

# WALK IN LOVE

as Christ loved us and gave himself for us.  
Ephesians 5:2



## Reflection by Helen Spence –

**“Come to me all you that labor and are heavy laden, and I will give you rest.”**

I have sung this text from Matthew’s Gospel as a solo more times than I can count – and it brings me joy and relief every time these words pass my lips. The mere idea that Christ is there to help and sustain me as I attempt to follow in His Way – walking in His Love – is an image I find to be most comforting.

Each day, as I attempt to walk in His footsteps, He walks with me and guides me. He carries me when I am in doubt. He holds my hand crossing the street. He loves me with a Pure Love that cannot be expressed in mere words. Or, as St. Francis once said, He helps me to “preach the Gospel at all times and, when necessary, use words.”

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The Feast of St. Francis  
Matthew 11:25-30  
October 2, 2016



### Reflection Questions

- Consider reading the Prayer attributed to St. Francis found on page 833 in the Book of Common Prayer.
- Consider listening to a recording of G.F. Handel’s “Messiah”.
- If your church does a “Blessing of the Animals” to celebrate St. Francis of Assisi, consider attending—even if you don’t have a pet—as a celebration of creation and a chance to gather with friends.
- Learn more about St. Christopher’s in Springfield at:



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St. Francis of Assisi is one of the best known of the saints on the calendar because of his love of animals.

My church has a St. Francis statue by the front door, lovingly decorated each week by our Flower Guild to honor this man who stands tall in his love for all creation. The example of his stewardship of people, and all other living things, helps turn my thoughts toward how I can be a good steward of those things that are important to me.

During this season of Annual Giving, I give thanks for my congregation. I give thanks for the work we do, the care we take, the gifts we give and the gifts we share. I give thanks for the joy we find in one another as we Walk in Love together.

As you look at your church – at its mission and witness to the world around where you live – I ask you to give thanks for those things which enable you to Walk in Love.



*Helen Spence has been a parishioner at St. Christopher’s Episcopal Church in Springfield, VA for 31 years, where she sings in the choir and serves as the assistant treasurer. She is the Chair of the Diocesan Stewardship Committee, a member of the Standing Committee, has served as a Deputy to General Convention, and is President of Region VII. She is married and has two grown sons, two daughters-in-love, and a grandson.*

