



St. Luke's Episcopal Church

Where all are welcome at the Lord's table

July 28, 2024

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GIVE AND STOP

In my last Interim-Rector essay I wrote about “stewardship of community” and indicated that more would be coming on this topic. Below I will get into two skills that are helpful for communities during a time of transition, and, I might suggest, will be useful for all of our communities as we go into an election season this Fall.

I want to be very clear that when I offer teaching, preaching, training, or resources, I am not doing this from an assumption of a deficit or deficiency in the congregation. Too often the church teaches us to look for what is wrong instead of celebrating what is right. This habit of religion can make us prone to reflexive shame and guilt as if what God wants is for us to feel that way almost as a prerequisite for God’s attention. So, when I offer what I call the “skills of community stewardship”, I am simply adding some leaven to a wonderfully leavened load here at St. Luke's.

Stewardship of Community is rooted in our eucharistic prayer where we offer “our selves, our souls, and bodies as a living and reasonable sacrifice to God.” When I say these words at the altar (or whatever version is in the prayer), you will see me open my arms wide to indicate that the sacrifice that is offered includes the community as a whole. Sacrifice is a word that makes people uneasy so let me explain. At worship, we are sacrificing our time, attention, gifts, and effort in worship and praise to God when we could be using them on the golf course, on our sailboat, at the soccer field, or cozy at home in bed. We are displaying our belief that everything we are and have and hold comes from God and we return it all to God in thanksgiving.

One of those gifts from God is community. To nurture that gift takes intentionality and skillfulness if we are to be the type of community that is called the Body of Christ.

One skill I love is the G.I.V.E. skill. (As the child of an Air Force officer, I love acronyms!)

GIVE stands for Gentle, Inquisitive, Validating, and Easygoing. When we practice this skill we are much more constructive and effective in all of the discussions that build up our congregational life. With this skill, I remind myself to be gentle and kind, curious and concerned to understand the person in the most generous and charitable way. I remind myself to validate my conversation partner, meaning I let them know that I understand them and take their concerns seriously, especially at the level of shared values and commitments. Finally, because I am engaged in daily spiritual practice I strive to be Easygoing. Easy does it. No lives are at stake and the building is not burning. Take a deep breath, be creative and free. One skill that is great to use before this skill.

The second skill I love pairs nicely with the first. This is the S.T.O.P. skill. STOP stands for Stop, Take a Step Back, Observe, Pray and Proceed Mindfully. When we feel too much urgency, too much anxiety, or too much eruptive emotion, this is a good time to STOP. As adults, we know emotional danger signs. My face gets hot and red, my hands are clenched, my posture is tight and my breath is shallow, my mind is razor-sharp on winning and battling. Instead of acting from this distressed state in a way

that could hurt the relationship and would be ineffective anyway, I STOP, regroup, and get in touch with my best self. I can STOP for a few minutes or STOP for a day or two. I can simply ask for time to think about it and get back to the person.

These skills are great in all aspects of life. They are especially great in the normal anxiety of transition when so much is unknown and in the hands of God. Trust God's providence and serve God by practicing GIVE AND STOP.

*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 Tenth Sunday after Pentecost

Click above for the lessons.

8:00 am Holy Eucharist with Sermon

10:00 am Holy Eucharist with Sermon

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

July through Labor Day, the Parish Office will be open from 8 am - 4 pm, Monday - Thursday. The office will be closed on Fridays. Also, please make note of a new email address for our Church Administrator: 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. 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. All Are Welcome!

Lectionary Bible Study Offered in August

The Interim Rector will offer a Bible Study on Tuesdays at 11:00 am - weather permitting in the Lyche Gate of the Cemetery or otherwise in the Atrium Library. We will study the readings for the Sunday ahead with special attention to the Gospel of John and the Epistle of the coming Sunday. If you are new to Bible Study, please give this short-term study a try. All thoughts, questions, reflections are welcome! From August 6 to August 20 and hopefully picking up again in September. Contact the Interim Rector if you have questions.

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

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 (stluke.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 ...

Ways to donate to St. Luke's



<p>Online Banking</p> <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>No cost to you or the Church</p>	<p>Zelle Transfer</p> <p>Zelle Payment – with Zelle payment transfer, you can add St. Luke’s Church by using the giving@stlukeseg.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 will have to initiate each payment.</p> <p>No cost to you or the Church</p>	<p>PayPal and VANCO Payment Solutions</p> <p>PayPal and VANCO Payments – With PayPal and VANCO payments, you create your individual accounts on their sites, 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 these are your sites! They are the only options that accept 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</p> <p>Direct Transfer – If you are 70½ 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> <p>No cost to you or the Church</p>
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Adult Faith Formation

Mark your calendars for another Video & Dessert on **August 14 at 7:00 pm** ! We will be featuring another of Rob Bell's video productions and enjoy an evening of discussion and fellowship. Stay tuned for more details!

Theology on Tap - Save the Date - Men's Retreat October 22-24, 2024

We are sponsoring an inclusive, intimate gathering, on October 22-24 (Tuesday – Thursday) for all St. Luke's Men who can attend. We envision three days of time together in an outdoor retreat setting where we'll work and eat together, while enjoying comfortable accommodations (our own beds, toilets, and space for group and private discussions). Our agenda will include a variety of optional outdoor activities, service work, guided group discussions, and time for conversation and meditation.

With an outdoor backdrop, we want to form, foster and deepen lasting friendships while growing the trust we have with each other, examining how our faith influences and guides our lives.

The Rev. Dr. Jonathan Malone has agreed to be the facilitator for the retreat, and we hope Fr. Jarratt will be able to join us as well.

Our goal for the retreat is consistent with our TOT Mission of building community within St. Luke's.

Mark your calendars for this event and save the date! Details on the logistics, venue, and cost will be coming in the next few weeks. Any questions call, ping or email Brent Bostick (908)230-7569 brentbostick1@gmail.com

2024 GloriDays Thank You!

In June, Amy Weigand walked in GloriDays, a 44 mile walk in Exeter, RI, to raise money for the Gloria Gemma Breast Cancer Resource Foundation. The weekend was HOT but incredible! Amy's team raised \$20,457.24 contributed to the \$111,647 raised by the event. Thank you, St. Luke's for your contributions to such an amazing organization that helps to support individuals and families touched by breast cancer.

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.

[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

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

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!

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.

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 - 11:30 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 or call the parish office (401)884-4116.
Happy Celebrating!

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.

St. Luke's Episcopal Church | (401) 884-4116
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