



St. Luke's Episcopal Church

Where all are welcome at the Lord's table

weekly

October 17, 2021

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Greetings!

In the book we are reading for Adult Faith Formation, priest and author Richard Rohr writes, *“Brain studies have shown that we are hardwired to focus on problems at the expense of a positive vision. The human brain wraps around fear and problems like Velcro. We dwell on bad experiences long after the fact and spend vast amounts of energy anticipating what might go wrong in the future. Conversely, positivity and gratitude and simple happiness slide away like cheese on hot Teflon.”* (*The Universal Christ*, p. 63)

Wow! What do you make of that?

My first thought is that, like in many cases where we find some neurological predisposition, it has something to do with self-preservation, possibly with tracking potential dangers and problems, lest they become life-threatening.

But it also occurs to me, this tendency is in many ways anything but life-giving.

It makes it hard for us to see God's wonderous works all around us—in both nature and humanity. It makes it hard for us to feel the hope and joy of the Holy Spirit. It makes it hard for us to know, much less count our blessings.

All of which makes it hard for us to live life fully, gratefully, and generously... in short, to live life as God would have us live.

Rohr goes on to add, *“Studies like the ones done by neuroscientist Rick Hanson show that we must consciously hold on to a positive thought or feeling for a minimum of 15 seconds before it leaves any imprint in the neurons.”*

To my way of thinking, this sounds like an invitation not just to mindfulness and reflection, but, most importantly, to prayer.

Hanson's study indicates a clear and scientific benefit to prayer—even prayer as brief as 15 seconds. He reminds me of Anne Lamott's book where she suggests that really all prayer can be boiled down to three distinct words— help, thanks, wow. Imagine if we spent a mere 15 seconds just twice a day, once in the morning and once at night, holding on to that positive thought or feeling and then concluding with, “Wow!” or “Thanks!”

I tried this just yesterday, first by looking at the beautiful changing leaves in the morning and later, by looking at the brilliant half-moon

[Sisters](#)

at night. I gotta say, it felt pretty good! And that good feeling seemed to linger for much longer than 15 seconds.

[Especially for Children](#)

Later in the chapter, Rohr concludes, *“The only way, then, to increase authentic spirituality is to deliberately practice actually enjoying a positive response and a grateful heart.”*

[Food Cupboard](#)

Quick Links

Now, as my childhood piano teacher (all of 6 months 😊) could tell you, I am not one for practice. But this simple exercise sounds like it offers life-changing, and life-giving, benefits.

[St. Luke's Church](#)

[Episcopal Diocese of Rhode Island](#)

I hope you'll join me in practicing not only on Sundays but the other 6 days of the week as well.

[The Episcopal Church](#)

Peace,
Tim

[The Anglican Communion](#)

Stay Connected



This Sunday at St. Luke's

[The Feast of St. Luke the Evangelist](#)

Click above for the lessons

7:45am Holy Eucharist with Sermon

10:15am Holy Eucharist with Sermon

We are glad to offer a Facebook livestream for our 10:15 am Sunday services. To access the livestream, please follow the instructions below:

1. Our Facebook page can be accessed by [Clicking Here](#).
2. You do not need a Facebook account to access this page. If you do have an account, 'liking' our page ahead of the service will allow Facebook to send you a notification when the livestream begins. If you do not have an account, Facebook will ask if you would like to set one up. Simply click the 'x' at the top right corner to close that box or click 'not now'.
3. The livestream will be accessible from St. Luke's Facebook page near the time the prelude begins. If you have liked our page, simply click on the notification you will receive from Facebook when it starts to view the video.
4. If you have not liked our page, you may have to scroll down the page to find the livestream while it is happening due to the way Facebook works. Once the livestream concludes, the video of the service will be available at the top of our page, (so you will not have to scroll to find it).

Please contact our Assistant Rector, Mother Tanya, with any questions. She can be reached at tanya@stlukeseg.org.

[Click Here](#) to download a copy of the parish prayer list.

The Rev. Timothy T. Rich, rector, preaching

Reopening Announcement

[St. Luke's has Reopened!](#)

We are so excited to welcome everyone back to St. Luke's!

[Click Here](#) to view Fr. Tim's message regarding updated COVID protocols.
As of Sunday, August 1, we have resumed our mask-wearing and contact tracing practices.

We are using a QR Code for our Sunday Bulletin which can be scanned by using a SmartPhone!
This
will give worshipers the option to view our bulletin on their phone during Sunday Service or to
print the bulletin and bring it to the church. We will provide hard copies as well.

Here Is The Sunday Bulletin QR Code:



OR

Click Here to view our Sunday Bulletin!

Mark Your Calendars!

Mark Your Calendar!

Sunday, October 31st, our 10:15 Celebration will be outdoors behind Swift Gym!

Kids are invited to come in costume!

Adults are welcome to do the same 😊

Bring your own chair or blanket for comfort.

Treasurer's Notes

From the Treasurer

September Month End

| Sep-21 | 2021 YTD | Budget | Var | 2020 YTD | Var |
|---------------------|-----------|------------|----------|------------|------------|
| Pledge Income | \$359,914 | \$324,000 | 35,914 | \$312,281 | \$47,633 |
| Loose Plate | \$24,388 | \$15,000 | 9,388 | \$14,234 | \$10,154 |
| Other Personal Inc. | \$54,102 | \$44,750 | 9,352 | \$46,537 | \$7,565 |
| Total Personal Inc. | \$438,404 | \$383,750 | 54,654 | \$373,052 | \$65,352 |
| Total Other Inc | \$120,227 | \$126,489 | (6,262) | \$91,909 | \$28,318 |
| Total Income | \$558,631 | \$510,239 | 48,392 | \$464,961 | \$93,670 |
| | | | | | |
| Staff Expenses | \$331,153 | \$336,880 | (5,727) | \$312,777 | \$18,376 |
| Facilities Expenses | \$78,358 | \$87,990 | (9,632) | \$94,078 | (\$15,720) |
| Program Expenses | \$14,841 | \$27,125 | (12,284) | \$17,201 | (\$2,360) |
| Outreach Expenses | \$9,529 | \$8,447 | 1,082 | \$11,698 | (\$2,169) |
| Total Expenses | \$494,497 | \$520,365 | (25,868) | \$506,740 | (\$12,243) |
| | | | 0 | | |
| Net Income | \$64,134 | (\$10,126) | 74,260 | (\$41,780) | \$105,914 |

End of the 3rd quarter, and the St. Luke's team (that's all of you!) continues to perform well!

Dave Savage had a busy month coordinating some repair work:

- Stained Glass Window has been repaired
- Flat roof has been repaired near the tower
- Ceiling and some plaster repair was done

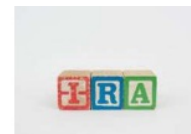
Vanco and PayPal QR Codes If You Would Like To Donate



Vanco



Here are some other options available if you would like to donate to St. Luke's!



| Online Banking | Zelle Transfer | VANCO Payment Solutions | Direct Payment From IRA |
|---|---|---|---|
| <p>Bill Pay – with online bill pay, you add St. Luke's Church as a payee, enter our address of 99 Peirce St. East Greenwich, RI 02818 and schedule your payment.</p> <p>Benefits: Ease of use – if you already use online bill pay, then you are familiar with making payments this way. You can schedule single payments, or set up regular payments in advance.</p> | <p>Zelle Payment – with Zelle payment transfer, you can add St. Luke's Church by using the giving@stluke.org address.</p> <p>Benefits: Ease of use – if you already use Zelle, then you are familiar with making payments this way. This only makes one payment at a time, so you have to initiate each payment.</p> | <p>VANCO Payments – With VANCO payments, you create your individual account on the VANCO site, set up how you want to pay, and the funds are deposited in the Church's account</p> <p>Benefits: If you like points or miles, then this is your site! VANCO is the only option that accepts credit cards. Like Online Banking, you can set up recurring payments or make single payments</p> | <p>Direct Transfer – If you are 70 ½ or older, you can instruct your IRA provider to make a Qualified Charitable Distribution directly from your IRA.</p> <p>Benefits: Any funds paid this way are not reported as taxable income to you. You can make your entire yearly pledge with one payment, help satisfy your required distribution, and incur no tax on the income.</p> |
| No cost to you or the Church. | No cost to you or the Church | Transaction Fees for the Church | No cost to you or the Church |



Adult Faith Formation

Adult Faith Formation

Wednesdays at 7pm via Zoom.

Our book for this season is *The Universal Christ: How a Forgotten Reality can Change Everything we See, Hope for, and Believe* by Richard Rohr. Rohr reminds us that "one God created all things", and he invites us to "reopen [the] ancient door of faith with a key, and that key is the proper understanding of a word that many of us use often...That word is *Christ*." Please join us as we explore our faith in Christ more deeply. You can see Richard Rohr speak about his book at the [video](#) posted by the Center for Action and Contemplation.

Please read Chapter 5 in preparation for our next class.

Click Here to join the meeting! Zoom Meeting Information is below:

Meeting ID: 867 3899 9469

Passcode: 427552

Youth Faith Formation



Nursery and Godly Play

Nursery

We are happy to welcome your children back! Our nursery has reopened for both services. Please sign-up on our Sign-Up Genius page found [Here](#). We are limited to six children per service.

Godly Play

Godly Play has begun!

We're excited to welcome your children! We have two sessions: 9:30 and 10:15 in the auditorium. To join us, you need to complete two steps:

1. Please complete the youth registration form [Here](#) or pick up a hard copy form from the atrium at the church.
2. Please sign up for the dates your children will attend using our Sign-Up Genius - [Click Here](#).

Questions? Contact Theresa Deiters, Director of Youth Formation, at (415) 233-0761.

Property Committee

Property Monthly Meetings

Share the Love of God's creation! Join us as we work on our building and grounds to make St. Luke's a welcoming place. Fall is a busy time preparing for the change of seasons.

We will be meeting on Thursday, October 21, from 9 am-Noon for indoor and outdoor work.

Individual snacks will be provided at a short break time. Please bring your own drink. Masks recommended for those who are not vaccinated.

All are welcome to come regardless of experience. We would love to see some new faces! Indoor tasks can range from simple cleaning to re-gluing baseboard protectors. Outdoors we will be mostly weeding, watering, pruning and mulching.

Questions can be addressed to Jack Newton (jncn10954@verizon.net) or Cindi Lovejoy (benem@cox.net) for outdoor tasks; Bob Brockway (rwbrockway@verizon.net) for inside tasks.

We look forward to seeing you!

Theology On Tap

Theology on Tap

Monday, October 25, at 7 pm – All Men Of St. Luke's Are Invited!

I'm pleased to report that St. Luke's Men's group – Theology on Tap – is now meeting in person (with masks) at the church each month. In September, we saw how fulfilling it was to reconnect and interact again and we plan to meet again this month on Monday, October 25, at 7 pm in the Blackburn Room.

TOT is a casual group of St. Luke's men, who enjoy meeting monthly for occasional service projects, guided discussions and mostly good conversation and fellowship. Everyone is welcome and we all leave feeling enriched.

If you have any questions, suggestions, or want to get added to the email distribution list, contact Brent Bostick at 908-230-7569 or brentbostick1@gmail.com

Coffee Hour

Coffee Hour Volunteers

People don't come to coffee hour just for a cup of joe; they want a human connection, something we all have missed during the pandemic! Here's a place where we build community one cup at a time.

We need your help! Father Tim would like to resume Coffee Hour. For now, we are only offering coffee and juice- no food.

As usual, our sexton, Tim, will set up the coffee urn in the morning. The Coffee Hour host simply needs to set up the coffee "station" with cups, sugars, creamer and napkins. These supplies (except the creamer) are all kept in the armoire in the Blackburn Room. There will be a table set up in the narthex near the stairs where you can set up a juice "station" with small juice cups and napkins. Tablecloths can be found in the armoire also.

So, the host would bring half and half as well as some type of juice. Everything else is provided. After the 10:15am service's coffee hour, the urns would need to be cleaned out and stored in the Blackburn Room and you would need to ensure that coffee grounds go in the trash.

Please consider signing up for an upcoming Sunday so we can properly extend our hospitality and reconnect. Christina put the sign-up sheet on the wall across from the office. You can sign up at church or call Christina in the office at 401-884-4116 and she'll add you to the list.

We look forward to seeing you all soon,

Tracy
401-447-0472

Marcia
401-241-1821

Saint Luke's Loaves & Fishes

Our Run Will Be Held On October 23, 2021

In October Saint Luke's Loaves and Fishes will join Help the Homeless RI to provide lunches for the underserved in the West Warwick community. Help the Homeless works within our communities to create a statewide effort to help the homeless providing meals and other items. Additional information is available at <https://www.facebook.com/helpthehomelessri/>. We are excited about working with them in our outreach efforts.

Saint Luke's will be providing bagged lunches (30) to supplement the hot lunch provided by Help the Homeless in West Warwick. We will also begin what we plan to be a monthly sharing of bagged lunches (20) with our neighbors residing in the East Greenwich Hotel.

As an extension of our Loaves & Fishes ministry, we have been in contact with the Woonsocket Transitional Family Shelter. In October we are planning on assisting them with new pillows and gently used twin sheet sets for the shelter. When a family moves out, they are allowed to take these items to their new location, so the shelter is always in need of more.

If you are new to the ministry, there are several ways to be involved, including donating items, helping prep and going on the run. Here is the link to sign up:

<https://www.signupgenius.com/go/10C0F4EA8AF2CA7FDC34-stlukes>

Prep work begins at St. Luke's starts at 10 a.m. Please leave all donated items off at the church before then. We will leave around 11:30 a.m. and return by 2:00 p.m.

If you would like to help with the clothing, we can always use you! Much of that work is done at different times during the month. Email Joyce Harvey at joyce836@gmail.com or Caroline Sparhawk at cdsparhawk@verizon.net. (* At this time, we will only be handing out socks, underwear.)

****WHERE TO LEAVE DONATIONS:** For clothing and nonperishable items dropped off before the run date, please leave them in the church office or right outside the office. Please do NOT leave items in the preschool room. On the day of the run, leave items in the main lobby.

We are updating our contact list. If you would like to be removed, have corrected or preferred information please let us know at - saintlukesfeedingministry@gmail.com.

If you have questions, please contact us at saintlukesfeedingministry@gmail.com or by calling the Saint Luke's office. Thank you for your continued support and dedication!

Also, as an extension of our Loaves & Fishes ministry, we have been in contact with the Woonsocket Transitional Family Shelter to periodically fill their needs. In August, we were able to deliver backpacks and this month we were able to deliver towels and DVD players.

A huge thank you goes out to Julia Poore who saw our request and collected over 35 towels by putting flyers out around town and to the Sparhawks for the DVD collection. We are now requesting new pillows and gently used twin sheet sets for the shelter. When a family moves out, they are allowed to take these items to their new location so the shelter is always in need of more. We will be accepting donations at the church for an October 28th delivery.

Questions? Please contact Linda Wegrzyn at Ldwez@cox.net

Thank you for your continued support and dedication!



Dorcas Donations

Dorcas Donations

We are now collecting donations for our Dorcas Ministry! We are looking for better sportswear and clothing suitable for job interviews. Please drop off in the atrium under the mosaic and label as Dorcas. Thanks so much for your support!

Pastoral Care

Pastoral Care Ministry

Prayer is a powerful way for us to support each other and build community. If you would like to add someone to our parish prayer list, please use the online Prayer List Request Form. It is available on our website under our Parish Life tab and here in our Weekly Newsletter. The prayer list is updated weekly. The Pastoral Care Ministry continues to pray for all on the prayer list and send cards to the homebound and those in the hospital. By filling out the information on this form, you will help us to keep in touch. [Click Here](#) for our Prayer List Request Form.

Thank you and stay well.

The Pastoral Care Ministry

Women of Grace

Women of Grace Community Poem

Collecting phrases and verse from women attending our WoG meeting last December, parishioner Jen Cormier crafted our collective words in to a 'community poem'. We unveiled the poem at our October 4 meeting and share it with you here ...

What Women of Grace Means to Us

The Invitation:

"Come to the meeting"

The email said.

*"We'll have food and wine
And chat among friends."*

*The subject will be about God and his love,
For each one of us
With his Grace from above.*

A sisterhood not commonplace.

Can't meet in a room,

So we gather on Zoom:

A Blessing to see every face!

*A group of women with spirituality that is similar
discussing topics supportive and familiar.*

A friendly and caring community,

Discovering behaviors and actions important to me.

The meetings reinforce our religious values,

An environment secure and comforting

*Giving fellowship and support of other strong,
kind women who care for themselves and others*

*We enter the room and notice the din
Of chatter and laughter which welcomes me in.*

New faces, new friends

New voices, new thoughts

New ideas to share!

*As we gather, bright spirits each begin,
and together become transparent,
windows to light within.*

*Many hearts make light work,
of tears and laughter shared*

Sisters in Christ

One body, in hope, and love, and prayer.

*A gathering of warmth,
shared thoughts, free to speak*

Our voices are

*the threads that span the miles
and weave us*

together, comforting as

a woolen afghan

against the winter chill.

*There's a breadth, a fluid hum
a shimmer of gestalt*

*It comes in bits and moments
through words and inflections
that speak to a truth we learn,
shape and make sense of together.*

*Hands extended to help
ears opened to listen
hearts expanded to love.*

Forming a circle:

Full of voices wide open

Listening in kindness.

Beginning and ending

A spirit of acceptance.

Embracing words and truths

A circle of friendship

A circle of faith

A circle of grace

A place to listen

A place to learn

A place to share

A place to care

A place to belong

Heirs to the legacy of

*The Virgin Mary's total surrender to God's will,
Mary's stillness and attentiveness at the feet of Christ,
Martha's hospitality and
Lydia's support of the church.*

*We pour the perfume of our love for Christ
On the feet of His mystical Body as did Mary.*

*A sharing of God's unmerited mercy,
favor and presence.*

*"Such a sweet child!" my Mother murmured
and touched my cheek,
and almost smiled.*

*"So come and share with us this night
Or just listen in*

No need to have fright

We're happy you're here

You're such a delight."

Unique in nature, special in its space...

This is Women of Grace.

St. Luke's RaiseRight Program

Embrace The Fall Season And Raise Additional Funds For St. Luke's!

Fall is officially here; the season of warm drinks, cozy sweaters and home-made comfort food. Use RaiseRight E-cards to purchase all the things you need to embrace the season and raise additional funds for St. Luke's!



Add the RaiseRight app to your phone today and help raise additional funds for St. Luke's! Scan the QR code below to get more details on the app. Most importantly, when downloading the app, please enter the following enrollment code to specify St. Luke's as your charitable organization of choice: FEB88LAC73L81



Create opportunities for what matters most to you—right from your phone. Buy gift cards from 750+ brands to earn on your daily purchases. It's simply the right way to fundraise.



Stay tuned for more information on this exciting opportunity to support St. Luke's!

Thank you,
Mark & Susan Cordle, Deborah Collins & Jeremy Stowe
Your Faithful RaiseRight Project Team

St. Luke's Birthdays, Anniversaries, and Special Days of Thanksgiving

St. Luke's Birthdays, Anniversaries, & Special Days of Thanksgiving

Would you like to celebrate your birthday, anniversary, graduation or other special day with St. Luke's?

We are compiling a list of parishioners' birthdays, anniversaries, and other important dates. If you would like to have a thanksgiving offered during the weekly Prayers of the People, **please complete this form**. An appropriate thanksgiving will be included during the prayers.

Any questions? Please email Christina (cimondi@stlukeseg.org) or call the parish office (401-884-4116). Happy Celebrating!

St. Luke's Choirs

St. Luke's Choirs Sing for You!

As a special gift from the Canterbury, St. Cecilia, and Angel Choirs to our St. Luke's family and

friends, choir members compiled a special 'arrangement' of "How Can I Keep From Singing". The music is from an American folk song originally composed by Baptist minister Robert Wadworth Lowry in 1868 with the four-part arrangement published by Jeffrey Honoré in 1991. The choirs performed this piece at their 2019 Spring Concert and happily recreated that performance in this video (also available on St. Luke's website and Facebook page).



Big Brothers and Big Sisters

Big Brothers and Big Sisters Donations

In our continuing efforts to be a good neighbor and serve our local community, we have added a new addition to the St Luke's parking lot! The clothing bin is a result of joining in a new partnership between the Episcopal Diocese and Big Brother Big Sister of Rhode Island. It will serve as a collection point for community donations of clothing, shoes and other cloth items. Please drop off your bagged items at your convenience.



Especially for Children

To watch Godly Play online please [Click Here!](#)

Food Cupboard

Greetings from our Food Cupboard!

We are reaching out to update you on some of our needs during this challenging time. Our thoughts and prayers are with all of our families that they are able to stay healthy and safe.

Please consider donating these items:

Kidney beans, cannellini beans, baked beans, pasta sauce, rice/pasta sides, ramen noodles, cooking stock, canned pineapple, hash, chili, yellow cake mix, Italian or ranch dressing, ketchup, juice (64 oz), crackers, cookies and mayonnaise.

Thank you!

EG Interfaith Food Cupboard

St. Luke's Episcopal Church | (401) 884-4116
cimondi@stlukeseg.org | <http://stlukeseg.org>
99 Peirce Street
East Greenwich, RI 02818

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