



# St. Luke's Episcopal Church

*Where all are welcome at the Lord's table*

July 21, 2024

## Quick Links

[St. Luke's Church](#)

[Episcopal Diocese of Rhode Island](#)

[The Episcopal Church](#)

[The Anglican Communion](#)

## Stay Connected



## Stewardship of Community

My mother was not subtle about her aspirations for me. In the Fall of my freshman year of High School she bought me a complete set of Ivy League sweatshirts. The message was clear; I was to attend a top university and hopefully become a medical doctor. As a sensitive young person racked with insecurities and more attuned to poetry and literature, these high expectations resulted in intense anxiety and panic attacks during High School as I acclimated to the "advanced track" of study. In retrospect, I know mom was trying to love me and protect my future as best she knew how.

By God's grace, my path taught me much more than she intended. That 'more than' is a reliable sign of God's redeeming grace. Panic attacks resulted in the care of a therapist who taught me meditation as a method of self-regulation. Using breath practice and visualization, I learned how to calm myself and access my inner life in a new way. Later I would learn that these practices could merge with my prayer life and take me deeper into God's life.

I am a big believer in practices and skills as anchors or our spiritual life. Concepts, ideas and thinking are very important, yet in the Episcopal Church especially we know that the soul is formed by repetitive practices of embodied worship and prayer. Singing is one great example; words plus music plus the physical act of singing fill our bodies, souls and minds with resonant meaning, tangible connection and enriched insight. Skills and practices build new pathways in our hearts and minds that, over time, increase our ability to perceive God in the everyday.

One teacher I love is Marsha Linnehan, the founder of Dialectic Behavior Therapy (DBT). When she was a high school student she suffered a severe nervous breakdown and was hospitalized. In the course of her 'treatment' she made a vow to God that if God delivered her from this emotional and mental hell she would spend her life showing others how to escape the hell of mental anguish. That sounds like the work of Jesus to me. Liberating all of us who are trapped in the hell of our own spiritual and mental anguish into the freedom of health and love!

God did God's part and Marcia went on to create DBT which has provided a way out for trauma survivors, people with borderline personality, people with suicidal ideation, para-suicidal behaviors, cutting, eating disorders, addictions, in short, patients that were considered most at risk and most intractable.

In my future columns I will offer some insights from Marsha and some of her skills. DBT is very friendly to Christian faith and I believe the skills she teaches can help a congregation with one of our tasks as the Body of Christ; to be excellent stewards of a healthy congregational community. One precious gift St. Luke's has is a healthy community of loving care among a membership of mature, capable and committed people. Intentional stewardship of that gift will be aided by a set of explicit values, skills and expectations as you continue to grow into the thriving God promises.

To conclude, I did not attend an Ivy League college. I did not even apply,

choosing the Big Ten instead. Whether I was actively rebelling from my mom with that decision, God was at work and guiding me there. More about that in a future column....

The Rev. W. Jarrett Kerbel  
Interim Rector

## St. Luke's TikTok, Instagram and Facebook



Stay up to date with all things St. Luke's, and follow us on **TikTok, Instagram, & Facebook @StLukesEG**

## This Sunday at St. Luke's

### The Ninth Sunday after Pentecost

Click above for the lessons.

**8:00 am** Holy Eucharist with Sermon

**10:00 am** Holy Eucharist with Sermon with Baptisms

**Nursery Opens at 7:45 am**

**Godly Play and Youth Faith Formation will resume in September.**

**We are glad to offer YouTube livestream for our 10 am Holy Eucharist Service.**

Please [Click Here](#) to worship with us via YouTube.

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

The Rev. Jarrett Kerbel, Interim Rector, Preaching

## Summer Office Hours & New Church Administrator Email



### SUMMER OFFICE HOURS

July through Labor Day, the Parish Office will be open from 8 am - 4 pm, Monday - Thursday.

The office will be closed on Fridays.

**Please make note of a new email address for our Church Administrator. It is [admin@stlukeseg.org](mailto:admin@stlukeseg.org)**

## Sign Fr Tim's Photo Frame

**Make Sure To Stop By Our Table In The Atrium Under The Mosaic To Sign Fr. Tim's Photo Frame!**

## Name Tags

**Please Wear Your Name Tags 😊**

## As a way of welcoming Fr. Jarrett Kerbel and other newcomers, please wear your name tags moving forward!

### The Interim Rector Is On Call

The Interim Rector is ON-CALL for Pastoral Care, Counseling and Spiritual Care. Pastoral Care for individuals, couples, families, neighbors and folks who just drop in is one of my highest priorities as a pastor. Extending the loving-kindness and gentle attention of Jesus is an essential mission of the church and one way God is working to heal God's beloved world. So, please ALWAYS let me know if you or someone you love is in the hospital or otherwise in need of a visit. Jonathan or I will always respond. Please feel free to call or text me at: (215)704-5499 or email me at [jarrett.kerbel@stlukeseg.org](mailto:jarrett.kerbel@stlukeseg.org). I keep the ringer on 24 hours a day. I also love to bring home communion if you cannot make it to worship on Sunday or Tuesday.

### Weekday Morning Prayer With The Interim Rector

Weekday Morning Prayer with the Interim Rector, Tuesday through Friday at 8:30 am. Weather permitting, we will meet in the Lychgate on Church Street. The Lychgate is the covered entrance to the church burial ground, also called a Resurrection Gate! Inclement weather will have us move to the atrium. Please feel free to come once a week or any combination of days. We will follow the Book of Common Prayer and set aside ten minutes to reflect on the readings together as well as time for intercessory prayer. As a priest, I pray the Daily Office every day, so I will be there no matter what. You can drop in or email me at [jarrett.kerbel@stlukeseg.org](mailto:jarrett.kerbel@stlukeseg.org). All Are Welcome!

### Save the Date for Transition Activities this Fall - Your presence is crucial.

On October 27 and December 8, we will have parish meetings after worship as part of the transition process. At our July meeting, the Vestry decided to have ONE SERVICE at 9 am on these days to worship as a unified congregation and to encourage turnout for these very important opportunities for reflection. This is your chance to have a voice, share your experiences of St. Luke's, listen to others, and work together with other members to shape the Parish Profile that will attract your next Rector.

Childcare and activities for younger children will be provided. Middle School and High School students are encouraged to attend. We urge all leaders throughout the parish to encourage your friends and family to attend.

October 27 will be the History Timeline exercise where we collectively reflect on the history of St. Lukes looking for strengths, weaknesses and patterns across time. What do we want to continue? What do we want to leave behind? How are we being called by God to adapt, grow and thrive in our particular gifts?

On December 8, the Congregational Conversation will have all parishioners working together to answer a series of 12 questions that describe the church and the Rector the church wants to find. All data collected at both the History and Congregational Conversation events will be incorporated into the Parish Profile by the Parish Profile Committee to be used to search for the new rector.

We are blessed to have the leadership of the Rev. Canon Dena Cleaver-Bartholomew, Canon to the Ordinary of the Diocese of Rhode Island, to lead both sessions.

If you have any questions or concerns, please don't hesitate to contact the Wardens or the Interim Rector.

### Transition Journey

#### Follow our transition journey ...

We invite you to visit St. Luke's website for periodic updates of the Rector search and

transition process. You can scan the QR code to view the latest. As always, please feel free to reach out to the Wardens and Vestry members as you have questions or want to discuss further.



## Transition - What's Ahead?



### St. Luke's transition to a new Rector ...

**WE WELCOME OUR INTERIM RECTOR, THE REV. JARRETT KERBEL!**

Visit our website for information on October 27 and December 8 transition events.

Please feel free to reach out to Fr. Jarrett, your wardens and vestry as you have questions.

#### Fr. Tim's Announcement

- March 1: Wardens met with Canon Dena Cleaver-Bartholomew to review transition process
- April 14: Canon Dena Cleaver-Bartholomew met with Parish to preach, pray and conduct Town Hall
- April-May: Prayer team began drafting prayer to share in June
- Mid-May: Wardens and vestry began review of Interim candidates
- May-June: Communications team starts website review and Search site
- Overall transition process estimated to be 12-18 months, more to come ...



#### The Transition Begins

- May 26: Sr. Warden confirms selection of Interim Rector
- June 21: Transition page launched on St. Luke's website (stlukeseg.org)
- June 23 & 30: Pastor Jonathan & The Rev. Pam preach/officiate -- Transition Prayer begins
- July 7: Interim Rector, Fr. Jarrett Kerbel, officiates first service at St. Luke's
- July 18: Interim Rector & Sr. Warden coordinate transition timeline with Diocese
- Sept/Oct: Profile and Search Committees established
- Oct 27: Diocesan-led History Event with parish
- Dec 8: Diocesan-led Congregational Conversation

We are here



#### The Search Begins

- December/January: A national search will be initiated
- Rector applications will come from the national church to the Diocese; the Diocese vets and sends qualified applicants to our Search Team and vestry
- More to come as the search process commences ...

## Missing Flower Vessel

There is a missing aluminum vessel that holds the Sunday altar flowers. We're hoping someone took altar flowers home and forgot to return the vessel. We think it went missing around June 9th

when Deb was away. If you have it or know who may have taken it home, please let her know: [Deblukens73@gmail.com](mailto:Deblukens73@gmail.com) or (908)500-4573.

## Treasurer's Notes

June	2024 YTD	Budget	Var.	Ann. Budget
Total Income	\$418,315	\$372,550	\$45,765	\$721,925
Total Expenses	\$394,563	\$413,965	(\$19,402)	\$788,483
Net Income	\$23,752	(\$41,415)	\$65,167	(\$66,558)

### Notes:

- Income – Pledges continue to lead the way, currently \$36,839 ahead of budget. Thank you all, this is a big help! Loose plate is also almost \$6,000 ahead of budget.
- Expenses – Our copier vendor agreed to reduce our last bill by almost half, saving over \$7,000. We've switched to black and white programs, which will save us 70 cents per program. Utilities are trending down, although still slightly over budget for the year.

Peace and Grace, Mike

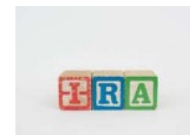
### Vanco and PayPal QR Codes If You Would Like To Donate



Vanco



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



#### 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.

No cost to you or the Church.

#### Zelle Transfer

**Zelle Payment** – with Zelle payment transfer, you can add St. Luke's Church by using the [giving@stlukeseg.org](mailto: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.

No cost to you or the Church

#### 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

Transaction Fees for the Church

#### 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.

No cost to you or the Church

## Job Posting: The Administration and Communications Manager

The Administration and Communications Manager at St. Luke's is a full-time position reporting to the Interim Rector/Rector managing the Administrative and Communications functions of our Church office. The functions covered by this position provide crucial support to staff across the organization and provide a firm foundation for a flourishing mission and ministry. The Manager of Administration and Communications will be a diligent, responsible, creative problem solver who



works collaboratively, takes initiative, communicates with clarity, is highly fluent in information technology and social media, and is detail-oriented. Full-time, competitive salary and benefits, Monday-Friday office-based work.

Contact Interim Rector, the Rev. Jarrett Kerbel for more information or to apply: [jarrett.kerbel@StLukeseg.org](mailto:jarrett.kerbel@StLukeseg.org). Applicants should include a cover letter, writing sample, publication/design sample, resume and references.

## 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....*

### **“Lunch On The Hill” Offers Lunches On The 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays Every Month**

Saint Luke’s/ EG Food Pantry provides lunch on the 2nd Wednesday. Saint Luke’s prepares sandwiches, sides, salads, dessert etc. The EG food Pantry assists in providing food to prepare. Olive Garden provides delicious soups to supplement our meals on both Wednesdays.

Our Lady of Mercy (OLM)/ Wild Harvest provides lunch on the 4<sup>th</sup> Wednesday. Wild Harvest provides sandwiches and soup or a side. OLM provides additional sides, salad, dessert etc.

Our lunch guests have grown to see our gathering as a warm community of support during tough times as well as celebration of good times together. The “Community /Family” we provide is possible because of all the wonderful people that volunteer and support this outreach.

### **Saint Luke’s Here’s how you can help:**

- Volunteers (3 or 4) from 9:30 to 12:30 needed to assist in the preparation and serving of lunch on the 2<sup>nd</sup> Wednesday of the month.
- Donations of desserts, 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](mailto:smcloughlin2@aol.com)  
(401)225-5540

## East Greenwich Food Cupboard

We are in need of canned hash, ground coffee, mashed potatoes, potato sides, flour, gravy, jelly/jam, canned chicken, pasta sauce, and brownie mix. Thank you for your support!

## Loaves and Fishes

The June run was a very festive affair and we were greeted by approximately 80 people with a few more coming during our visit.

For July we will maintain the bag count at 120 with 20 bags going to the Hotel in East Greenwich. With the warmer weather we are now asking for summer tee shirts as shown in the SignUp Genius.

Food offerings will be cheeseburgers, 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 July 20, 2024.**

**[Click Here](#)** to sign up!

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** .

If you are not receiving the SignUp Genius in your e-mail and would like to do so, please send an e-mail to: [saintslukesfeedingministry@gmail.com](mailto:saintslukesfeedingministry@gmail.com)

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

## Food for Backpacks!

The Food for Backpacks mission would like to thank its many volunteers this past year. With their dedication and overwhelming generosity we have been able to provide enough food for 5 meals for 17-20 families each month. The East Greenwich School Department greatly appreciated the incredible efforts of our enthusiastic team of 14 volunteers.

Astonishingly we provided over 3,000 meals during this school year! This averaged \$5 per person per meal, totaling over \$15,000 in food donations. Food in-secure families with children in our school system were guaranteed 1 weekend each month when they were generously fed by the support of our amazing team.

We are looking forward to restarting The Food for Backpack Program at the beginning of the new school year in September. Please consider joining us and becoming part of this passionate mission.

Caroline Sparhawk : [cdsparhawk@gmail.com](mailto:cdsparhawk@gmail.com)  
Joyce Harvey: [joyce836@gmail.com](mailto: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** for men and women.

We are also in need of **T-Shirts, Sweatshirts and Hoodies**. You can leave these items in the church atrium where a basket will be provided in front of the office. Thank you!

## Property Questions

Ways to contact the property manager concerning property issues and future projects:

1. LEAVE A NOTE IN MY OFFICE BOX
2. CELL PHONE (401)523-6414
3. EMAIL [djmaceg@verizon.net](mailto:djmaceg@verizon.net) and/or [admin@stlukeseg.org](mailto:admin@stlukeseg.org)

That will give me time to reflect on your concerns and come up with some solutions.

Thanks for your attention, Doug Macpherson

## Coffee Hour - Help Needed

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 (10:00am service)  
(401)447-0472  
Marcia Gladue (8:00am service)  
(401)241-1821

## Pastoral Care

**Our next Pastoral Care Meeting will be held on August 14 at 10 am in the Blackburn Room.**

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

## 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 4th 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 July 27, 2024 – 10 am**

Especially for Children

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

St. Luke's Birthdays, Anniversaries, and 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 [admin@stlukeseg.org](mailto:admin@stlukeseg.org) or call the parish office (401)884-4116.  
Happy Celebrating!

Dorcas Donations

# Donations Needed!

Men, Women's &  
Children's Sizes Needed

Underwear & Socks  
(New Please)

Athletic Shoes

Summer Clothes

[www.diiri.org/what-we-do/donate-goods/](http://www.diiri.org/what-we-do/donate-goods/)

Dorcas International needs the items listed above to help our refugee families get through the summer. Please place items in the Dorcas bin in the church atrium.

Questions? Please reach out to Nancy Rudicil at [aer39th@netzero.net](mailto:aer39th@netzero.net) or Cathi Sloan at [cathisloan@gmail.com](mailto:cathisloan@gmail.com)

## 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](http://episcopalrelief.org) for more information.

## 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 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.

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