



Anglican Church of the Good Shepherd

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

AGNUS DEI

January 2023

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."

(JEREMIAH 29:11, ESV)



Jesus and Psychology: New Year's Resolutions

Jean Stinnett, LPC

Changing our behavior

Traditionally, people make New Year's resolutions when one year comes to an end and the next begins. After the November and December holidays we tend to focus on making changes which will improve our lives. The holidays are over, yet days are short and cold. The idea of self improvement settles in. The 10 most popular resolutions remain relatively the same year after year:

- Lose weight
- Exercise more
- Get organized
- Quit smoking/drinking
- Spend less money/save more money
- Pursue a new career path
- Learn a new skill or hobby
- Spend more time with family and friends
- Travel more
- Live life to the fullest

Accomplishing change and giving up old habits are not easy. Fewer than half of people making resolutions actually achieve them. Research shows that attempting to give up an old habit often fails, whereas starting a new project or activity is more likely to come to fruition. Here are some suggestions as to how to be successful, and a suggestion for an achievable resolution.

Mentally prepare for change. Be realistic about yourself. Know your abilities, strengths, and weaknesses. How likely are you to throw in the towel? Do not bite off more than you can chew. Set a goal that motivates you. Make goals personal and exciting. Challenge yourself in positive ways.

Anglican Church
of the
Good Shepherd

3355 W. Beaugard
San Angelo, Texas 76904
(325) 949-6260

www.anglicancgs.com

Send articles, announcements
and feedback to

anglican.sanangelo@gmail.com

Limit resolutions to a manageable amount; be realistic. Start with small steps and accomplish your goal in increments. You cannot lose a pound a day, but you can lose 1 or 2 in a week.

Be specific. Vague goals are harder to achieve, and often we lose interest when a goal is too broad.

Break up big goals into smaller goals. Take one day at a time and celebrate your victories.

Write down your goals. There is power in the written word, even our own lists in ink, on paper. Most of us are visual learners and benefit from seeing goals in print.

Share your resolutions with others. Tell supportive people your plans. Let them hold you accountable and share in your successes.

Use technology for guidance. Use the internet, high tech, and smart phones to set benchmarks in your quest.

Review your resolutions regularly. Do not forget the changes you wish to achieve. Have your list, check it twice, and keep yourself on target.

Get back on track if you fall off. Setbacks are very possible but not inevitable. Diets are difficult, especially new ones. There will be a dinner or celebration where you overeat. One setback does not mean failure. Pick yourself up, dust yourself off, and try again.

According to Webster's Dictionary resolution means the act or process of reducing to simpler form, as **a.** the act of analyzing a complex notion into a simpler one, **b.** the act of answering; solving, **c.** the act of determining.

Changing our thinking

Consider how faith in Jesus Christ will improve your well being. He is the solution for reducing life to simpler form and determining the way we should live. He offers us the Golden Rule, the greatest commandment in the Law: Love God first, and love your neighbor as yourself (Matthew 22:37-40). He draws us closer to Himself with the benefit of rest. He offers to carry our burdens and ease our fatigue (Matthew 11:28-30). With faith as small as a mustard seed He assures us that nothing will be impossible (Matthew 17:20-21). Jesus drives out evil by the Spirit of God, delivering us into God's kingdom (Matthew 12:28). He promises to be with us always, to the very end of the age (Matthew 28:20).

These promises all come from the first Gospel in the New Testament, the Book of Matthew. Imagine how many more promises you will find in the pages that follow!

The best resolution ever

Here is the best resolution ever: Seek Jesus. Find Him in His Word. Read the Bible and learn something new for yourself from every page. Absorb His love. Keep your body holy, for it is a temple in which the living God abides. Ask for His forgiveness, for He is the propitiation for all sin. Accept His provision and He will sustain you throughout all trials and tribulations. Receive His mercies that renew each morning. Own Him as your personal Savior who lived, and died, and rose again to redeem you from sin. Invite Him to be your personal Friend. Welcome His presence which brings with it His peace. His peace is unlike any other peace you will ever experience. Knock and the door will open. Seek and you will find an unconditional love waiting just for you.

Here is my prayer: *Lord Jesus, thank You for reconciling mankind to our heavenly Father through Your resurrection. For us, You came down from heaven. Born of a virgin, You lived a sinless life, the perfect Lamb of God, the perfect sacrifice for our sin. Your life is a template of goodness, a pattern for our behavior. Lord Jesus, make us more like You. Walk with us through the shadow of the valley of death. For You are the Light of the world, and in Your presence all darkness disappears. You are God's Gift to us: His love incarnate, ours in faith. In Christ alone I pray without ceasing. Amen*

Psalm 23, John 3:16

New ADSW Anglican School of Ministry

By Luke and Lizzy Grant

My wife and I recently began classes through the Anglican Diocese of the Southwest School of Ministry, a certificate program for second-career professionals who are interested in becoming ordained in some capacity in the church or who just want a deeper understanding of their faith and ministry within the Anglican tradition. Our family is new to the Anglican Church (our first time attending a service was this past spring) and we're still figuring out "the Anglican Way," but we wanted to grow in our knowledge of the faith and these classes have been a great way to learn and to plug up some holes in our theology and knowledge of the Church.

You may have reservations to join the classes for several reasons. We ourselves were initially hesitant at the thought of committing to a two-year program; however, even in the first two weeks, it has already proven to be a blessing to our family. We've seen how it's made us better stewards of our time. There is a substantial amount of reading each week before gathering as a class on Zoom, so we've had to prioritize the important things in our day to get our reading done in time. My job takes up most of my work week and Lizzy is a busy homeschooling mom of four, so our Netflix time has taken a hit.

It has also fostered some great conversations between Lizzy and me on our beliefs and has spurred us on to wrestle with our theology alongside one another. Our relationship has benefited from spending time together in the evenings discussing something more than just whose turn it is to brush the boys' teeth or read to the girls at bedtime.

Another valuable aspect of this course has been learning more about the history of the church and to be freshly reminded that, while the Church has faced attacks from without and within since the beginning, God has been – and will continue to be – faithful to His Bride through it all. On that note, we've enjoyed getting to know fellow believers within our Diocese a bit as we've been learning and studying together and we hope to eventually meet in person those who are in long distance sister churches.

A final unexpected yet nonetheless significant blessing has been witnessing our daughters Katy (10) and Grace (8) wanting to attend the Zoom classes and how they're learning right alongside us. We've been amazed at what they pick up just listening to the discussion and they now look forward to the classes as much as we do.



All that said, Lizzy and I hope you'll consider participating in the classes in the future. It does take time, but we guarantee it will be a blessing as you will grow in your faith and be more prepared to make a defense to anyone who asks you for a reason for the hope that is in you.



GOOD SHEPHERD'S

Children's Ministry Moments



Our Parents Night Out program has been a great success. The kids have had BIG fun and the adults have too! Thank you to everyone who has helped make this praiseworthy program a reality and a success. A special thank you to the parents who share their precious little ones with us. Each and every one of them are such a blessing to our church family.



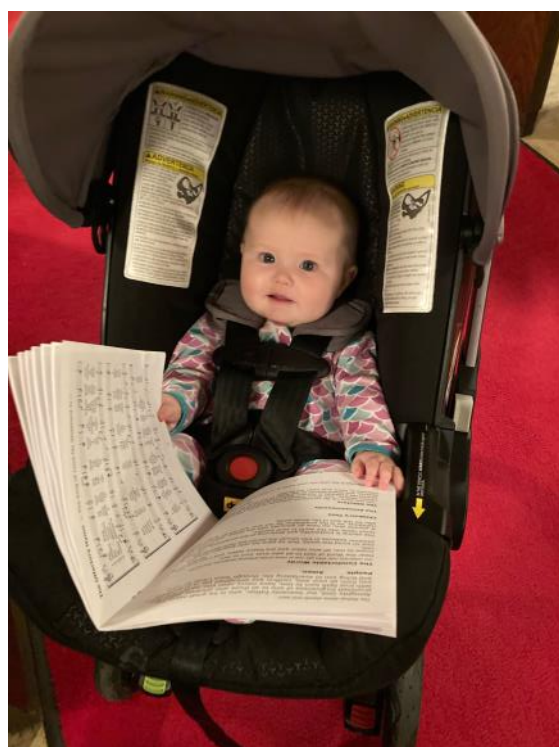


Thank you to Lou Czarnecki for creating these adorable keepsake ornaments for each of our kiddos. Your time, talents, and servant's heart are a gift to us all!

Meet Talitha! She joined in on the Good Shepherd Choir Day Retreat and shows great promise as a future choir member.



Talitha, who often goes by Tally, is the daughter of James and Natalie Regli.



Thank you to everyone who attended Miss Laila's Ring Ceremony at ASU. Your support and encouragement are a blessing to her and her service here as our Children's Minister and Sexton are a blessing to us.

Daughters of the Holy Cross



The Daughters of the Holy Cross collected and donated Young Readers Books. This project completed their monthly Children's Advocacy Center Wish List for 2022.



Grant Girls' Fall Tea Party

Lizzy, Kate, and Grace Grant hosted a Fall Tea Party October 29th. The ladies of the church were invited to the Grant home where they enjoyed tea and sweets and crafts.



Project Dignidad Thanksgiving Baskets



Kathi and Billie Ruth delivered our Project Dignidad Thanksgiving Basket donations to Project Dignidad. Thank you to everyone who participated in this annual benefit.

Veterans Day Ceremony at Fairmount Cemetery



Fr. Hal Scott was the keynote speaker at the Veterans Day Ceremony at Fairmount Cemetery. Charles Westbrook served as part of the Honor Guard as he does every year for this event. Charles also serves on the Board of Directors for Fairmount Cemetery.



**IN
THIS
ISSUE**

AGNUS DEI



- **Psychology and Jesus: New Year's Resolutions**
by Jean Stinnett
- **ADSW Anglican School of Ministry**
by Luke and Lizzy Grant
- **Children's Ministry Moments**
- **Daughters of the Holy Cross**
- **Grant Girls Fall Tea Party**
- **Project Dignidad Thanksgiving Baskets**
- **Veterans Day Ceremony at Fairmount Cemetery**



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**P.O. Box 61698
San Angelo, Texas 76901-1698
(325) 949-6260
www.anglicancgs.com**

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