

# St. Luke's

St. Luke's Episcopal Church ~ East Greenwich, Rhode Island



MONTHLY

## From Father Tim

I don't know if this will provide you comfort or concern, but I spent considerable time last week working out a plan for my Lenten practices—even at this stage of the game, what I might do for Lent does not come easily to me.

First, in my mind, I imagined numerous possibilities. Then, as my head became too cluttered, on a sheet of paper, I identified the following categories: fasting, reading, praying, service, and relationships. Under each category I wrote down a number of options, trying to create a plan that was balanced, comprehensive, and doable. (That last part is crucial!)

Once all the possibilities were down on paper, I refined, cut, added, then cut some more, until I had a manageable game plan. If you happen to be chuckling at this moment over my hyper-cerebral approach, that's ok. Because not long after "settling" on my Lenten disciplines, I read these sentences from my favorite author's latest novel: "*The memory of the heart was far stronger than whatever was kept in the mind. The question was, what did people keep in their heart?*" I read her words, recalled my Lenten list, realized it was all about the head rather than the heart, and had a nice little laugh at myself.

Of course Lent invites us to both action and reflection. But if we are not acting with heart, and if we are not reflecting upon the heart, then I suspect we really aren't getting to the "heart of the matter." (Sorry for the pun. Perhaps I should give up puns for Lent?)

It is in the heart where our deepest struggles exist. It is in the heart where our fears fester, where our resentments reside, where our wounds weep, and where our hopes hide. And it is in the heart where God waits... waits for us to confess and repent, waits for us to question and discover, waits for us to mourn and celebrate.

I do not imagine that any of you have taken out a legal pad to chart your Lenten journey. (Although, you might want to try it—it's actually not a bad idea!) I do not expect

that any of us have settled upon exactly the same Lenten practices for these next forty days. But I do hope that whatever you do (and I pray that you do something) involves both head and heart. For the deeper we go in our Lenten journeys, the deeper God might live and move in us, and the deeper might be our joys as we celebrate the Easter that is to come.

Lenten blessings,

*Jim*

## Anecdotes From The Assistant: A Word From Father Dante

Throughout the entire month of February, the Rhode Island College community (where I am honored to serve as Chaplain) was treated to a series of events sponsored by Harambee, a multicultural students group on campus whose mission is to promote cultural and social awareness of African and Caribbean students. I had the opportunity to go to the closing event for these celebrations of Black History. On Thursday February 28, I attended a lecture given by Dr. Cornel West. Dr. West is a political activist, social critic, professor of public philosophy at Harvard Divinity School, and a rather controversial figure.

I was not sure what to expect in this lecture. I have read some of Dr. West's work and have heard about him through various news outlets and stories. I know of his work at Harvard Divinity School, but had no idea what he would say at Rhode Island College. My first thought when he lecture ended was, "I have just been taken to Church." In Robert's Hall that night Dr. West preached the Gospel in a way I have rarely heard. With a passion, with an energy, with a spirit, with a truthfulness that is not often captured. His best Gospel preaching that night was the implicit rather than explicit moments. There were plenty of good moments when it was clear he was speaking from his own Baptist background, but the most important things were the subtle moments. Moments when I wondered if anyone else knew that he was preaching the Gospel and not just secular wisdom.

A week later I am still processing the wisdom of Dr. West, but there is one phrase he kept repeating that I cannot get out of my head – and I do not think that is a bad thing. Throughout the lecture he said, "I am an extension of you, and you are an extension of me." It reminds me of those great words from Archbishop Desmond Tutu, "My humanity is bound up in yours, for we can only be human together." Or that South African word "Ubuntu," meaning "I am because we are." No matter who said it first, or where it originated, this phrase is balm for my weary soul.

It was so good to hear someone believe so deeply in the interconnectedness of humanity. It was so good to hear someone call out everybody on all sides of every spectrum for build barriers between the various flavors of humanity. It was so good to be reminded that we are all connected, we are all one. It was so good for me to be reminded that the people I wish to disregard, the people I wish to cast aside are connected to me because we are all connected, we all share the same core of our being – the light and love of God.

As we begin to walk through these early days of Lent, this is a phrase that I am going to keep close to my heart. It is a phrase I am going to keep at the forefront of my prayer. It seems to me, that coming to truly believe this phrase so that it becomes embedded in my bones and lived in my life would make a fine Lenten discipline. I wonder if you will join me in this discipline.

I wonder what Eastertide would look like if we all were able to believe "I am an extension of you, and you are an extension of me" just a little more than we did on Shrove Tuesday? I wonder what would happen if we worked to hear the personal stories, needs, concerns, and ideas of all people not just those we like, agree with, or make us feel good about ourselves?

I give great thanks that we are already working on this here at St. Luke's. As I listen to stories from the DR Missioners I hear whispered behind their words "I am an extension of you, and you are an extension of me." As I listen to the faithful volunteers of Loaves & Fishes RI, I hear peppered throughout their words, "I am an extension of you, and you are an extension of me." As I watch the care and concern of the pastoral care team as they seek to care for members of these community, I see the words "I am an extension of you, and you are an extension of me" emerge from the prayer list. I wonder where else these words arise in our community? I wonder where these words materialize in your life? I wonder where we all need to hear these words a bit louder?

As we begin our observances of a holy Lent, I hope we will continue to strive to be a community where walls come down, where barriers are broken, where all are one in the body of Christ.

Lenten blessings,  
Dante

# The Choirs Of St. Luke's

*As people have worshipped for centuries,  
come join in this timeless experience of sung Evening Prayer –  
a respite of prayer, scripture, beautiful music, and meditation.*

## CHORAL EVENSONG

**On the Feast of Saint Patrick  
Bishop and Missionary of Ireland, 461 AD**

SUNDAY, MARCH 17  
AT 4 P.M.

The Canterbury and St. Cecilia Choirs  
*Featuring music of Paulus, Mendelssohn, Stanford, and Wood*



ALL ARE WELCOME

SAINT LUKE'S EPISCOPAL CHURCH  
99 Peirce Street, East Greenwich, RI  
401-884-4116 [www.stlukeseg.org](http://www.stlukeseg.org)

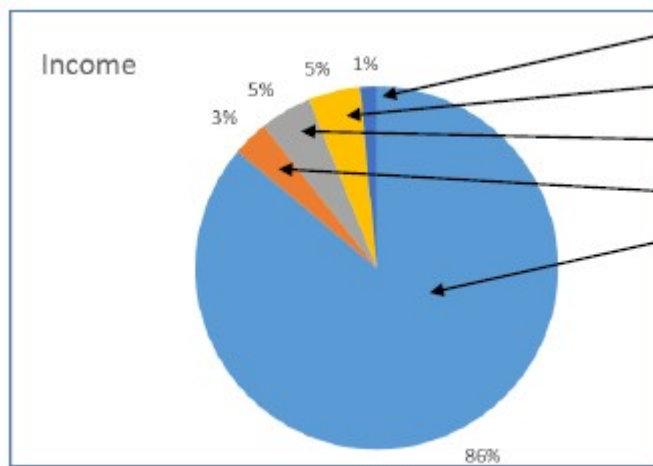
# From The Finance Committee

## Where does St. Luke's money come from?

(Hint – it doesn't grow on a tree in the Memorial Garden.)

- Miscellaneous Income
- DIT Principal
- DIT Dividend
- Rental Income
- Parishioner donations

This chart tells you the story of our 2018 budget.



The money to keep St Luke's alive and flourishing comes almost entirely from ourselves.

Our annual budget this year totals about \$690 thousand. In a perfect world, parishioner donations would cover about 95% of our budget. However, this year we will need to use \$30,000 from out DIT dividend to support operations and, depending how the rest of the year goes, we expect to be taking some amount (between \$15 and \$30 thousand) out of the DIT principal.

	<b>2018</b>
Personal Donations	\$ 596,600
Rental Income	\$ 22,100
Diocesan Investment Trust Fund Dividend	\$ 32,000
Diocesan Investment Trust Fund Principal	\$ 32,000
Miscellaneous Income	\$ 10,183
<b>Total Income</b>	<b>\$ 692,883</b>

We would all prefer to not touch our principal and to be able to use the DIT dividend to re-invest in the DIT. However, the 2018 budget was approved with a "baked-in" deficit, knowing that pledged income for the year was about \$30 thousand short of the budgeted

requirement. Using our DIT "savings" to support our ongoing mission is not the best strategy to support the long-term financial health of the parish, but the Vestry and Finance Committee agreed it was appropriate this year.

The bottom line is this: We're staying even financially.

Because of our substantial volunteer effort, we're keeping up with our day-to-day maintenance, providing a robust church community for our parishioners and maintaining an important bit of missionary work in the world.

There's no gentle way to point this out ... To do what's best, and to keep our children from paying the cost of things we're deferring, we really need to increase the overall magnitude of our personal donations by at least fifteen or twenty percent over 2018.

## From The Treasurer

Did you Know!

If you are retired and attained the young age of 70 ½, you are required to take minimum distributions from your retirement accounts. This distribution normally is added to your taxable income.

One thing the tax code allows for is qualified charitable distribution.

A QCD is a direct transfer of funds from your IRA custodian, payable to a qualified charity, like **St. Luke's Church!** QCDs can be counted toward satisfying your required minimum distributions (RMDs) for the year, as long as certain rules are met.

In addition to the benefits of giving to charity, a QCD **excludes the amount donated from taxable income**, which is unlike regular withdrawals from an IRA. Keeping your taxable income lower may reduce the impact to certain tax credits and deductions, including Social Security and Medicare.

Can I make a QCD?

While many IRAs are eligible for QCDs—Traditional, Rollover, Inherited, SEP (inactive plans only), and SIMPLE (inactive plans only)\* —there are requirements:

- You must be 70½ or older to be eligible to make a QCD.
- QCDs are limited to the amount that would otherwise be taxed as ordinary income. This excludes non-deductible contributions.
- The maximum annual amount that can qualify for a QCD is \$100,000. This applies to the sum of QCDs made to one or more charities in a calendar year. (If, however, you file taxes jointly, your spouse can also make a QCD from his or her own IRA within the same tax year for up to \$100,000.) . **(See Fr. Tim if you'd like to donate over that amount)**
- For a QCD to count towards your current year's RMD, the funds must come out of your IRA by your RMD deadline, generally December 31.

Any amount donated above your RMD does not count toward satisfying a future year's RMD.

**Funds distributed directly to you, the IRA owner, and which you then give to charity do not qualify as a QCD. The distribution must be made to the charity to qualify.**

Under certain circumstances, a QCD may be made from a Roth IRA. Roth IRAs are not subject to RMDs during your lifetime, and distributions are generally tax-free.

## Property Committee

Our Property Breakfasts this winter season will be on the 3<sup>rd</sup> Thursday of each month: March 21 and April 18 beginning at 8 am in the in the Dining Room.

We welcome parishioners to become involved at any time – we begin with a delicious breakfast followed by projects and of course a coffee break! Come spring there will be outside projects as well.

Thanks for calling our attention to things that need property attention!

Sandy and Peggy Rubel



# JOURNEY WITH US TO EASTER AT ST. LUKE'S

SHROVE TUESDAY PANCAKE SUPPER • MARCH 5 • 6PM

ASH WEDNESDAY IMPOSITION OF ASHES AND HOLY EUCHARIST  
MARCH 6 • 12NOON & 7PM

WEDNESDAY NIGHT CONTEMPLATIVE EUCHARIST  
WEDNESDAYS • MARCH 13 - APRIL 10 • 6PM

A SERVICE OF SUNG EVENING PRAYER • MARCH 17 • 4PM

PALM SUNDAY HOLY EUCHARIST  
APRIL 14 • 7:45AM & 10:15AM

MONDAY, TUESDAY, WEDNESDAY  
OF HOLY WEEK  
HOLY EUCHARIST  
APRIL 15-17 • 7PM

MAUNDY THURSDAY  
SEDER-LIKE MEAL,  
FOOT WASHING, &  
HOLY EUCHARIST  
APRIL 18 • 6PM

GOOD FRIDAY BOOK OF COMMON PRAYER SERVICE • APRIL 19 • 12NOON

GOOD FRIDAY TAIZÉ SERVICE • APRIL 19 • 7PM

THE GREAT VIGIL OF EASTER • APRIL 20 • 7PM

EASTER DAY • HOLY EUCHARIST  
WITH CHOIR, TRUMPET, AND TIMPANI  
APRIL 21 • 7:45AM & 10:15AM

99 PEIRCE ST.

401.884.4116

[WWW.STLUKESEG.ORG](http://WWW.STLUKESEG.ORG)

@STLUKESEG

# **MARCH**

## **SAVE THE DATES**

### **March 13, 2019**

6 pm Wednesday Night Contemplative Eucharist @ Church

### **March 16, 2019**

9 am Quiet Day @ Church

### **March 17, 2019**

4 pm A Service of Sung Evening Prayer

### **March 20, 2019**

6 pm Wednesday Night Contemplative Eucharist @ Church

### **March 21, 2019**

8 am Property Breakfast @ Dining Rm

### **March 23, 2019**

10 am Loaves & Fishes Run

### **March 25, 2019**

5 pm CCK Dinner @ Dining Rm

### **March 27, 2019**

6 pm Wednesday Night Contemplative Eucharist @ Church

## **Christ's Community Kitchen – March Dinner**

Our Lady of Mercy Roman Catholic Church is hosting a  
corned beef and cabbage dinner!

St. Luke's Church Dining Room  
**Monday, March 25, from 5-6:30 pm**

Free Will Offering!  
ALL ARE WELCOME!

For Information Contact: Paul Brookes – [phbrookes@cox.net](mailto:phbrookes@cox.net)

## **East Greenwich Food Cupboard - Thank You**

To the congregation at St Luke's Church, February 21, 2019

On behalf of the East Greenwich Interfaith Food Cupboard we want to thank you so much for your recent "Souper Bowl" food drive to benefit the Cupboard. The congregation at St. Luke's donated over 300 items. Thank you to everyone for your support.

As you are aware, the Food Cupboard is located at St. Luke's Church. It is open 3 mornings a week. Members of our community who are in need can come in and choose from a wide assortment of food items. Our goal is to always have our shelves stocked with a variety of items for our clients so a food drive like yours is a huge help.

The need for food assistance increases every year and we are very appreciative of your support as we help the hungry in our community. Please pass our thanks on to everyone at St. Luke's who helped to make this food donation such a success. Thank you again!

Sincerely,  
Chris and Steve Bartlett  
Co-Directors, EGIFC

## Adult Faith Formation

For our book study we are reading the book *Talking about Genesis: A Resource Guide*. Books are available in the parish office for \$10 each. As always, scholarships are available to cover the cost of the book. Please read Chapter 8 for next week (3/17/19).

## New Lenten Offering: Wednesday Contemplative Eucharist

Every Wednesday beginning on March 13 and continuing until April 10 we will be offering a contemplative Eucharist at 6pm. We will gather in the Church for a simple celebration of the Eucharist with music. Unique to this service, we will be offering a space for reflection on a reading from a spiritual writer instead of a sermon. We hope these services will be a way for us to pause and reflect during this holy season of Lent.



**LENTEN OFFERINGS:** In addition to our Sunday Morning Adult Faith Formation program on the book of Genesis and our online learning community exploring *A Wondrous Love: Daily Lenten Meditations and Prayers* by Henri J.M. Nouwen and C.S. Lewis, you may wish to consider some of these additional resources helpful in your observance of a holy Lent.

### Daily Devotionals:

*A Season for the Spirit* by Martin L. Smith

*Bread and Wine: Readings for Lent and Easter* with readings by multiple authors including: C.S. Lewis, G.K. Chesterton, and Thomas Merton.

*Living Lent* by Barbara Cawthorne Crafton

*Lent is Not Rocket Science: An Exploration of God, Creation, and the Cosmos* by Bishop Knisely

### Books:

*Forgiveness: A Lenten Study* by Marjorie J. Thompson

*Passion for Pilgrimage* by Alan Jones

*Walking Home* by Margaret Guenther

*Meeting Jesus on the Margins: Meditations on Matthew 25* by Mike Kinman, Becca Stevens, and others

## Online Lenten Learning Community

This Lent the Adult Faith Formation team is offering a new opportunity to for the parish to engage in reflection together. Since the Sunday morning formation hour will continue exploring the book Talking about Genesis, we have created an online learning community to explore a book specific to Lent. Through using the program Slack, we have created a platform on which members of our community can post comments and questions and interact with one another outside of Sunday morning. For this program we will be using the book A Wondrous Love: Daily Lenten Meditations and Prayers by Henri J.M. Nouwen and C.S. Lewis. These books are free of charge to anyone who is interested. Please speak with Fr. Dante, Nancy Arnold, or Pam Gregory to sign up for this program, receive your copy of A Wondrous Love, to get an instruction sheet to explain how Slack works, or to ask questions about this program.

### Discernment: “Are You Listening To Your Life?”

**Lenten Quiet Days: Pick ONE**

**8:30 am—3:00 pm**

**Saturday, March 16th @ St. Luke’s, EG**

**OR**

**Saturday, April 6th @ St. John’s, Barrington**

**\$5 Registration Fee To Help Off-Set Cost of Lunch & Materials**

**Go To <https://quietdayeastgreenwich.eventbrite.com> or <https://quietdaybarrington.eventbrite.com> (even if you signed up at “The Diocesan Way of Love” Day @ St. Mary’s or at St. Luke’s Sign Up Sheet**

Led by The Revs. Pam Gregory & Jennifer West, who were both trained by Suzanne Farnham in the “Listening Hearts” method of discernment. This first discernment opportunity will be a process of creating your own spiritual autobiography, time to silently & prayerfully reflect on your life as far back as you can remember.

\*When did you first recognize God’s presence?

\*Trace turning points in your life, recognize holy fingerprints there.

\*Who had a hand in forming you?

Registration will begin at 8:30am. Coffee & pastries will be available in the morning. Lunch will be provided. Materials will be provided - but if you happen to have a favorite journal or pen or whatever, please feel free to bring it.

We will provide you with two print-outs:

- 1.) An article by Parker Palmer, "Are You Listening to Your Life?"
- 2.) Spiritual Autobiography (*adapted from several EFM Common Lessons*)

# Lenten Request for Donations

## House of Hope CDC | Helping the homeless

The House of Hope is in Warwick RI, and their mission is to prevent and end the personal trauma of homelessness in RI. They offer life changing service, to serve individuals& support change from living on the streets to permanent housing. They work to rebuild trust through engagement in services that will enable re-entry into permanent housing. A new program in this effort toward stability, is called **Shower to Empower**. This is a mobile shower truck, that goes to different neighborhoods and offers complimentary showers, haircuts, clean socks and underwear. They have served 1,100 showers to people since last spring, but its more that a hot shower – it's a time out of the cold, to talk with someone who listens, who offers the care and comfort of clean clothes.

“One of the biggest things in homeless outreach is engagement,” said Sabrina Rivera, who has been an outreach worker for House of Hope the past three years. Rivera was homeless in 2002, just after she'd given birth. “It takes time to develop trust with people who have been homeless for a significant amount of time. I didn't realize that there were so many people who had lost faith that anybody could help them. The resistance was real.”

The key to this 20-foot-long mobile unit, with 2 private showers, a screening room and a barbers chair is that it attracts people from the street; people return and trust the providers for medical and personal care. There are more then 4000 people that are homeless annually in Rhode Island. The need is great, we are offering 3 ways to collect goods for this program, open bottles of shampoo, are ok.

**Website:** <https://thehouseofhopecdc.org>

**Power of HOPE Projects** – *“For where your treasure is, there your heart will be also.”*

### Sharing food to nurture

Gift cards for Dunkin Donuts, McDonald's, Subway, Walmart, Target (to help clients meet immediate food needs)

Food: Granola Bars/Fruit Bars, Microwavable Soups, Cereal, Peanut butter & Jelly, Crackers

### Shower to Empower

Toiletries (Razors, Shaving cream, Shampoo, Lotion, Combs, Soap, Deodorant, Toothpaste, Toothbrushes, Feminine hygiene items (pads, tampons))

First Aid Supplies (Antibiotic ointment, Alcohol swabs, Peroxide, Gauze, Band-Aids, Foot Powder)

Laundry pod soap detergent

### Clothing to provide comfort

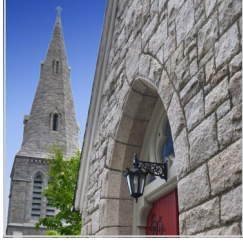
NEW Bedding: Blankets, Pillows, Air Mattresses

NEW Socks (white)

NEW Boxers or Briefs (M, L, XL)

**THANK YOU>>>** *'Truly I tell you, whatever you did for one of the <sup>14</sup> least of these brothers and sisters of mine, you did for me.'*





St. Luke's Episcopal Church  
99 Peirce Street  
East Greenwich, RI 02818

St. Luke's Episcopal Church  
March 2019  
Newsletter