



# Anglican Church of the Good Shepherd

Reaching Individuals and Families of the Concho Valley with the Transforming Love of Jesus Christ!

## AGNUS DEI

July 2021

### FREEDOM IN CHRIST

"And ye shall know the truth, and the truth shall make you free."

(John 8:32, KJV)

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John 8:32, KJV

As we celebrate national independence, we certainly can celebrate the freedom that Jesus has given us. John reminds us, "You shall know the truth, and the truth shall set you free." When we have our freedom in Jesus, we no longer have to worry about ultimate meaning in life and our eternal security. When we live out our freedom in Jesus, we don't have to be concerned about what other people think about us or our status in life. When we are truly free in Jesus, we live every moment of our life for him and seek to please him in all of our ways. When we constantly are in communion with the Lord our worries, fears, and negative thinking dissipate into peace, love, and joy. Certainly, when we are "in Christ" we focus on Him and always strive to do our best. As I reminded our sailors back in my Navy days, "Do your best, and release the rest!" That is a way of saying, "Give everything to the Lord, including your passion, time, and priorities, and leave the results to Him." We can have confidence with the Scriptural admonition to follow the commands in Proverbs: "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths" (3:5-6, ESV).

This July 4<sup>th</sup>, we also celebrate the new freedom we have with winning the lawsuit. Our property and accounts belong to our Lord, and he has entrusted us to remain stewards of the incredible ministry on top of the hill here in San Angelo. We stand as a testimony to scriptural orthodoxy in the Anglican tradition. Much thanks must be extended to our parish leaders over 14 years ago who made a decision that maintaining superficial peace at the cost of spiritual integrity was not the authentic Christian calling. Our last 14 years clearly is a David and Goliath story. Our church legal team, our hired attorneys, vestry leaders, intercessors and those who gave financially to this cause deserve the adoration they will receive from the Lord. The path we undertook was long and at times weary. Yet, the Lord sustained us and gave us victory. The victory the Lord gave us not

*(continued)*

Anglican Church of the  
Good Shepherd

3355 W. Beauregard

San Angelo, Texas 76904

(325) 949-6260

[www.anglicanegs.com](http://www.anglicanegs.com)

Send articles, announcements  
and feedback to  
[admin@anglicanegs.com](mailto:admin@anglicanegs.com)

only is a great legal precedent about church property in Texas, but also is an open door to conduct ministry in his holy name. The victory is a call for us to exercise faith in moving forward with the gospel message of the saving knowledge of Jesus Christ and the hopeless condition we are in, both now and in eternity without him. We can believe our scriptures as the inerrant word of God. We will not just stand on doctrine alone, but in love and service.

Our freedoms are wonderful, but we must not take them for granted. The hard won victories of our country can be lost if we do not remain vigilant. The founders of our country envisioned a future where the government was to promote individual freedoms and economic opportunity. No country can guarantee a high quality of life—all expenses paid—without individual effort and accountability from all of us. Socialism and individual freedoms are mutually exclusive. I am reminded of Norman Rockwell’s 1943 oil paintings of his four freedoms: freedom of Speech, freedom of worship, freedom from want, and freedom from fear. Many in our country today want to chip away at our God-given freedoms. Instead of the word of God guiding our lives, many favor the advice of “intellectual elitists,” who are actually neither intellectual but rather are purveyors of socialist’s dogma. They are about tearing down our country and removing our freedoms through false promises of the government taking care of your every need.

This July, let’s make a commitment to protect our civil liberties as well as our spiritual heritage. God has indeed blessed the United States of America and the Anglican Church of North America—as well as other orthodox believers. Let us not grow weary in defending our faith, our country, and our God-given rights!

Fr. Hal

*Monday, July 5th the  
Church Office will be closed  
in observance of  
Independence Day*



**A SERVICE OF MUSIC AND  
HEALING PRAYER**

*All are invited to  
join us for  
**Praise & Healing  
Fellowship**  
in the Nave at  
5:30pm  
each Saturday.*

# FOURTH OF JULY CELEBRATION

Please join us for our annual Independence Day event

## SUNDAY, JULY 4TH

We will eat around 5:30-6pm. We'll have a **FISH FRY** dinner, we provide the fish, **you bring the sides and desserts.**

Bring **GAMES** to play before the fireworks start. We will be able to view the **FIREWORKS** at the lake from our back parking lot.

*Please bring a lawn chair and mosquito spray if the little critters like to dine upon you.*

**If you plan on joining us, please sign up in the Narthex, we need to have as accurate a count as possible to get enough fish.**

## THE JULY 2021 VESTRY MEETING

The regular monthly Vestry meeting will be the

**Monday, July 26, 2021**

at 5:30pm in the conference room.

## Daughters of the Holy Cross



*July meeting will be held July 10th, 10am in the conference room.*

Daughters of the Holy Cross have adopted Meals for



the Elderly as one of their service projects. They are inviting you to partner with them in delivering meals to the homebound in our community. Their service days are Thursdays and Fridays. If you would like to serve with them, contact Sharon Weber at 325-245-8616 for more information and to get on the schedule.

# July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3  <i>Praise &amp; Healing Fellowship</i> <i>in the Nave</i> 5:30pm
4 9:15 AM Sunday School 10:30 AM – HE  5:30pm <b>Fourth of July Celebration</b> <i>in the Parish Hall</i>	5 <i>CHURCH OFFICE CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</i>	6	7 4:00 PM Galatians Study on Facebook 6:00 PM Holy Eucharist and Exodus Bible Study	8	9	10 Daughters of the Holy Cross @ 10:00am <i>in the Conference Room</i>  <i>Praise &amp; Healing Fellowship</i> <i>in the Nave</i> 5:30pm
11 9:15 AM Sunday School 10:30 AM – HE	12	13	14 4:00 PM Galatians Study on Facebook 6:00 PM Holy Eucharist and Exodus Bible Study	15	16	17  <i>Praise &amp; Healing Fellowship</i> <i>in the Nave</i> 5:30pm
ACGS Youth to Summer Camp July 12-18						
18 9:15 AM Sunday School 10:30 AM – HE	19	20	21 4:00 PM Galatians Study on Facebook 6:00 PM Holy Eucharist and Exodus Bible Study Revelation Bible Study	22	23	24  <i>Praise &amp; Healing Fellowship</i> <i>in the Nave</i> 5:30pm
25 9:15 AM Sunday School 10:30 AM – HE	26 5:30 PM <b>Vestry Meeting</b>	27	28 4:00 PM Galatians Study on Facebook 6:00 PM Holy Eucharist and Exodus Bible Study	29	30	31  <i>Praise &amp; Healing Fellowship</i> <i>in the Nave</i> 5:30pm

# July 2021 ~ Ministry Schedule

Duty	July 4 Seventh Sunday of Pentecost	July 11 Eighth Sunday of Pentecost	July 18 Ninth Sunday of Pentecost	July 25 Tenth Sunday of Pentecost
<b>Vestry In Charge</b>	Stacy Belk	Kathi Johnson	Billie Hodges	Sharon Weber
<b>Tellers</b>	Jeannette Anaya Billie Smithwick	Sharon Weber David Harrison	Mark Brown Charles Westbrook	Kathi Johnson Billie Smithwick
<b>Altar Guild</b>	Holloway/Wallace	Yarbrough/Baker	Weber/Caskey	Anaya/Read
	<b>10:30 am</b>	<b>10:30 am</b>	<b>10:30 am</b>	<b>10:30 am</b>
<b>Greeters and Ushers</b>	Charles Westbrook Linda Wilson	Teddye Read David Harrison	Erlene Springer Jeannette Anaya	Rosemary Holm Charles Westbrook
<b>Crucifer</b>	Jeannette Anaya	Heath Belk	Mark Brown	Larry Weber
<b>Torch/Flag Bearer</b>	Amber Woolard Alex Woolard Kylie Simmons Rowan Schroeder	Amber Woolard Alex Woolard Kylie Simmons Rowan Schroeder	Amber Woolard Alex Woolard Kylie Simmons Rowan Schroeder	Amber Woolard Alex Woolard Kylie Simmons Rowan Schroeder
<b>Lector</b>	Jean Yarbrough Deuteronomy Ezekiel 2:1-7	Stacy Belk Amos 7:7-15	Nan Holloway Isaiah 57:14-21	Debra Riley 2 Kings 2:1-15
<b>Eucharistic Minister</b>	Sharon Weber Psalm 123 2 Corinthians 12:2-10	Anngie McWilliams Psalm 85 Ephesians 1:1-23	Rosemary Holm Psalm 22:23-31 Ephesians 2:11-22	Mark Brown Psalm 114 Ephesians 3:1-21
<b>Gospel of the Day</b>	Mark 6:1-6	Mark 6:7-13	Mark 6:30-44	Mark 6:45-52

## **Psychology and Jesus: Defense Mechanisms: Protecting Our Boundaries**

Psychological defense mechanisms are normal and natural reactions which can be positive or negative. They are unconscious reactions to some perceived threat in an attempt to reduce anxiety from unacceptable or possibly harmful stimuli. They are used to protect a person's psyche, yet sometimes become obstacles in healthy psychological growth. Sigmund Freud initially identified these responses to psychological well being. His daughter, Anna Freud, and many other psychoanalysts added to the list over the years. Most agree on these 10.

Negative defenses:

1. Denial: In this reaction a person denies reality and facts, finding them too difficult or overwhelming to accept.
2. Repression: A person chooses to hide and ignore facts, suppressing them into unconsciousness. Unfortunately, memories do not go away and the problem remains.
3. Projection: Instead of owning feelings, a person may project the problem or issue upon another, often accusing the other person as having the issue.
4. Displacement or transference: Instead of confronting the problem directly, one will redirect anger and frustration on a child, spouse, or weaker individual.
5. Regression: Children and adults will regress to a younger level of development, sucking a thumb, resorting to comfort foods, or other behaviors at a lower level of maturity.
6. Rationalization: A person views the situation through his/her set of facts which may or may not be true.

Positive defenses:

7. Sublimation: A person identifies his/her feelings and chooses to redirect them into constructive activities such as exercise and creativity.
8. Reaction formation: A person understands negative feelings and chooses to react in a positive way.
9. Compartmentalization: A person separates sectors of life into private issues shared only with significant others and public information shared with anyone.
10. Intellectualization: A person removes all emotional responses and focuses on quantitative, measureable facts.

For the most part, defense mechanisms are unconscious, normal, and natural. We use them when our personal boundaries are threatened. Negative defense mechanisms damage relationships. One way to improve upon these is to find accountability partners: people you can trust to be truthful and caring in your positive personal development. Second, learn coping strategies. Identify situations which trigger defensiveness. Is the threat a fact or opinion? Is it real or imagined? Prepare yourself with responses such as: I understand... OK... Thank you for your opinion... and my favorite: I don't know. Silence often will diffuse strong feelings. And third, disengage from the confrontation by simply walking away. It takes two to argue. Do not be one of them.

Jesus' defense was the Word of God. He knew the will of His Father and followed it completely. He understood His culture, His religion, history, and the current tribulations of His people. He came to fulfill the Law and the Prophets (Matthew 5:17). He came to serve, not to be served. He also came to shake up the hypocrisy and complacency of His time. He was not afraid of evil and faced it head-on. He rebuked Satan, knowing full well that spiritual warfare is real.

During His ministry Jesus was confronted, challenged, disrespected, and discounted by the Pharisees and Sadducees. He was savagely beaten and unjustly crucified. Yet nothing could shake or undermine His faith. His boundary lines were irrevocable, His identity intact: Jesus, the holy anointed Messiah, born to save the world. His instructions to us are to take the offense: Love your enemies and pray for those who persecute you (Matthew 5:44). Do not worry. Avoid sin and watch out for false prophets. He said, "follow me... seek and you will find... knock and the door will open... I am the way, the truth, and the life... lean on me and I will carry your burden... I give you My peace... let not your heart be troubled."

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven... You are the salt of the earth... You are the light of the world... let your light shine before me, that they may see your good deeds and praise your Father in heaven" (Matthew 5:13-16).

He promised the Holy Spirit, the Paraclete and Counselor, to guide and guard each believer (John 16:13), and guaranteed the promises of His Father (Luke 24:49). We are given the full armor of God ... "so that you can take your stand against the devil's schemes... so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand" (Ephesians 6:11, 13).

The best defense is offense in Jesus, the Word who became flesh and dwelt among us. The Son of God and Man understood human nature and came to save. We have so much to learn from His life and teaching. Study the Holy Bible, and not just the sweetness and light stories. Every page proclaims the glory of our living God.

And, above all, pray.

Here is my prayer: El Shaddai Almighty Father God, thank You for life, provision, blessings, and salvation through Your Son, Jesus Christ. In Him there is no flaw, no fault, and no sin. He is my refuge when this world overwhelms me, my safe haven in every storm. Lord Jesus, surround me in Your presence and sustain me with Your perfect peace. Forgive my many and manifold sins. Anchor me in Your grace. Holy Spirit, guide me in Your wisdom and discernment and guard me from every occasion of sin. Teach me to walk in faith with a humble, contrite heart. And I will pray without ceasing in the name of the Father and the Son and the Holy Spirit. Amen

Jean Stinnett

LPC author of Please Pray with Me © 2018 and Our Monday Prayer © 2020



## Holy Eucharist and Bible Study

For those who are interested in following the Philipians study, it is Live on Facebook, **Wednesdays at 4:00 PM.**



For those attending the **Wednesday 6:00 PM** service we are beginning our "How Should We Then Live?" Bible Study

We will continue our study of the Gospel according St. Mark on **Sunday mornings at 9:15am.**

IN  
THIS  
ISSUE

## AGNUS DEI



- Pastor's Message "Freedom In Christ"
- Saturday Praise and Healing Fellowship
- 4th of July Fish Fry
- Psychology and Jesus:  
Defense Mechanisms:  
Protecting Our Boundaries  
Jean Stinnett



## July Birthdays

- 7/1 Bob Masterson  
Lisa Woolard
- 7/6 Debra Riley
- 7/11 Stacy Belk
- 7/13 Jan Roberts
- 7/14 Ruth Ann Wallace
- 7/30 Kevin Riley



**August Agnus Dei Deadline is July 16th**



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P.O. Box 61698  
San Angelo, Texas 76901-1698  
(325) 949-6260  
[www.anglicancgs.com](http://www.anglicancgs.com)

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