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MARCH 2025

The Hillside Messenger

A Message from the Rector: *Disciplining Ourselves to Meet the Conditions of the Christian Life*

As Wednesday, the first day of Lent, rapidly approaches (Wednesday, March 5th), we turn to reflect on our practice of self-discipline and the goals we have set for ourselves this Lent. The Lord Jesus Christ Himself laid down these conditions for all His followers:

If any man will come after Me, let him deny himself, and take up his cross daily, and follow Me. For whosoever will save his life shall lose it: but whosoever will lose his life for My sake, the same shall save it.

St. Luke 9:23-24,
KJV

From these sayings it becomes apparent that there are three conditions of discipleship: self-denial, taking up one's cross daily, and following Jesus in obedience. Lent is an opportunity for every member of the Church to progress in the disciplines of



self-denial, taking up one's cross daily, and obeying Christ. Let us examine each of these conditions, realizing that in and through them all, the disciple somehow loses his life for Christ's sake, so that he may save it eternally.

Self-denial must characterize the Christian life, not only at Lent but throughout the year. Some encouraged forms of self-denial include:

- fasting;
- abstinence;
- engaging more deeply in prayer;
- setting aside money for almsgiving;
- helping those in need;
- reading and studying the Bible more intensely;
- meditating on the truths of the faith; and
- ministering to one's fellow Christians more unselfishly.

Self-denial includes not only abstinence from food or certain foods, but it also embraces developing good habits. These may be reading and stud-

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Disciplining Ourselves to Meet the Conditions of the Christian Life

ying the Bible more thoroughly, reflectively, and prayerfully; reading the lives of the saints; or setting aside more time to meditate on Bible passages, to pray, or to contemplate God and listen to Him. To deny oneself for the sake of the Lord Jesus Christ means to disregard oneself and one's own wants for the sake of obeying Christ in all

things. Whenever there is a conflict between what I want and what God's will is, I must choose God's will if I am to remain faithful as a follower of Christ. What we must aim for is a way of life that shows obedience and faithfulness to Christ. The aim of practicing self-denial is not to deprive oneself of so much that one becomes miserable, but to lead an ordered and well-balanced life which is subject to the lordship of the Lord Jesus Christ.

The second aspect of the Christian life is to take up one's cross daily. In the days of the ancient Roman Empire, convicted criminals carried their cross to their place of crucifixion. But what is the cross that each of us must carry? For each of us the cross may be different. For some followers of Jesus, it is a false accusation with which they are charged, and which leads

to their martyrdom. For others, it is persecution and misunderstanding, or torture by the enemies of Christianity. For yet others, it may be misunderstanding of one's call and opposition even from fellow believers. For others, it may mean being bullied because they are Christians. For yet others in some countries, it may mean imprisonment for the sake of Christ. For missionaries, it may mean a lonely and misunderstood, poverty-stricken way of life. The Holy Spirit will reveal to each of us the nature of the cross that he must take up and bear for Jesus' sake. The cross that we carry every day may mean that we are rejected by friends, family members, colleagues, and others who do not know Christ as Lord and Savior.

The third condition of discipleship is that we follow the Lord Jesus Christ. Self-denial and taking up one's cross must both be part of our obedience to and love for Christ. St. Paul wrote of counting all things as loss for the excellence of knowing Christ, and "the power of His resurrection, and the fellowship of His sufferings, becoming conformed unto His death" (*Philippians 3:10*, ASV), so as to attain to the resurrection from the dead (*Philippians 3:11*). Following the Lord Jesus by obeying Him in all things is no easy task! In fact, I believe that one of the

blessings of reciting the Creed at every Anglican service is that we are reminded of the pattern of our Lord Jesus Christ's most holy life and that we will be conformed in some way to the pattern of His life, His suffering, death, and resurrection. In his *Second Epistle to St. Timothy*, St. Paul writes in this way about Christians' identification with Christ:

It is a faithful saying: For if we be dead with Him, we shall also live with Him: If we suffer, we shall also reign with Him.

II St. Timothy
2:11-12a, KJV

The clause "if we be dead with Him" does not refer to the natural, physical death of human beings, but to the death of the old man, the selfish self, with Christ on the cross, the death signified in Holy Baptism (*Romans 6:1-11*), when we were identified with Christ in both His death on the cross and His resurrection from the dead. Yet being dead with Christ is also a spiritual identification with Christ in His death that we must apply to our lives both by counting ourselves dead to sin, but alive to God in Jesus Christ (*Romans 6:11*) and by refusing to allow any sin to control our lives (*Romans 6:12*). Instead, we must offer ourselves and the members of our body as in-

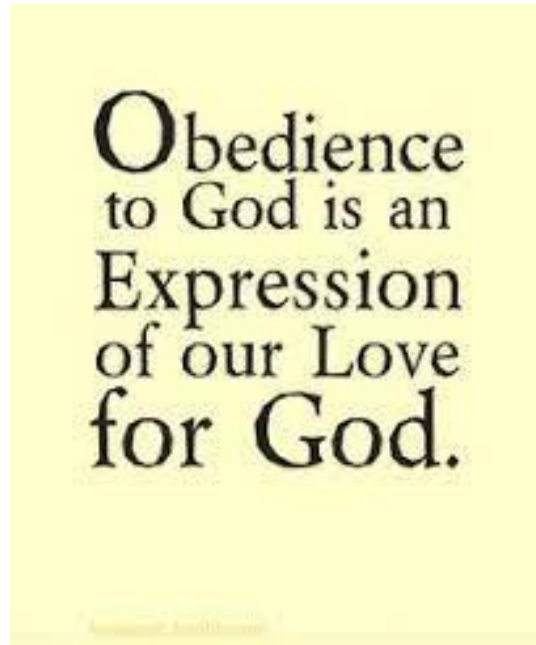
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WHEN WE
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Disciplining Ourselves to Meet the Conditions of the Christian Life

struments of righteousness to God (*Romans 6:13b*). This must be the goal of all our acts of self-denial and spiritual discipline, that we should be fully conformed to Christ through complete obedience.

Consider, then, what you must do this Lent to train yourself to become more obedient to Christ. What bad habits do you need to lay aside? What good and helpful spiritual disciplines need to become permanent in your way of life? How will you see to it that you regularly exercise these disciplines?

– *The Reverend
Chris Parrish*

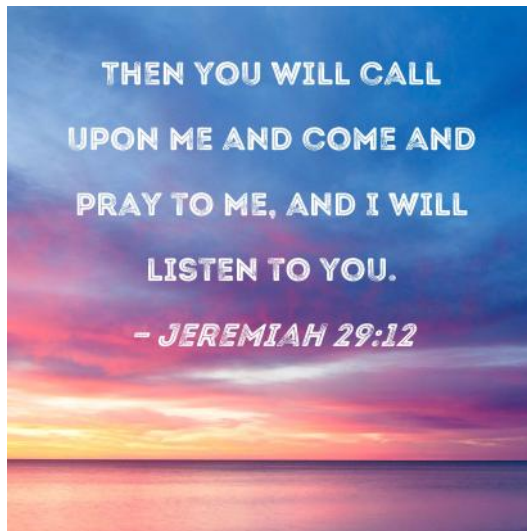


Great Commission Campaign

I have been thinking about setting God as a priority for a while now. It is something I have noticed that is getting increasingly more and more an issue for our relationships with others and more importantly our relationship with God. Due to outside forces, we have allowed other things to separate us from God and a real connection with Him.

It is important to con-

tinue with our other steps. We still need to pray eve-



ry day asking the Lord Jesus to come into our

hearts to guide us in what He intends for us to do.

Then we must make a daily decision to commit to the way of the life of the Lord. Last month we committed to attending church regularly and to being with others to help strengthen our faith and encourage others in their journey.

You may be wondering what I am talking about now. Pushing God to the bottom of your to-do list is a

habit that you may be doing without realizing it. I

Great Commission Campaign

am asking that we all really think about what is important in our lives and make a personal pledge and priority to put our relationship with Jesus our Lord and Savior FIRST!

So here is Step Four: Setting God as your priority.

What is the first thing you do when you wake up in the morning? Do

everyone has a “smartphone” in their hand or pocket with earbuds in their head. The ones with the earbuds usually are talking so loudly to someone that it is a bit startling. (By the way, just in case you didn’t know, those of us around you don’t really want to hear your half of the conversation.) One of

get back to basics. In the old days, we used to wait until we got home or the office to get our messages from the answering machine. This allowed us to stay in the moment and not do so much multitasking and not get so stressed. Doing so many things at the same time is overwhelming and really not very healthful. Doing



you reach out for your phone to check for messages you missed overnight, or check your social media page to start your day? Or do you reach out to God first to pray and start your day with His blessings?

As I watch people around me, I can’t help but notice that just about

the questions that keeps popping in my head is: What would Emily Post or Miss Manners say about this? I can’t help but think that this is not proper social behavior and that they would gently encourage us to give our full attention to those in our physical presence.

Maybe we need to

many things at once, you are sure to miss something important because you are not fully there for what you are doing at the time. With the phone constantly on our person, either on earbuds or handheld to the face, people have become ruder. They no longer regard others. Common courtesy

Great Commission Campaign

is becoming rare and remarkable. This is dangerous, because we are all made in the image of God.

It has been noted by medical professionals that the use of cellphones has caused isolation and loneliness. There is a rise in mental illness, depression, substance abuse and suicide. The constant use of the electronic device has truly separated us from God. I see so many people texting, gaming, or watching something on the small screen, they are not engaging with other people, family, or friends. Their companion is an electronic device that can't give them a hug or a kind word like a good friend like Jesus. You know the expression: "I have a friend in Jesus." He is the only one that can really give you strength, guidance and comfort. You just need to ask Him.

I just heard a statistic the other day that people who have faith and a relationship with God are happier and healthier. I can't help but believe this is true. At least I have noticed this in my own life.

God made us all social beings. We are made to interact with Him and with each other. Humans are not intended to be isolated and alone. We thrive when we connect with one another. It is better for our health. We need to get back to true

religion. It is so important. We need more of it. Spiritual well-being is an integral part of the human condition. We all need to engage with God and with others in order to thrive.

So, I think it is time to examine our priorities. Think of how to give God your full attention and devotion. Take the time to strengthen your relationship with Him. Talk to God. Begin your day with God's blessing in your heart and mind.

For the sake of repeating myself:

Step One is PRAY.

So let's do that now. Holy Spirit, overshadow our church with Your presence. Let Your glory be felt, drawing hearts into deeper relationship with You (*Exodus 33:14*).

I ask everyone to take a few moments in their day to pray. You can even call a friend and pray together over the phone or when you meet for coffee. If you have a particular prayer that is special to you, you are welcome to include that in your daily prayers.

Step Two is COMMITMENT.

I am also asking you to make the decision with me to commit to the Lord Jesus Christ. As we are reminded every Sunday in our bulletin, our service begins when we leave the Chapel. Let us

all support one another and come together to make a commitment to God.

Step Three is ATTEND CHURCH.

Come worship and fellowship with your Chapel Family so that we may all grow in our Faith. Let's keep it strong as we worship, praise, and give thanks to God for all that He has blessed for our use. Let us grow closer to Him so that we love Him more every day and cheerfully devote ourselves to His service.

And now Step Four: GOD IS THE PRIORITY.

Make God a priority. Start your day with God first. Be in the moment. Use your phone as a tool but don't let it take over your life. Let God be the One who starts your day.

Again, I invite each of you to participate in this yearlong project to grow our church through obedience to Christ's command. I am hoping we can start a ReVive program to enhance our work in church growth. Please contact me if you would like to be part of the ReVive program.

– Julia McNeely

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:

Archbishop Steve Wood,
our Primate;

Bishop Richard Lipka,
our Bishop Ordinary;

Bishop Darryl Fitzwater,
our Bishop Co-adjutor;

Canon Michael Penfield,
our Vicar-General;

Father Chris Parrish,
our Rector;

Deacon Peter Vogel; and
Deacon Linda Bracken;

also all those who serve
as Thy ministers in governing
our nation and state,
particularly:

President
Donald Trump; and

Governor
Gavin Newsom;

as well as all those who
are any ways afflicted, or

distressed, in mind, body,
or estate; especially those
for whom our prayers are
desired:

the soldiers, sailors,
marines, airmen,
guardians, border patrol,
coasties, police officers,
firefighters, and pilots
who protect us every day;

our persecuted Christian
brothers and sisters
throughout the world;

all refugees;

the leaders and people
of Ukraine;

all those affected
by wildfires in
Southern California;

Jim and Edna Davis;

Debbie;

Scott;

Brittany;

Tanya Theiler;

Mark Quinn;

Lisa;

Ben;

Marian;

Flo;

Max;

Dan and Kendra Pack;

the Stanko family;

Yoshihiko Ikegami;

Mary Frances Reaves;

Mrs. Kitt;

Jon Carter;

Linda Capone;

Rose Handwerker;

Ann and Frank MacVoy;

Bishop Ilgenfritz;

Moe Martinez;

Victoria Grace;

Christina;

John and Heidi Donnelly;
Carl;

Judith Boreham;

Heather;

Susan;

Helen Vanderberg;

Farshad;

Deacon Herman
and Betty Roark;

Patrick Slattery;

Julie Sine;

the Slattery family;

James Kitchin;

Father Jonah and Rachel
Kelman;

Grace Driver;

Robbie Tavey;

Charlotte;

the Bouchard family;

Sara and Hesam;

Molly Ferguson; and

Catherine
and her students;

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.

***This prayer list
was current as of
February 21st,
and the people
of St. Luke's
will pray
for each need
until
we are notified
that it has been met.
Please contact
Father Parrish
to add
or remove names.
Thank you!***

A Prayer for the Middle East

God of all comfort and hope, Who in Your Son, our Lord Jesus Christ, proclaimed good news to the poor, bound up the broken-hearted, and set the captives free: We remember before You this day all who are affected by the violence of October 7, 2023, and we ask You to heal the wounded, comfort those who mourn, and bring justice and peace to the land of Israel. Look with mercy upon the peoples of the Middle East, that, in Your great compassion, the light of Christ may shine in the darkness and bring hope to every nation. As Simeon rejoiced to see Your salvation, a light for revelation to the Gentiles and the glory of Your people Israel, so we pray that Jesus, the Messiah, would be known as the true hope for all the earth. May Your Kingdom come, and may Your peace reign in every heart, through Jesus Christ our Lord, Who lives and reigns with You and the Holy Spirit, one God, now and forever. *Amen.*

A Prayer for Our Congregation

O GOD, Holy Ghost, Sanctifier of the faithful, visit, we pray Thee, the Congregation of St. Luke's Chapel in the Hills with Thy love and favour; enlighten our minds more and more with the light of the everlasting Gospel; graft in our hearts a love of the truth; increase in us true religion; nourish us with all goodness; and of Thy great mercy keep us in the same, O blessed Spirit, whom, with the Father and the Son together, we worship and glorify as one God, world



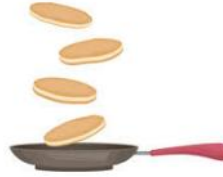
PRAY
FOR
ME,

AS I WILL
FOR THEE,
THAT WE
MAY
MERRILY
MEET IN
HEAVEN.

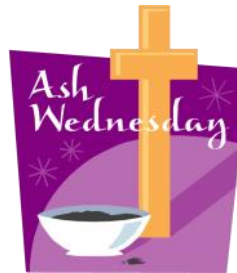
ST. THOMAS MORE

Parish Postings

Please join your Chapel Family for our annual Pancake Luncheon on Sunday, March 2nd, following Holy Communion with Holy Unction. Please let Bridigitte Parrish know what you will contribute to this special time of fellowship. Thank you!



Lent begins on Wednesday, March 5th. St. Luke's Chapel in the Hills will mark this special day with Holy Communion with a Penitential Office and Imposition of Ashes at 7:00 PM.



The Vestry will meet on Sunday, March 9th, following Morning Prayer and fellowship. The meeting is open to all interested parties.



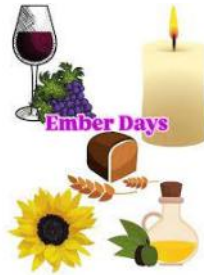
The Spring Ember Days are Wednesday, March 12th, Friday, March 14th, and Saturday, March 15th. These are days of thanksgiving to God for the rebirth of nature and for the gift of light; of reflection upon one's way of life and repentance of sins; of renewal of one's commitment to Christ; and of prayer for the increase of the ministry. The following collect is appointed for Ember Days:

O ALMIGHTY God,
Who hast committed
to the hands of men the ministry of reconciliation;
we humbly beseech Thee,
by the inspiration of Thy Holy Spirit,
to put it into the hearts of many
to offer themselves for this ministry;

Parish Postings

that thereby mankind may be drawn to Thy blessed kingdom;
through Jesus Christ our Lord.

Amen.



The Right Reverend Darryl Fitzwater will be installed as Bishop Ordinary of the Missionary Diocese of All Saints on March 21st at 6:30 PM. Please pray for God's blessings upon Bishop Fitzwater's ministry as he assumes his new duties.



Joanna's Prayer Circle will meet on Sunday, March 23rd, after fellowship. All are welcome to join this informal prayer group!



The Anglican Convocation of the West will have its Clericus and Synod April 22nd-25th. A Women's Retreat will meet during the Clericus. Registration is now open!



Parish Postings

Brandy Falcon has an announcement:

We now have a page on Nextdoor to tell the local community about our wonderful Chapel and to attract new visitors. If you could check it out and show it some love through (1) writing us a review, (2) sharing the page with a friend, or at least (3) engaging with the first post, that would be fabulous!

<https://nextdoor.com/pages/st-lukes-chapel-in-the-hills-los-altos-hills-ca/>

Please let me know if there's specific content you'd like me to post, since I am the one currently managing it. Thank you so much!



It is the custom of our congregation to offer Easter lilies to decorate the Chapel in celebration of our Lord's resurrection and in memory of those who can no longer worship with us in person. If you would like to offer lilies for this purpose, please use one of the special Easter lily envelopes available at the Flower Chart in the Narthex. The suggested donation is \$15. Kindly e-mail your dedications to Kim Vogel by Wednesday, April 16th. Thank you!



Upcoming Events

Sunday, March 2nd

Quinquagesima

Holy Communion with Holy Unction

10:00 AM

Annual Pancake Lunch
following the worship service

Wednesday, March 5th

Ash Wednesday

Holy Communion with Penitential Office and Imposition of Ashes

7:00 PM

Sunday, March 9th

The First Sunday in Lent

Office of Morning Prayer

10:00 AM

Vestry Meeting
following the Annual Parish Meeting

Wednesday, March 12th

Ember Day

Friday, March 14th

Ember Day

Saturday, March 15th

Ember Day

Sunday, March 16th

The Second Sunday in Lent

Holy Communion

10:00 AM

Sunday, March 23rd

The Third Sunday in Lent

Office of Morning Prayer

10:00 AM

Joanna's Prayer Circle Meeting
following fellowship

Sunday, March 30th

The Fourth Sunday in Lent

Holy Communion

10:00 AM

Sunday, April 6th

Passion Sunday

Holy Communion with Holy Unction

10:00 AM





The Hillside Messenger

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

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

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Website:

www.StLukesChapel.org

«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 and fellowship soon!

*“A place
where the Bible is taught.”*



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

First, third, and fifth Sundays of each month

Holy Communion
(with Healing Service on First Sundays)
10:00 AM

Second and fourth Sundays each month

Office of Daily Morning Prayer
10:00 AM

Please note that Holy Communion will be celebrated on Feast Days occurring on second and fourth Sundays.

If you cannot join us physically in the Chapel,
please contact Father Parrish
to be added to each service's Zoom invitation.