-Life M Prayer @ CHC every Sat of month 10:00 am Morning Prayer & Ante-Communion with Baptism 10:00 pm Easter Vigil followed by POTLUCK
<b>5 EASTER</b> 8:00 am Holy Communion 10:30 am Holy Comm w/Morning Prayer 12:00 pm Egg Hunt	<b>6</b> 8:00 am M Prayer 10:30 am Chapel Staff Mtg 12:00 pm Easter Monday Holy Comm  St. Timothy Break	<b>7</b> 8:00 am Easter Tuesday Holy Comm 3:05 pm Eve Prayer 7:00 pm AA	<b>8</b> 8:00 am M Prayer 3:05 pm Catechesis 6:30 pm Evensong 7:00 pm Choir Rehearsal	<b>9</b> 8:00 am M Prayer 1:00 pm Saint Timothy School Play 3:05 pm Eve Prayer	<b>10</b> 8:00 am M Prayer (w/Litany) 11:00 am STS Jog-a-Thon 3:05 pm Eve Prayer	<b>11</b> 9:00 am Morning Prayer & Doorkeepers Ministry
<b>12 Easter 1</b> 8:00 am Holy Comm 9:25 am Catechesis 10:30 am Easter Lessons & Carols (HC) 5:00 pm Evening Prayer followed by Chapel Fellows	<b>13</b> 8:00 am M Prayer 10:30 am Chapel Staff Mtg 3:05 pm Eve Prayer	<b>14</b> 8:00 am M Prayer 3:05 pm Eve Prayer 7:00 pm AA	<b>15.</b> 8:00 am M Prayer 3:05 pm Catechesis 6:30 pm Evensong 7:00 pm Choir Rehearsal	<b>16</b> 8:00 am M Prayer 3:05 pm Eve Prayer	<b>17</b> 8:00 am M Prayer (w/Litany) 3:05 pm Eve Prayer	<b>18</b> 9:00 am Morning Prayer & Doorkeepers Ministry
St. Timothy East Coast Heritage Trip						
<b>19 Easter 2</b> 8:00 am Holy Communion 9:25 am Catechesis 10:30 am Morn Prayer w/Litany (HC) 5:00 pm Evening followed by Fellowship of Ancient Christian Storytelling	<b>20</b> 8:00 am M Prayer 10:30 am Chapel Staff Mtg 3:05 pm Eve Prayer	<b>21</b> 8:00 am M Prayer 3:05 pm Eve Prayer 7:00 pm AA	<b>22</b> 8:00 am M Prayer 3:05 pm Catechesis 6:30 pm Evensong 7:00 pm Choir Rehearsal	<b>23</b> 8:00 am M Prayer 3:05 pm Eve Prayer	<b>24</b> 8:00 am M Prayer (w/Litany) 3:05 pm Eve Prayer	<b>25 St Mark the Evangelist</b> 9:00 am Holy Comm & Doorkeepers Ministry
St. Timothy East Coast Heritage Trip						
<b>26 Easter 3</b> 8:00 am Holy Communion 9:25 am Catechesis 10:30 am Morning Prayer (& HC) 5:00 pm Evening Prayer followed by Ladies of the Chapel	<b>27</b> 8:00 am M Prayer 10:30 am Chapel Staff Mtg 3:05 pm Eve Prayer	<b>28</b> 8:00 am M Prayer 3:05 pm Eve Prayer 7:00 pm Vestry 7:00 pm AA	<b>29</b> 8:00 am M Prayer 3:05 pm Catechesis 6:30 pm Evensong 7:00 pm Choir Rehearsal	<b>30</b> 8:00 am M Prayer 3:05 pm Eve Prayer	1	2

# April 2026

April	Day	Service	Time	Altar Guild Team	Nursery *SS & Worship	Epistoler / Reader	Lector(s)	Acolytes *stays for HC	Ushers W = Welcomers (*Captain) Open/Close	Counters B = Broadcaster	
Thurs	2	Maundy Thursday	HC	7:00 pm	Sunday Team	Hired	Edwin A.	*	Joaquin A. Paul C. Isaac L. Anthony S.	Brad L.* Julian J.	Edwin A. Norris M.
Fri	3	Good Friday	Meditations on the Seven Words	12-3 pm	Sunday Team	Hired	1. Norris M. 2. Ron K. 3. David B.	x	Bell Ringer John D. Paul C.	Ken B. Norris M. Norris M.	Alms Box
Sat	4	Holy Saturday	MP&Ante-Communion with Baptism	10:00 am	Sunday Team	x	Adam R.	Mark P.	Isaac L.	Brad L.	x
		Easter Even	Easter Vigil	10:00 pm	Sunday Team	x	Karl B.	Nine	Coleman R. John & James D. Karl VI & Ansel B.	Victor P.	x

## Eastertide

Sun	5	Easter Day	HC	8:00 am	x	x	Fruin	Carlos M.	Fruin	Nola Rae S.	x
			HC (&MP)	10:30 am	Christine B.	Hired	Norris M.	David B.	Paul C. Isaac L.	Julian J.* Ken B.	Edwin A. Ken B.
Mon	6	Easter Monday	HC	12:00 pm	Sunday Team	x	Mark P.	x	John D.	Norris M.	Alms Box
Tues	7	Easter Tuesday	HC(&MP)	8:00 am	Sunday Team	x	Coleman R.	Student	Paul C. Anthony S.	Mark P.	Alms Box
Wed	8	Easter Wednesday	EP	6:30 pm	x	x	Andrew D.	Victor P.	x	Lector	x
Sun	12	Easter 1	HC	8:00 am	x	x	Mark P.	Andrew G.	Mark P.	Nola Rae S.	x
			MP Lessons & Carols (&HC)	10:30 am	Cathy M. (Catherine S. - interim)	Sarah E. Ashley C.	David B.	Readers (TBD)	Coleman R.* James D. John D. Peter P.	Ryan D.* James R.	Sam C. Ryan D.
			EP	5:00 pm	x	x	Karl B.	Victor P.	x	Karl B.	x
Wed	15	Wednesday Prayer	EP	6:30 pm	x	x	x	Ben E.	x	Lector	x
Sun	19	Easter 2	HC	8:00 am	x	x	Adam R.	Carlos M.	Adam R.	Nola Rae S.	x
			MP w/Litany (&HC)	10:30 am	Becky M.	Hanna L. Christine B.	Edwin A.	Ben E.	Karl B.* Karl VI Ansel B. Gavin B.	Ken B.* Norris M.	Norris M. Brad L.
			EP	5:00 pm	x	x	x	Young Adult	x	Fruin	x
Wed	22	Wednesday Prayer	EP	6:30 pm	x	x	Andrew D.	Mark P.	x	Lector	x
Sat	25	St. Mark the Evangelist	HC	9:00 am	Sunday Team	x	Adam R.	x	Paul C.	Mark P.	Alms Box
Sun	26	Easter 3	HC	8:00 am	x	x	Adam R.	Carlos M.	Adam R.	Nola Rae S.	x
			MP (&HC)	10:30 am	Cynthia B	Ana A. Laura B.	Julian J.	Norris M.	Edwin A.* Joaquin A. James D. Gavin B.	Brad L.* Ryan D.	David B. Ken B.
			EP	5:00 pm	x	x	x	woman	x	Ashley D.	x
Wed	29	Wednesday Prayer	EP	6:30 pm	x	x	Andrew D.	Victor P.	x	Lector	x

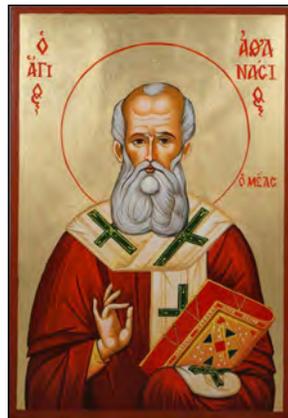


4333 Cole Avenue  
Dallas, TX 75205

*A Faith to Believe · A Place to Belong  
A Rule of Life*

## Spiritual Food – Athanasius

The soul is humbled when it doesn't follow wickedness, but feeds on righteousness. For righteousness and wickedness are the soul's food. According to what it wants, the soul can prefer and eat either of these meats. If it is bent toward righteousness, it will be nourished by righteousness, morality, self-control, meekness, and courage. For Paul said, "Being nourished by the word of truth." "This was the case with our Lord. He said, "My meat is to do the will of my Father which is in heaven." But if the soul isn't like Him and prefers wickedness, it is nourished only by sin. The Holy Ghost described sinners and their food by referring to the



devil. He said, "I have given him to be meat to the people Ethiopia." For the devil is food for sinners. In the same way, our Lord and Saviour Jesus Christ, the heavenly bread, is food for saints. For He said, "Except ye eat My flesh, and drink My blood." The devil is food for the impure and for those who do the deeds of darkness and not of light. Therefore, in order to turn them from wickedness, Christ commands these people to be nourished by the food of righteousness. This food is humility of mind, meekness that endures humiliations, and acknowledgement of God.

## The Newsletter of The Chapel of the Cross

A Dallas Parish of the Reformed Episcopal Church

*For 150 years, the Reformed Episcopal Church has remained faithful to the inerrant Word of God,  
powerfully proclaiming the unchanging Gospel of Jesus Christ and worshipping Him in Spirit and in Truth  
using the biblical and time-honored Book of Common Prayer.*

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