



Light of Christ Anglican Church  
*THE BEACON*

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Let your light so shine  
before men that they may see  
your good deeds and praise your  
Father in heaven.  
Matthew 5:16



*Celebrate America*  
*Land of the Free!*



## Mike's Message

“On your wall, O Jerusalem, I have set watchmen; all day and all the night they shall never be silent. You who put the Lord in remembrance, take no rest.” Isaiah 62:6

“But if the watchman sees the sword coming and does not blow the trumpet, so that the people are not warned, and the sword comes and takes any one of them, that person is taken away in iniquity, but his blood I will require at the watchman’s hand.” Ezekiel 33:6

One of the most common topics of conversation that I’ve heard people having recently is concerning the issues of gender identity and critical race theory. The biggest concern is how these issues are being taught in the public-school curriculum from the early grades and then are being taught in the secular universities and even some religious denominational schools. The question most commonly asked is, “What is going to happen with our children?, or in our particular community?, our grandchildren? It is concerning, especially since these things are being introduced without parental knowledge or consent. I have been encouraged recently by stories of parents getting together at school board and board of supervisor meetings to clearly and loudly protest while demanding that these godless curriculums be thrown out. Praise God! We have been praying that God’s people would stand up and fight and those with these godless, or should I say demonic agendas, be exposed and stopped. Certainly, we should expect that when God’s people repent for their lethargy in allowing things to get this far, pray fervently, and declare God’s word into these situations, that he will hear from Heaven and heal our land (2 Chronicles 7:14). But..... wait, is this really a new situation in our country? I don’t think so. We are dealing with some very shocking shifts in values and the moral fabric of our culture is being ripped to shreds, but are they more egregious than the issue of abortion, same sex marriage, the breakdown of the family, or the secularization of our educational system? For quite some time the theory of Evolution has been taught as fact, while the clear evidence all around us of an intentional creator is mocked and considered unenlightened, and the opinions of fools. If we choose to look back, then we must admit that these issues have been happening for a long time and by in large most good church-going people got used to it. In a nutshell, we are where we are as a nation and culture because we stopped being the “watchmen on the wall” a long time ago. Certainly, things have grown steadily worse and the godless values of the Prince of Darkness upon his own have become bold in their

demands, because sin is like that when it isn’t dealt with. Have things gone too far? Is our situation, although dire, hopeless? Not by a long shot. Psalm 46 reminds us that God is: our refuge and strength, a very present help in trouble (v.1) Our fortress (v.7) and He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. “Be still and know that I am God. I will be exalted among the nations; I will be exalted in the earth! The Lord of hosts is with us; the God of Jacob is our fortress. (9-11)

Returning to the Lord in prayer and faithfulness is the only hope we have but in truth it’s the only hope we need. I have long appreciated the response of the Philippian jailer in Acts 16. Upon hearing and experiencing an earthquake and realizing that all the prisoners were most likely escaping, he drew his sword and prepared to kill himself. Listen to Acts 16: 28-32, ““But Paul cried with a loud voice, “Do not harm yourself, for we are all here.” 29 And the jailer called for lights and rushed in and trembling with fear he fell down before Paul and Silas. 30 Then he brought them out and said, “Sirs, what must I do to be saved?” 31 And they said, ““Believe in the Lord Jesus, and you will be saved, you and your household.”” 32 And they spoke the word of the Lord to him and to all who were in his house.” The situation was hopeless until God was invited into the problem. That is still the solution today for our situation that has gone so far that man can’t restore it, only God can rescue us.

Another helpful hint is that you should avail yourself of the “God and Country” class taught by Jan Beckett and Bart Morrison. It’s excellent and deals with where we are- how we got there- and what should we do. But what about the effect of this demonic teaching on our children or grandchildren? We become examples of what it means to faithfully follow Jesus Christ, in good times as well as crisis’. We become prayer warriors. I’ve been reading an excellent book by C. John Miller entitled, “Come Back, Barbara”. It’s the story of the daughter of a pastor who rejected Christianity and how God changed her parents as well as her in restoring their family. I find it very applicable for us as Christian parents and grandparents today.

Blessings,  
Mike



# Senior Warden Report

Jan and I got “volunteered” recently to manage the Tavern’s food stand during the Farmers’ Market, and we met many new folks who have recently moved to the Neck. We were newcomers twenty years ago, and church folks invited us to attend their services. We accepted the invitation then, and now I encourage you to become LOC recruiters and invite new residents to attend church with us. Even better, offer to bring them to a service as your guest. We need new members to grow and do the things God wants us to accomplish. Mike has scheduled a great opportunity to introduce LOC with an open house on July 16, starting at 5:30. After a cookout meal featuring hot dogs and hamburgers, we will watch the movie, “The Insanity of God.” Please plan to attend and bring friends with you.

I am delighted to announce that the vestry has voted to pay off the remainder of the church mortgage, thanks to your generous donations. We will have a “Burn the Mortgage” event shortly and then...no more mortgage reports in my newsletter!!

Now that our Sunday services are in person again, we need more members to get involved in the various functions required to make the service a reality. We need people to serve as acolytes, lesson and prayer readers, nursery attendants, and altar guild arrangers. In addition, our technical folks upstairs are willing to train members in our sound and video tasks. Please let me know what tasks you are willing to do, and we will get you trained for your new job.

Thank you for supporting the Sunday coffee hour with your food donations! The smiles and lively conversations as people eat the tasty spread express clearly the congregation’s appreciation for our resurrected coffee hour.

Got company coming to visit? Bring them to church. We want to meet them!

In Christ,  
George



Come join us in the parish hall every Friday at 1:30 for YogaFaith Chair Yoga and bring your friends. No equipment is needed. Our instructor is Langley Lewis from Montross, Va. A donation basket is provided for Langley’s time and travel.

Below Langley gives you information about YogaFaith Chair Yoga and how she started on this journey. For more information call Constance McDearmon at 804-453-3085.

## YogaFaith Chair Yoga

Chair yoga is a gentle, accessible form of exercise that combines stretching and strengthening movements and breathing.

A chair is used both for sitting and as a prop to hold onto while standing. Chair yoga is suitable for many people because the movements can be adjusted to meet various needs. Students learn to listen to the body and to treat it gently as they move and breathe.

YogaFaith Christian yoga puts God first and uses scripture readings, prayer, and reflection along with the movements and breathing, to engage the mind, body, and spirit.

There are many benefits to doing Christian yoga. It stretches and strengthens muscles, improves posture and body alignment, releases stress, expands breathing, calms the mind, increases body awareness, builds better balance and encourages relaxation all while taking time to be in His presence.

I began yoga in 2015 by taking a semester class at Rappahannock Community College, where I am also an adjunct instructor in Physical Education. My goal was to look into yoga as exercise and to find out about its other health benefits. The class met weekly and I learned the basics, but did not plan to continue on my own after the class ended.

That summer, the instructor broke her leg and was not able to continue teaching for the fall term. My dean asked me to take over teaching the class and I reluctantly agreed. I spent the rest of the summer digging into and practicing yoga myself to be ready to lead the fall class. Surprisingly, I found that I enjoyed it and it enhanced my prayer life.

That fall, the dean required me to be certified in order to keep teaching the class. Preferring to do Christian yoga, I completed my RYT-200 hour certification with YogaFaith in 2017. Since then I have been teaching chair and mat yoga at the Warsaw YMCA and for friends in the community. I have added additional training with Holy Yoga, Silver Sneakers, and YogaFaith University.

I believe that God engineered my circumstances and started me on my yoga journey. He continues to meet me on my mat as I pray and worship Him.



*NNKCS Fun Day and the Last Day of School  
It has been a GREAT year!!!!*



**Mr. Arthur Newman, the Librarian,  
read two books.**



**The students learned about the  
Rescue Squad**



**Deputy Sheriff Goodwyn told the students  
the most important item he had in his car  
was his Bible. He said he reads it every day  
and shared with them the devotional he read  
that day.**

**Our last day began with a delicious  
breakfast of pancakes, scrambled eggs,  
bacon, sausage, rolls, cinnamon buns.**



# IN THE LORD'S SERVICE

## Lesson Readers

July 4 Betty Dillingham (L), Ernie Proctor (P)  
July 11 Joan Blackstone (L), Tony Blackstone (P)  
July 18 Lyn Conley (L), Jim Conley (P)  
July 25 Charlene Andrulot (L), Teresa Moffitt (P)

## Acolytes

July 4 David Gwaltney  
July 11 Constance McDearmon  
July 18 Anna Brennan  
July 25 David Gwaltney

## Chalice Bearers

July 4 Tony Blackstone  
July 11 David Gwaltney  
July 18 Constance McDearmon  
July 25 Tony Blackstone

## Altar Guild

July 4 Anna Brennan  
July 11 Suzy Norman  
July 18 Wendy Smith  
July 25 Julie Pritchard

## July Birthdays

July 1 Howard York  
July 8 Phyllis Tracey  
July 11 Phyllis TeStrake  
July 16 Lydia Haynie  
July 17 Daniel Riddell  
July 19 Donna Soule, Cindy Peresluha  
July 23 Stan Rasberry, Jim Conley  
July 27 Connie de Bordenave  
July 28 Constance McDearmon

*O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church: Send your blessing upon these your servants as they begin another year, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit.  
Amen.*

## Tellers

July 4 Courtney Ludeman  
July 11 Courtney Ludeman, Jan Beckett  
July 18 Courtney Ludeman, Pam Smith  
July 25 Courtney Ludeman

## Vestry Person on Duty

July 4 George Beckett  
July 11 Sandi Ward  
July 18 Doug Ludeman  
July 25 Anna Brennan



## July Anniversaries

July 10 Lucy and Jim Logan  
July 11 Doris and Al Myers  
July 13 Pauline and Bobby Edmonds  
July 16 Lyn and Jim Conley  
July 20 Joy and David Gwaltney  
July 21 Jeanne and Dan Hickey  
July 29 Bart and Leslye Morrison,  
Fr. Edward and Susan Moore  
July 30 Morris and Betty Dillingham

*O God, our times are in your hand: Look with favor, we pray, on your servants named above, as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen.*



Those who leave  
everything in  
**GOD'S HAND**  
will eventually see  
God's hand in  
everything.

## *The Beacon*

**LIGHT OF CHRIST ANGLICAN CHURCH**  
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*The deadline for the Beacon is the  
third Sunday of each month.*

Suzy Norman, Editor

### *Dinner and a Movie*



Please join us Friday, July 16th, 5:30-8 p.m. for dinner and a movie. We will have hamburgers, hot dogs, and assorted side dishes. Everyone is invited! After dinner, we will be showing the movie, *The Insanity of God*.

*The Insanity of God* is the personal and lifelong journey of an ordinary couple from rural Kentucky who thought they were going on just your ordinary missionary pilgrimage, but discovered it would be anything but. After spending over six hard years doing relief work in Somalia, and experiencing life where it looked as if God had turned away completely, and He was clueless about the tragedies of life, the couple had a crisis of faith. They left Africa asking God, "Does the gospel work anywhere in a really hard place?" It sure didn't work in Somalia.

*The Insanity of God* tells a story—a remarkable and unique story to be sure, yet at heart, a very human story—of the Ripkens' own spiritual and emotional odyssey. The gripping narrative account of a personal pilgrimage into some of the toughest places on earth, combined with sobering and insightful stories of the remarkable people of faith Nik and Ruth encountered on their journeys, will serve as a powerful course of revelation, growth, and challenge for anyone who wants to know whether God truly is enough. ([insanityofgodmovie.com](http://insanityofgodmovie.com))

Please Join us at Light of Christ Anglican Church- 9500 Northumberland Hwy. Heathsville  
RSVP 804-580-4555