I often ask God, “Lord, teach me how to pray.” The disciples ask Jesus the same question in Luke 11. He responds by giving them the Lord’s Prayer, as well as an extended teaching on being persistent in prayer and God’s readiness to answer. The Lord’s Prayer was not meant necessarily to be said by rote, but to provide a sort of roadmap by which we might know how it is we should be praying. This is helpful for me because I find praying for any amount of time difficult. My mind wanders, I fixate on certain issues or conflicts in my own life, and very soon I end up talking to myself and not to God. In my life, there is no clearer sign of idolatry. So too, some find praying so difficult, and even frustrating, that they have given it up altogether. They may even find a theological rationale for it: “God already knows what I need!” Or, “God is sovereign and so he’s going to do what he’s going to do.” Or in the negative, “God doesn’t care about what’s going on in my life.” “Prayer makes little difference.”

Anglicans too have their own particular roadblocks to prayer. One of our great gifts to the wider church are our collects. Wonderful as they are, many people see these prayers as the standard, and, not being able to pray up to them, shy away from praying aloud. When called upon to pray grace at a meal, we’ll normally trot out a prayer we have committed to memory rather than praying what is happening in our own hearts.

So what are we to do? Romans 8:26-27 shows that God is well aware of our weakness and sends us a Helper, God the Spirit. He is able to take our feeble prayers, or even the ones we are too afraid to utter, and intercede on our behalf so that our lives might be conformed to the will of God.

Do not lose heart dear brothers and sisters. Your heavenly Father longs to hear your voice as you cry out to him. Worry not about the shape of the prayer, but pour your heart out to him and, by his Spirit, he will guide you.

- Andrew

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

- Romans 8:26
GET INVOLVED! SEE WHAT’S GOING ON!

education

Bible Benchmarks
Reading Plan Available this Sunday
The Advent will publish the Old Testament edition of Bible Benchmarks: A Reading Plan to Build Biblical Literacy this Sunday, January 26. A large team of Adventers started this project at the end of 2017. This guide provides a Bible reading plan with 104 readings (two per week) with key people, places, and items included to help families and parishioners grow in their knowledge of the Bible. Copies can be purchased at the Advent Bookstore. A free PDF copy will be available at AdventBirmingham.org/News.

Vacation Bible School 2020

Registration Opens this Sunday
Registration for Vacation Bible School opens this Sunday, January 26, in Clingman Commons. Parents and children are welcome to stop by the table (look for the VBS banner) for more information about all the fun we have planned for June 1-4. Our theme this year is Rocky Railway: Jesus Pulls Us Through.

Children who register in person will receive a balloon, wristband, and invitation to take to a friend. The registration table will be set up the mornings of January 26 and February 2; after those dates registration will take place online at AdventBirmingham.org/VBS.

But there will be no gloom for her who was in anguish. In the former time he brought into contempt the land of Zebulun and the land of Naphtali, but in the latter time he has made glorious the way of the sea, the land beyond the Jordan, Galilee of the nations. The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone. You have multiplied the nation; you have increased its joy; they rejoice before you as with joy at the harvest, as they are glad when they divide the spoil. For the yoke of his burden, and the staff for his shoulder, the rod of his oppressor, you have broken as on the day of Midian.

- Isaiah 9:1-4

Watch for Our New Website
At the end of January, watch for a new AdventBirmingham.org! The Communications Team has been busy streamlining the design, helping make news, audio recordings, and other content easier to find. Additional features include enhanced search capabilities, downloadable mission partner prayer cards, and a PDF staff listing that makes contact information easier to find.

Parish-Wide Prayer Meeting February 3
All parishioners are invited to a prayer gathering on Monday, February 3, 7:15 p.m. at Cranmer House (2814 Linden Avenue, 35209). Typically held the first Monday of every month, this hour-long meeting is set aside to pray for the Advent. As Dean Pearson wrote about these gatherings, “If we are not on our knees, we are trying to do ministry in our own strength. We know that apart from the Lord Jesus we can do nothing.” We hope you can join us.

Nine O’Clock Service Livestreaming
We’re excited to announce the addition of a livestream of our 9:00 a.m. worship service on our website! The complete worship service is available in audio format each Sunday morning at AdventBirmingham.org/Live. We invite you to tune in and share the link with your family and friends who live too far away to join us in person.

Youth Confirmation

Classes for 6th Graders Begin February 2
All current 6th graders are invited and encouraged to participate in Confirmation this spring. The semester-long experience will begin on Sunday, February 2, and run through the beginning of May, ending with Confirmation on May 6. Find out more by contacting Tucker Fleming (Tucker@CathedralAdvent.com).

Young Adults’ Ministry

Next Community Meal Set for February 5
If you are in your 20s or 30s, please join the Advent Young Adult Community for food, fellowship, and a short devotion on Wednesday, February 5, 6:30 p.m. at Cranmer House (2814 Linden Avenue, 35209). Contact Michael Weeks (Weeks@CathedralAdvent.com) for more information.
Jesus came into Galilee, proclaiming the gospel of God, and saying, “The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.”

- Mark 1:14-15

**Youth Ministry**

**Jr. High: Register for RYM January 26 and February 2**

Registration opens for RYM 2020 (Reformed Youth Ministries) this Sunday, January 26, in Clingman Commons. Parents are welcome to stop by the table (look for the RYM banner) for more information about this fun, annual conference for Junior High students, set for June 22-26 in Panama City Beach, Florida. Find out more about the conference at AdventBirmingham.org/News.

**Youth “Ski Night” Dinners this Sunday**

All Junior High youth are invited to dinner this Sunday, January 26, 5:59 p.m. at Cranmer House (2814 Linden Avenue, 35209). Senior High youth will gather for Family Dinner at 6:57 p.m., also at Cranmer House. The theme for both is “Ski Night,” so come ready to hit the slopes! Find out more by contacting Tucker Fleming (Tucker@CathedralAdvent.com) or Rebecca Lankford (Lankford@CathedralAdvent.com).

**Women’s Ministry**

**Luncheon with Kristen Padilla February 5**

Kristen Padilla (right) will speak at the Women’s Winter Luncheon on Wednesday, February 5, 11:30 a.m. in Clingman Commons. All women of the Advent are encouraged to attend for a delicious meal, fellowship, and biblical teaching. Please RSVP, and reserve a nursery slot if desired, with Anita Gray (Anita@CathedralAdvent.com) by Monday, February 3.

A member of the Advent, Kristen is a speaker, Bible teacher, wife, and mom, and she serves as Marketing and Communication Coordinator at Samford University’s Beeson Divinity School, where she earned an M.Div. degree in 2008. She is the author of *Now That I’m Called: A Guide for Women Discerning a Call to Ministry*, and of a forthcoming book on women of the Reformation which she is co-authoring with Timothy George. She also blogs occasionally at KristenRPadilla.com.

**Ageless Adventers**

**Fellowship in the Pines February 3**

All Adventers are invited to join our friends at St. Martin’s for lunch and a word from Canon Smalley on Monday, February 3, at noon. Lunch is served in the private dining room of The Arbors at St. Martin’s (4941 Montevallo Road, 35210). Find out more by contacting Stella Schreiber (Stella@CathedralAdvent.com, 205-443-8558).

**Pastoral Notice:** If you are going into the hospital, have need of prayer or counsel, or have a family member unable to attend church, please call the Pastoral Care Office at 205-226-3500.

**Youth Ministry**

**Sr. High: SOS Memphis Trip Set for June 7-12**

It’s time to start signing up for our annual trip to partner with Service Over Self (SOS), a home repair ministry in Memphis, Tennessee. This year the trip will happen June 7-12 (Sunday-Friday). Cost is $395 and scholarships are available! Spaces are limited, so sign up ASAP at AdventBirmingham.org/News. For more information, contact Rebecca Lankford (Lankford@CathedralAdvent.com).

**Food Drive Successful!**

Photo left: Zoe (front) and Eden Schneider added Scripture passages and artwork to boxes of food. Photo right: Glenn Reado (left) and Gary Talley delivered the food to Bridge Ministries.

Thanks to Adventers who contributed non-perishable items to our Food Drive on January 12. We collected many boxes of food to support Bridge Ministries in their efforts to prevent homelessness in the Birmingham area.

**Offering Envelopes Available**

If you requested offering envelopes on your 2020 pledge card, you can pick them up in Clingman Commons. Please note that you have been assigned a new envelope number.

**memorials:**

**Gifts Were Given In Memory Of:**

Florence Keen: (Pastoral Care) by Sandra Davis

In Honor of Janet and Carey Beck: (Mission and Outreach) by Ann and Troy Haas

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transitions:
Birth: Haisley James Johnson, daughter of Hallett and Amy, on January 7
Baptisms: Wilder Rhys Jones, son of Justin and Megan, on January 12; Roxie Karalyn Headley, daughter of Jeremy and Jennifer, on January 12; Harrison Parker Centeno, son of Matthew and Sarah, on January 12
Death: Jane Harding Bowry, on January 13

memorials:
Gifts Were Given In Memory Of:
Thomas A.S. Wilson: (Endowment Fund) by Maria Lederer
Ann Hanahan Banks: (Garden Fund) by LaBruce and Suzanne Hanahan
In Honor of Pete and Mary Berkeley Pritchard: (Mission and Outreach) by Ann and Troy Haas
In Honor of Boo and Bud Woodall: (Mission and Outreach) by Ann and Troy Haas

calendar:

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<td>Regular worship schedule</td>
<td>Parish Meeting - Nave - 10:05 a.m.</td>
<td>Jr. High Dinner - 5:59 p.m.</td>
<td>Sr. High Dinner - 6:57 p.m.</td>
<td>Sunrise Sinners - Refectory - 7:00 a.m.</td>
<td>Praise Service - Nave - 8:30 a.m.</td>
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<td>Regular worship schedule</td>
<td>Youth Confirmation Kick-off Dinner - Refectory - 6:00 p.m.</td>
<td>Parish-Wide Prayer Meeting - Cranmer House - 7:15 p.m.</td>
<td>Women's Winter Luncheon - Clingman Commons - 11:30 a.m.</td>
<td>Young Adults' Community Meal - Cranmer House - 6:30 p.m.</td>
<td>Sunrise Sinners - Refectory - 7:00 a.m.</td>
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Every Sunday: Breakfast – Refectory, 8:00 a.m.
Monday-Friday: AA – Coe Conference Room, noon

We have more Bible studies, book studies, and groups of all kinds meeting than we can list on the calendar! Please join us in praising God for this blessing and visit AdventBirmingham.org/BibleStudies for a complete list of options available to you. If you have any questions, please contact Fontaine Pope (Fontaine@CathedralAdvent.com, 443-8562).