

# The Hillside Messenger

## A Message from the Rector:

### The Fruit of the Holy Spirit: Meekness

**M**eekness, or gentleness, is the eighth fruit of the Holy Spirit, and it is a virtue that is central to Christian character.

A.W. Tozer once wrote:

The meek man is not a human mouse afflicted with a sense of his own inferiority. Rather he may be in his moral life as bold as a lion and as strong as Samson; but he has stopped being fooled about himself. He has accepted God's estimate of his own life. He knows he is as weak and helpless as God declared him to be, but paradoxically, he knows at the same time that he is in the sight of God of more importance than angels.

#### The Pursuit of God

But how is meekness to be defined, since it seems often to be misunderstood today? This virtue is rooted in the character of God, a truth which we find in the invitation of the Lord Jesus Christ, "Come unto Me, all ye that labour and are heavy laden, and I will



give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls" (*St. Matthew 11:28-29, KJV*). The Lord Jesus supremely exemplifies meekness. Meekness can be defined as a humble, gentle, but strong state of mind, considering the needs of oth-

ers more than one's own, and self-controlled. It does not mean being a doormat to others, nor does it mean being cowardly. Obedience to God is at the forefront of meekness, and the meek person is concerned about people's suffering in the world and will work with the Lord to alleviate it.

It is recorded of Moses, "Now the man Moses was very meek, above all the men which were upon the face of the earth" (*Numbers 12:3*). This statement is made following the report of Aaron and Miriam's grumbling about Moses because he had married an Ethiopian wife. Moses' meekness results in his saying nothing in retaliation against Aaron and Miriam. No doubt, he desired peace in his family and had no wish to cause any offence to his brother and sister. What was the result of his meekness in trusting God with the hurt that he suf-

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## *The Fruit of the Holy Spirit: Meekness*

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### **A Prayer of Matthew Henry for Humility and Meekness**

*Lord, give us to learn from Christ  
to be gentle and lowly in heart,  
that we may find rest for our souls;  
and that herein the same mind may be in us  
that was also in Christ Jesus.*

*Lord, conceal pride from us, and clothe us with humility;  
and put upon us  
the imperishable beauty of a gentle and quiet spirit,  
which in Your sight is very precious.*

*Lord, give us grace to walk  
in a manner worthy of the calling  
to which we have been called,  
with all humility and gentleness,  
with patience, bearing with one another in love.*

*Let anger never lodge in our bosoms,  
nor the sun ever go down on our anger;  
but enable us to show perfect courtesy toward all people,  
because we ourselves were once foolish and disobedient.*

*Let us be clothed as becomes the elect children of God,  
holy and beloved,  
with compassionate hearts,  
kindness, humility, meekness, and patience,  
that being merciful, even as our heavenly Father is merciful,  
we may be perfect as He is perfect.*

*Amen.*

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pline Aaron and Miriam so that they no longer spoke against Moses.

“Blessed are the meek,” Jesus stated in His third beatitude in the

that the meek will one day together with Christ rule the world. Another interpretation is that the blessing of inheriting the earth is a present time blessing

## *The Fruit of the Holy Spirit: Meekness*

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tues of the Holy Spirit are linked hand in hand. In **Colossians 3:12**, meekness is also listed with humility and patience on either side of it. It is impossible to be meek without showing patience and humility as well. We could say of each of the other virtues that it implies the other two, and we could say of all the fruit of the Holy Spirit, that all the virtues are implied in the others and embrace one another.

**St. James 1:21** commands Christians to “lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls” (KJV). Here “with meekness” means “with eager and sincere obedience submitting yourselves to God.” To reinforce this sincere and meek reception of God’s engrafted word, **St. James** warns his readers in the next verse to be doers of God’s word and not hearers only. Arrogance underlies hypocrisy, whereas humility and obedience underlie a meek reception of God’s word. Further on in his Epistle, **St. James** insists that the wise and understanding Christian show from his good behavior his works in the meekness of wisdom. From this, and from **St. James 3:14-15**, we learn that boasting and arrogance are not constituents of divine, spiritual wisdom,

but of earthly, demonic, and sensual wisdom. Instead, God’s wisdom shows itself in meekness, amongst other virtues of the Holy Spirit. Meekness about your wisdom as a Christian, says **St. James**, is shown not by boasting of it, but from your deeds and good conduct.

**St. Peter** calls on Christians to use meekness in speaking about their faith to others: “But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear” (**1 St. Peter 3:15-16a**, KJV). We must not lose our temper in arguments about our faith in Christ! We must give our defense with meekness, considering the needs of those to whom we testify, that is, give an account of our Christian hope. This will mean we must go to a greater depth of prayer in our lives and have a closer walk with the Lord Jesus Christ!

One dimension of meekness is that we must be teachable, that we must be willing to learn from God and from others whom He uses to teach us. **Psalm 25:9** pronounces these blessings for the meek: “The meek will He guide in judgment: and the meek will He teach His way” (KJV). God guides the meek in judgment, that is, to judge for themselves what is right, and He teaches the meek His way. If you are not

meek, then how can you be guided and taught? If you think you know everything about God’s word and God’s ways, how can you learn? The opposite of meekness is depicted in **Psalm 32:9**: “Be ye not as the horse, or as the mule, which have no understanding: whose mouth must be held in with bit and bridle, lest they come near unto thee” (KJV). The Lord Almighty will surely enlighten and guide the meek, teaching them His ways. Therefore in **Zephaniah 2:3a**, the Holy Spirit calls on all who are humble: “Seek ye the LORD, all ye meek of the earth, which have wrought His judgment; seek righteousness, seek meekness” (KJV). Meekness is a key to Christian growth.

All of us who are Christians have submitted ourselves to the Lord Jesus Christ and to the Christian way of life. As Anglican Christians we have also submitted ourselves to the Anglican way of life. In our lives, meekness will show itself in daily prayer, Bible study, frequent church attendance (if we are physically able to get to church), and involvement in the ministries and activities of the local church, as well as supporting it financially as we are able and willing to give. Meekness implies that we shall want to

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come to church to worship God; that we shall offer ourselves for service; that we be supportive of our leaders, including the Rector, the Deacon, the Lay Readers, the Churchwardens and the Vestry; and that we be-

lieve that God can teach us His ways not just through individual Bible study but also through the ministries of our local church leaders. Meekness also implies that we seek the fellowship of the faithful, because God has instituted the Church in-

cluding the local church, to be a manifold blessing through equipping the faithful for their ministries to one another and for their outreach to all who do not believe in Christ.

– *The Reverend  
Christopher Parrish*

## *Our Chapel Family Prayer List*

**O** God, the Creator and Preserver of all mankind, we humbly beseech Thee for all sorts and conditions of men; that Thou wouldest be pleased to make Thy ways known unto them, Thy saving health unto all nations. More especially we pray for Thy holy Church universal; that it may be so

guided and governed by Thy good Spirit, that all who profess and call themselves Christians may be led into the way of truth, and hold the faith in unity of spirit, in the bond of peace, and in righteousness of life. Finally, we commend to Thy fatherly goodness all those who are any ways afflicted, or distressed, in mind, body, or estate; especially those for whom our prayers are desired:

Archbishop Beach;  
Bishop Ilgenfritz;  
Bishop Mott;

Dean Penfield;  
Father Parrish;  
Deacon Vogel;  
Deacon Bracken;  
the soldiers, sailors,  
marines, airmen,  
police officers,  
firefighters, and pilots  
who protect us every day;  
our persecuted Christian  
brothers and sisters  
throughout the world;  
all refugees;  
Estelle Wilson;  
Julia McNeely;  
Claudia Schott;  
Joya de Rossett;  
Cord Frazier;  
Anita Hedman  
and the Hedman Family;  
Michael;  
Kathleen;  
Christopher;  
Charlotte;  
Emily Wallis;  
Sharon De Souza;  
Scott and Brittany;  
Elise and Scott;  
Don Cottam;  
Karen and Larry;

Mick Wright;  
Joy Ware;  
Tanya Theiler;  
Christian McKagan  
and his parents;  
the Rolfe Family;  
Lois Martins;  
Paul and Lane;  
Dale Quinn;  
Lisa;  
Ben;  
Marion;  
Samar and her family;  
and for all those  
who are in our hearts,  
that it may please Thee to  
comfort and relieve them,  
according to their several  
necessities; giving them  
patience under their sufferings,  
and a happy issue out of all their afflictions.  
And this we beg for Jesus  
Christ's sake. Amen.

*Please note:* This prayer list was current as of June 1st. Please contact Father Parrish to make corrections.

ChristopherParrish7@gmail.com





## Molded through the Word

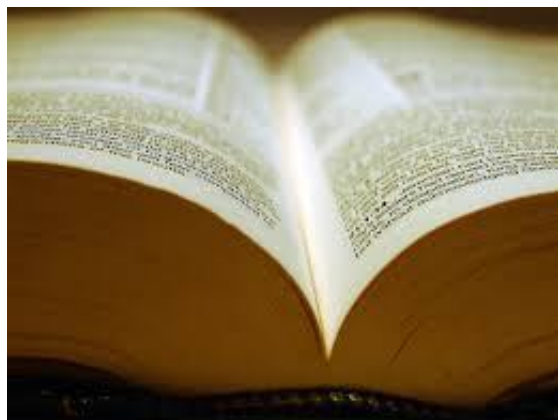
Continuing in our contemplation of the ways in which making a Christmas pudding recipe illustrates some of the ways in which God works in our lives, we find that we are now up to the point where we must pour our batter into our prepared pudding mold. Remember— in this illustration, God is the Cook and we are the pudding. Especially as we consider molding, it is vital that we not confuse our place with His! In the words of *Isaiah 64:8* (NIV), “the Lord God is our Father. We are the clay, and He is the potter; we are all the work of His hand.”

And that is undeniably true. We do not make ourselves. God makes us<sup>1</sup>, and He is absolutely, eternally Sovereign over all things<sup>2</sup>. Even so, molding is a participatory process. God works in our lives to shape us in the image of His Son Jesus our Lord, but God is a perfect gentleman and does not ever force us. One of my Bible study teachers put it this way: “God’s will **will** be done: Either you as His child will come to cooperate with Him in His purposes or He will end your earthly life and use someone else!”

I’ve been mulling

over *Psalm 119:1-16* today, and I think it speaks to this issue of our response to God’s purposes in a very beautiful way. Verses 1-3 pronounce blessings upon the person who walks according to the law of the Lord, keeping His statutes, seeking Him with all their heart, and following His ways. Yes, please, Lord! I want those blessings! It is in verse 9 that we are told how to receive them: We must live according to God’s commands.

So how do we do



this? How do we live according to His commands and become people after His own heart? The answer is found in *Psalm 119:9*: We must live according to God’s Word. You guessed it: This is the some-participation-required part. There is simply no way to live by God’s Word unless one reads it, studies it, prays it, applies it, and loves it. That means every last word of all sixty-six books need to be part of every Christian’s annual reading list.

The benefits of daily Bible study are astounding. One comes to know God more deeply, to trust Him more fully, to obey Him more readily, and to behold His hand in all His works more clearly. God’s Word is truly alive and active<sup>3</sup>: The more you read it, the more you find that the Holy Spirit is using it to renew your mind and realign your thoughts, emotions, and attitudes<sup>4</sup>. Familiarity with Scripture will lead you to using verses in your prayers, and this will strengthen them enormously<sup>5</sup>. Doing God’s will becomes even more important than seeking His blessings<sup>6</sup>. Living in the Word leads to living a Spirit-filled life<sup>7</sup>, and this leads to our transformation to greater and greater Christ-likeness<sup>8</sup>.

I know that this sounds like a lot of work. It may sound as if I’m saying that we have to pour ourselves into God’s mold, Jesus. It’s okay if you take it that way, because the truth is that God is still doing all the heavy lifting in this Cook and pudding relationship. After all, He is only asking us to get to know Him through His Word. He is remaking us, changing us from fallen creatures to His faithful, joyful, holy heirs<sup>9</sup>.

– Kim Vogel

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### Footnotes

1. *Genesis 1:27; Psalm 139:13; Isaiah 44:24*
  2. *II Samuel 7:22; Psalm 9:7; Jeremiah 10:10; Lamentations 5:19; Ezekiel 12:25; Daniel 4:3; I St. Timothy 1:17*
  3. *Hebrews 4:12*
  4. *Romans 12:2*
  5. *Isaiah 55:11*
  6. *Ephesians 1:9; Ephesians 5:17; Colossians 1:9; I Thessalonians 5:18; Hebrews 10:36; I St. Peter 4:1-2; I St. John 2:17*
  7. *Romans 8:14; Ephesians 5:18-20*
  8. *Ephesians 4:15; Galatians 4:19; II Corinthians 3:16; II Corinthians 3:18*
  9. *Romans 8:15; Romans 8:17; Galatians 3:29*
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## Parish Postings

Please bring your father to church with you on Fathers' Day, Sunday, June 19th. In addition to the blessing of worshipping together, sharing your love of God is a wonderful way to honor and thank God for the father He gave you!



The Vestry has chosen to raise funds for the American Diabetes Association's Tour de Cure as the second quarter Community Missions Project. June is the last month for this project. If you wish to donate to this project, please make a note of your contribution on your check memo line or offertory envelope. Thank you!



If you have a key to the Chapel, please let Father Parrish know by e-mail as soon as possible. He is making a list of all who have keys. If anyone has a key to the Chapel which they no longer need, please turn it in to Father Parrish right away. Thank you!



Our Chapel Family continues to support the Downtown Streets Team Food Closet at All Saints' Episcopal Church in Palo Alto. Our donated foods are usually delivered after the first Sunday of each month, but you may add your items to the basket in the Chapel Narthex at any time. The Food Closet is located at 425 Hamilton Avenue; it is open Monday through Friday from 9:00 AM to 2:30 PM and assists over 200 families each week. If you would like to receive a weekly list of the most urgently needed food-stuffs, please visit:

[http://www.asaints.org/  
community-service/  
serving-community/  
food-closet](http://www.asaints.org/community-service/serving-community/food-closet)

The following staples make regular appearances on the requested donations list:

- hearty, ready-to-serve soups with meat
- pork-and-beans
- chili
- meat stew
- canned tuna
- Spam®
- Vienna sausages
- canned chicken

- canned beef
- canned meat tamales
- canned pasta meals with meat
- peanut butter
- canned yams
- canned peas
- canned beets
- cranberry sauce
- canned gravy
- jams and jellies (in plastic jars)
- dry soups
- hot and cold cereals
- dry pasta
- instant coffee
- juice drinks (in bottles or pouches)
- bottled water
- hot chocolate packets
- salt and pepper

Finally, although the Food Closet no longer accepts toiletries, plastic spoons and grocery bags with handles are always welcome.

Thank you for your continued support of this vital ministry!



## *Upcoming Events*

### **Sunday, June 5th**

The Second Sunday after Trinity

Emergency Food Pantry Collection Day

*Bible Study: **Romans***  
9:15 AM

*Holy Communion*  
10:00 AM

### **Sunday, June 12th**

The Third Sunday after Trinity

*Bible Study: **Romans***  
9:15 AM

*Office of Daily Morning Prayer*  
10:00 AM

*Holy Communion*  
noon

### **Saturday, June 18th**

*Joanna's Circle*  
9:30 AM

### **Sunday, June 19th**

The Fourth Sunday after Trinity

Fathers' Day

*Bible Study: **Romans***  
9:15 AM

*Holy Communion*  
10:00 AM

### **Sunday, June 26th**

The Fifth Sunday after Trinity

*Bible Study: **Romans***  
9:15 AM

*Office of Daily Morning Prayer*  
10:00 AM

*Holy Communion*  
noon

### **Sunday, July 3rd**

The Sixth Sunday after Trinity

Emergency Food Pantry Collection Day

*Bible Study: **Romans***  
9:15 AM

*Holy Communion*  
10:00 AM





# The Hillside Messenger

A PUBLICATION OF  
ST. LUKE'S CHAPEL IN THE HILLS  
ANGLICAN CHURCH

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A PARISH OF  
THE CONVOCATION OF THE WEST,  
PART OF THE  
MISSIONARY DIOCESE OF  
ALL SAINTS IN  
THE ANGLICAN CHURCH  
IN NORTH AMERICA

26140 Duval Way  
Los Altos Hills, California  
94022-4413

Office phone:  
650-941-6524

Rector's cellular:  
669-245-9701

E-mail:  
ChristopherParrish7@gmail.com

Website:  
[www.StLukesChapel.church](http://www.StLukesChapel.church)

«AddressBlock»

## Worship Schedule

# St.

Luke's Chapel in the Hills is a traditional Anglican parish which uses the 1928 edition *Book of Common Prayer*. We invite you to join us for worship soon!

*"A place  
where the Bible is taught."*



*Biblical in teaching.  
Liturgical in worship.  
Loving in practice.*

### **First Sunday of each month**

Holy Communion with Healing Service  
10:00 AM

### **Second and fourth Sundays each month**

Office of Daily Morning Prayer  
10:00 AM

Said Holy Communion  
noon

### **Third and fifth Sunday each month and Feast Days**

Holy Communion  
10:00 AM