



St. Luke's Episcopal Church

Where all are welcome at the Lord's table

weekly

May 7, 2023

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Dear Brothers and Sisters,

I think I have mentioned before that I subscribe to a monthly newsletter from researcher and writer Eric Barker titled, *Barking Up the Wrong Tree*. The newsletter draws from his first best-selling book of the same title, with a subtitle that reads, “*The surprising science behind why everything you know about success is (mostly) wrong.*” Just recently he released a second book, *Plays Well with Others: The surprising science behind why everything you know about relationships is (mostly) wrong.* Relying upon social science and neurological research, Barker’s observations are fascinating, typically delivered in a relatable and humorous fashion. If you’ve never read anything from him before, I recommend you check him out!

The topic of this month’s newsletter is resilience. “We all have to deal with frazzled, harried, extremely stressed-out people... some of whom are unfortunately ourselves,” he begins. Followed by the observation, “There are days where it feels like life is going to grab you by one ankle and one wrist and just wishbone you.” Is there one of us who can’t relate to that?

But then he goes on to offer wisdom for all of us-- whether this experience might be constant and recurring or fortunately infrequent. Research suggests that if we can practice 5 things, we can increase our resiliency. And those 5 things are: Emotional Regulation (managing the swing and intensity of our emotions), Optimism (managing our sense of the possible), Cognitive Agility (managing catastrophizing thoughts), Self-Compassion (managing internal self-judgment), and Self-Efficacy (managing feelings of agency and competency). For a complete unpacking of each you’ll have to Google his newsletter.

As a former psychotherapist and current priest, often I am drawn to consider the interplay between the two worlds of psychology and Christianity. And in this case of resiliency, I do believe the latter has much to contribute to the former.

Does not prayer provide us a tool for emotional regulation—especially breathing prayers? Does not faith— i.e., “the assurance of things hoped for, the conviction of things not yet seen” (Hebrews 11:1) — provide support for our optimism? Do not Jesus’ words, “With God, all things are possible,” (Matthew 19:26) enhance our cognitive agility? Do not Jesus’ examples of compassion and forgiveness call us to a greater self-compassion? And does not the gift of the Holy Spirit encourage us to an enhanced self-efficacy?

There’s no missing the fact, we are living in a stressful and challenging time. Our youth are feeling the burdens of this reality. So too are many adults. And while there are many conversations to be had about the causes of this stress, there also is a need to discuss how we can rebound from our struggles with a greater resiliency.

I think we Christians have something to offer this conversation. We have stories to tell—the stories of our faith ancestors and our own

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Stay Connected



stories as well. We have a Jesus to follow. We have a God who partners with us.

And I don't believe that's barking up the wrong tree.

Peace,
Tim

This Sunday at St. Luke's

[The Fifth Sunday of Easter](#)

Click above for the lessons

7:45 am Holy Eucharist with Sermon

10:15 am Holy Eucharist with Sermon

We are glad to offer YouTube livestream for our 10:15 am Sunday Service. Please [Click Here](#) to worship with us via YouTube.

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

The Rev. Timothy T. Rich, Rector, Preaching

Covid Update

St. Luke's Has Shifted to a Mask At Your Own Discretion Practice

Pentecost Service

PENTECOST SERVICE

WEAR RED!



Calling All Linguists!

Calling All Linguists!

For our Pentecost Service on May 28, we will be reading one of the lessons in as many languages as possible! We are looking for readers who can speak another language and who would like to participate. Please let us know by contacting our office administrator, Christina Imondi, through email at cimondi@stlukeseg.org or by calling at 884-4116.

Save The Date!

SAVE THE DATE!

September 30, 2023

St. Luke's Dinner Dance

Adult Faith Formation

Adult Faith Formation

Join the Adult Faith Formation class on Wednesdays as we resume reading, "When Faith Becomes Sight." This book proved so rich and appealing that we were only able to complete Parts One and Two in the previous reading. Back by popular demand, we will pick up the book at Part Three, Looking Within.

Please read chapters 13 and 14 for our next meeting.

Classes are held by way of Zoom on Wednesdays from 7:00-8:30. Please join us!

Click Here to join the meeting with Zoom Information below:

Meeting ID: 867 3899 9469

Passcode: 427552

Treasurer's Notes

From the Treasurer

April, 2023	2023 YTD	Budget	Var	2022 YTD	Var
Pledge Income	\$193,114	\$196,000	(\$2,886)	\$195,733	(\$2,619)
Loose Plate	\$15,933	\$16,000	-\$67	\$21,347	(\$5,414)
Other Personal Inc.	\$15,115	\$13,650	\$1,465	\$24,333	(\$9,218)
Total Personal Inc.	\$224,162	\$225,650	-\$1,488	\$241,413	(\$17,251)
Total Other Inc	\$28,339	\$30,317	(\$1,978)	\$25,419	\$2,920
Total Income	\$252,501	\$255,967	(\$3,466)	\$266,832	(\$14,331)
Staff Expenses	\$145,716	\$153,254	(\$7,538)	\$154,079	(\$8,363)
Facilities Expenses	\$45,732	\$52,516	(\$6,784)	\$52,098	(\$6,366)
Program Expenses	\$8,715	\$12,392	(\$3,677)	\$7,092	\$1,623
Outreach Expenses	\$38,099	\$40,962	(\$2,863)	\$30,827	\$7,272
Total Expenses	\$238,263	\$259,124	(\$20,861)	\$244,096	(\$5,833)
Net Income	\$14,238	(\$3,157)	\$17,395	\$22,736	(\$8,498)

Notes:

* April was \$5,661 under in budgeted income while expenses were \$5,465 under budget, so bottom line was within \$200 of budget.

* YTD against budget therefore continued the March trend, but we did improve against last year's numbers.

* Easter offering netted the feeding ministries \$3,800, which was \$500 more than 2022.

Peace and Grace,

Mike

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!



<p>Online Banking 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. 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>No cost to you or the Church.</p>	<p>Zelle Transfer Zelle Payment – with Zelle payment transfer, you can add St. Luke’s Church by using the giving@stlukeseg.org address. 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>No cost to you or the Church</p>	<p>VANCO Payment Solutions 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 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>Transaction Fees for the Church</p>	<p>Direct Payment From IRA 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. 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> <p>No cost to you or the Church</p>
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Job Opening

Job Opening - Part-time Coordinator for Youth and Family Programs

While it is Fr. Tim’s policy not to hire parishioners, if you have any friends who may be interested, please let us know.

St. Luke’s Church, an inclusive, thriving, multi-generational, and joy-filled church, located in the heart of East Greenwich, is looking for a part-time program coordinator (15-18 hours per week) to expand our ministries with youth and their families.

Essential hopes and expectations include oversight of our youth faith formation offerings (curriculum selection and preparation, teacher recruitment and support), enhanced activities of a fledgling youth group, weekly communication with parents regarding how they might further their children’s faith formation at home, and the development of a one-week summer Vacation Bible School.

Additional responsibilities include regular collaboration with the ministry team, the creation of seasonal offerings, assisting the rector with confirmation classes (February through May), and planning for our every-other-year mission trip to the Dominican Republic.

Appropriate candidates must have a love for youth, and a comfort and familiarity with the Christian tradition. Experience working in a youth-related setting a must; a background in education is helpful but not required.

Other important qualities and attributes include:

- Creativity
- Good sense of humor
- Strong interpersonal skills
- Flexibility
- A demonstrated capacity to work well with others
- An energetic and energizing disposition

The weekly hours are flexible, although presence most Sunday mornings is required. With the exception of a Vacation Bible School, Faith Formation classes pause from June through August, allowing for 6 weeks of vacation time.

Women of Grace

Women of Grace

SAVE THE DATE!



*Seeking Peace: Strength Through
Serenity*

Women's Retreat offered by
Women of Grace

Saturday - May 20, 2023

Registration 8:30am

Retreat 9:30am to 5:00pm

Rocky Hill Country Day School

530 Ives Road, East Greenwich, RI

Please join us as we gather as friends, hear teachings, reflect, walk in nature, and practice a form of spiritual yoga to stir both our minds and bodies. Most importantly share how we, as women, find solace and strength in the awareness of what God gives us all - a quiet place.

Registration fee \$40. Kindly RSVP to
deblukens73@gmail and registration information
will follow.



Theology on Tap

Theology on Tap

Monday, May 15, at 7 pm, @ Dining Room

All Men of St. Luke's are Invited!

If you would like to reconnect with church friends or meet some new ones, we would love to have you join us for the next TOT meeting, **Monday, May 15, at 7 pm, in the Dining Rm.**

We will be discussing an interesting NYT article entitled: “*Why is it so Hard for Men to Make Close Friends?*” This should be a lively conversation. Perhaps you will think about the following question as a starter and share your thoughts about it at our meeting: “*When you think back to your best friend(s) in college, the military, your job or your neighborhood, in a single sentence, what was it about him/them that you appreciated most?*”

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

Thanks,
Brent

Lunch on the Hill

Welcome Back – “Lunch On The Hill”

Matthew 25:35

I was hungry and you gave me food,

I was thirsty and you gave me drink,

I was a stranger and you welcomed me.....

Prior to shut down due to Covid, Saint Luke’s “Lunch on the Hill” offered lunches every Wednesday to our surrounding community with a focus on the clients of the Food Pantry. **“Lunch On The Hill” has resumed lunches on the 2nd and 4th Wednesday every month.**

You may recall that in the past lunches had been provided by local restaurants with sides being provided by the host Church. Due to the current economy and shortage of labor, we will be moving ahead with a combination of lunches provided by a restaurant and lunches prepared in Saint Luke’s Community Kitchen.

Saint Luke’s/ EG Food Pantry will provide lunch on the 2nd Wednesday. Saint Luke’s will prepare Sandwiches, sides, salads, desert etc. The EG food Pantry will assist in providing food to prepare.

Our Lady of Mercy (OLM)/ Wild Harvest will provide lunch on the 4th Wednesday. Wild Harvest will provide sandwiches and soup or a side. OLM will provide additional sides, salad, desert etc.

We are excited about resuming our outreach to our community and support to our neighbors.

Saint Luke’s Here’s how you can help:

Volunteers (3 or 4) from 9:30 to 12:30 needed to assist in preparation and serving of lunch on the 2nd Wednesday of the month.

Donations of deserts, baked goods, fruit by 10:00 am on the second Wednesday of the month.

For more information on how you can be part of this outreach ministry you can contact:

Steve McLoughlin

smcloughlin2@aol.com, 401 225 5540

CCK Dinners

Christ’s Community Kitchen

St. Luke’s Church Dining Room

June 5, 2023

From 5-6:30 pm

St. Luke's Church is hosting an early summer picnic. Join us for hamburgers and hot dogs!

Free Will Offering – All Are Welcome

For information contact Paul Brookes – phbrookes@cox.net

Loaves and Fishes

Loaves And Fishes

The number of attendees remains steady and the people look forward to the food and clothing that we bring. Although the numbers of those attending has not returned to pre Covid, we do help fill an important need for those who do attend.

With the warmer weather on its way, we will be asking only for mid weight socks and women and men's underwear. The details are shown in the SignUp Genius.

We will continue with cheeseburgers and hot dogs, peanut butter and jelly sandwiches, and the regular other items included in the bag are shown in the SignUp Genius. It is appreciated if all donations can be in the St Luke's kitchen by 10:00 AM on May 20th. **If you are dropping off items before May 20th please mark them for Loaves and Fishes.**

In signing up, there is no expectation that one person needs to fulfill the total amount of a particular item. When using the SignUp Genius, please indicate how many of an item you will be donating.

[Click Here](#) to sign up!

Your generosity is most appreciated. It allows St Luke's to continue helping those in need.

Thank you.

Food for Backpacks!

Our Food for Backpacks ministry is delivering to East Greenwich food insecure families. The appreciation and gratitude was deeply felt by both the receiving and the giving. For many of the families weekends are especially difficult as school breakfasts and lunches are not provided. Our first team of volunteers all expressed it was a moving experience, were grateful to participate, and are excited to continue the service. If you are already on the volunteer list, we will be contacting you as we developed a rotating schedule. If you're not on the list and would like to know more about it or would like to join with us, please contact:

Caroline Sparhawk : cdsparhawk@gmail.com

Joyce Harvey: joyce836@gmail.com



Undie Sundays!

As things start to improve around the state, the community we serve is in need of certain items, so we will be reinstating “UNDIE SUNDAYS”. On the first Sunday of every month we are calling on your generosity to provide us with **new underwear** and **summer socks** for men and women. You can leave these items in the church atrium where a basket will be provided in front of the office. Thank you!

Seeds of Hope

You're *Invited* to the 8th Annual

Seeds of
HOPE

An evening to *benefit* the Interfaith Counseling Center

Thursday, May 11, 2023 at 6:00 PM

Finn's Harborside
38 Water Street, East Greenwich, RI

Tickets, Sponsorship Opportunities & Donations:

<https://interfaithri.org>

<https://givebutter.com/SOH2023>

Interfaith
Counseling
Center

1520 Broad Street, Providence, Rhode Island 02905
(401)461-5234

Pastoral Care

Pastoral Care Ministry

Our next Pastoral Care Meeting will be on May 10 at 10 am in the Blackburn Rm.

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

Help Ukrainian Families

Help Ukrainian Families

As we pray for an end to violence and for those fleeing Ukraine, please also pray for Episcopal Relief & Development and other ecumenical agencies working to respond to the current crisis. Specific needs will change as the crisis evolves. As of right now, there is a need for cash, blankets and hygiene supplies. Let's support Episcopal Relief & Development as they help families fleeing the violence. Visit episcopalrelief.org for more information.

Dorcas Donations

Dorcas Donations

Dorcas is now accepting a limited number of gently used items. We are in need of XS, S, and M summer clothes for men and women. New underwear and socks are also requested.
Your donations are greatly appreciated!

Photos Wanted!

Photos Wanted!

Do you have photos of St Luke's church or at any events that we have hosted? As we work to increase our digital footprint, we would love the opportunity to share photos from our parishioners on our social media and communication channels. If you have photos that you'd like to share with us, please email them to Emma Peterson, our Social Media Specialist & Digital Evangelist, at Emma@StLukesEG.org.

Coffee Hour

Coffee Hour is Back!

We are pleased to announce that Coffee Hour is back! As Covid restrictions are being lifted somewhat, we feel it's the right time to bring back Coffee Hour.

We need your help! There is a quarterly sign-up sheet posted across from the office under our beautiful mosaic. Both services have spots to sign up to host a Sunday. We will continue to host in the atrium until our kitchen is ready. Our sexton makes the urn of coffee in the morning. The host provides juice, creamer for the coffee (although powdered coffee creamer is available in a pinch), and some baked goods of some sort. All supplies like cups, napkins, sugar, utensils are all located in the cupboard in the Blackburn Room. There are a few platters you can use to put goodies on. A table is set up in the atrium with a tablecloth on it. Afterwards, we ask that the coffee urn be washed out and set out to dry in the sink area of the Blackburn Room.

You can host with a friend, you can host with your kids, you can host solo - it's a wonderful way to

be part of our St. Luke's hospitality – welcoming new faces and encouraging us all to reconnect in person after so many months of being apart. Jesus equated our love for each other and our neighbors with our love for Him. “Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.” (Matthew 25:40)

Thank you for your help making St. Luke's a loving and welcoming space!

In His Service,
Tracy Sampson (10:15am service)
401-447-0472
Marcia Gladue (7:45am service)
401-241-1821

Grief Support Group



Grief is hard work!

It is even more difficult when we feel like we need to figure it out all on our own!

But ...

We Need Not Walk Alone!

St. Luke's has just started a Grief Support Group for Widows and Widowers. If your spouse has died within the last few years, this group is for you!

Please join us in the Blackburn Room on the 3rd Saturday each month at 10 am and let's navigate through this challenging journey of grief together!

I work as a Bereavement Specialist for Southcoast VNA and a large portion of what I do is to facilitate Grief Support Groups.

I am so very grateful for the opportunity to facilitate a group with my St. Luke's family.

Feel free to reach out if you have any questions!

Nancy Arnold - nancearnold@yahoo.com
(Our next meeting of the group will be Saturday, (May 27, 2023 – 10 am)

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!

As we head into fall the shelves are getting bare as the need goes up. We've seen more than a 50% jump in client visits the last two months over the first seven months of the year.

Always on our list of needs are Luncheon Meat, Hash, Beef Stew, Chili, Hearty Soups, Canned Chicken, Canned Tuna.

Needed this month: Oatmeal, Ramen Noodles, Baked Beans, Sugar, Flour, Ground Coffee, Cereal, Canned Peaches, Pasta Roni side dishes, Chicken/Beef Stock, Chicken/Beef Gravy, Peanut Butter, Jam/Jelly, Vegetable Oil and Flour.

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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