



St. Luke's Episcopal Church

Where all are welcome at the Lord's table

September 15th, 2024

Scam Alert

Earlier this week, Admin received a scam email posing as our Minister of Music, Rodney Ayers. Please be on alert for any scams and impersonations of Church staff & parishioners. If you have any doubts or concerns about an email, please double check with our administrative office.

Interim Rector Jarrett's E-pistle

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The Bishop, La Familia Madrigal and Family Patterns

Our Bishop Nicholas Knisely graciously welcomed me to the Diocese of Rhode Island last Friday in his office in Providence. During our conversation, I learned that he is thoughtful, kind, wicked smart, and prayerful. He used an analogy that I would like to share with you.

The analogy concerns the human body. The Bishop pointed out that on average we replace all of the cells in our body every seven years. Skin and gastrointestinal cells replicate much faster, while bone, neurons and heart muscle regenerates at a much slower rate. What is fascinating about our ongoing cellular regeneration is that through that massive change the pattern we call our 'self' or our 'soul' persists across time.

Each person seems to carry patterns forward that we can easily identify as characteristic of that person. These patterns are part biology, part conditioning and partly an epigenetic inheritance across generations.

Scroll to the bottom to continue reading ...

Ministry Fair





YOU'RE INVITED TO
THE ST. LUKE'S

MINISTRY FAIR

SEPTEMBER 8TH & 15TH
AFTER SERVICE

On Sunday, September 15 (this upcoming Sunday!) - Following both the 8 & 10 am service we will have a second Coffee Connections in the Parish Auditorium and a Ministry Fair for every other non-liturgical ministry that wants to recruit - Adult Faith Formation, Feeding Ministries, Morning Prayer, Bible Study, Dorcas, Women of Grace, Properties, Gardens, Office Volunteers, etc.

Be sure to wear name tags (or get one if you need one!) and stop by all our tables for some fun snacks and activities!

Can't make it? Don't worry!

After our second ministry fair on September 15th, we will send out a Time and Talent survey to the whole parish to make sure no one misses out! Data from this survey will be shared with ministry leaders to follow-up.

Worship and Formation at St. Luke's -- Week of September 15th

Welcome to St. Luke's worship and formation offerings for the week of September 15th. All the information you need to participate in either in-person or virtual offerings is provided below.

The Seventeenth Sunday after Pentecost: Click [here](#) for the lessons.

Sunday Worship: Please join us to celebrate Holy Eucharist on September 15th at 8:00 am or 10:00 am. To view or print the service bulletin, [click here](#). Printed copies of the bulletins will be provided at each service. For a copy of the prayer list, [click here](#).

Livestream Worship: Sunday's 10:00 am service of Holy Eucharist will be livestreamed via YouTube. To join us on YouTube, please [click here](#).

Weekday Morning Prayer: Tuesday - Friday at 8:30 am. Weather permitting, parishioners 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 move the service to the Church Transept. Please feel free to come once a week or any combination of days. All welcome!

Lectionary Bible Study: Lectionary Bible Study takes place at 11 am on Tuesdays in the Church Transept. Lead by the Interim Rector. Another Bible study will be starting on Saturday Mornings at 9:30 am on October 5 in the Church Transept

Healing Service: Our healing services are offered every Tuesday at noon in the church sanctuary. Please join us as you are able.

Adult Faith Formation:

Sunday Formation Opportunity: Civil Discourse Seminar - Short Videos, Training, and Discussion.

Many of us are feeling pain and despair when it comes to the state of civility between neighbors, within families and in the country at large. Here is an opportunity to grow in our "Love of Neighbor" virtues and build our skills for empathy, listening, and sharing even when deeply held concerns are at stake and we feel vulnerable. Starting on September 22nd at 11:30 am in the Dining Room. Snacks and Drinks Provided! Facilitated by the Interim Rector.

Wednesday Evening Book Discussion will be starting October 16th at 7 pm on zoom to discuss The Book of Forgiving, written by Archbishop Desmond Tutu and his daughter, the Rev. Mpho Tutu, The Book of Forgiving provides us with practical and personal ways to embrace forgiveness for ourselves and our communities.

Liturgical Volunteers



Liturgical Volunteers Needed

Interested in taking part in our Sunday services? We currently have open slots for the following:

- Ushers
- Acolytes
- Lay Eucharistic Ministers (LEM)

 If you have experience, click the button below to sign-up

 Email admin@stlukeseg.org for more info

We are now using a Sign-up genius for our liturgical participants. This change is to prevent any scheduling conflicts and confusion--and long email threads!

The system will automatically send you a reminder email 5 days in advance of your sign-up. You are able to cancel or switch with someone using Sign-up genius up until 4 days before your sign-up. If you have not participated before, but would like to learn how, please email admin at admin@stlukeseg.org to learn more about how to get involved.

If you have trouble signing up, please stop by the Church office. We are happy to teach people how to use Sign-up genius for those who are unfamiliar or sign you up manually if necessary. Click the button below to sign up!

[Click here to sign up](#)

Calling All Singers! Choirs resume in September!

Have you considered participating in one of our choirs for you and/or your children? St. Luke's supports an active choral ministry and new members of all ages are invited to sing. Please contact Rodney Ayers, Minister of Music, for more information 401-884-4116 ext. 107 or rodney@stlukeseg.org

Come add your voice to the musical prayers and praises that resound throughout our St. Luke's community!

REHEARSAL SCHEDULE

Canterbury Choir
Adult Choir
Begins September 5
Thursdays at 7 pm

St Cecilia Choir
3rd-12th grade Choristers
Begins September 6
Fridays at 4 pm

Angel Choir
PreK - 2nd Graders Begins
September 11
Wednesdays at 4 pm

Children & Youth Programming

Sensory Resources

Another new addition is a sensory box placed in the back of the church. If you or child would like to borrow a fidget, individual items, or sensory materials, please contact the church office at 401-884-4116 ext. 107.

weighted lap blanket, or set of noise-canceling headphones, help yourself! Please return them at the end of the service.

Amazon Wishlist

If you would like to help support Youth Faith Formation at St. Luke's, we have created an Amazon Wishlist. Just click [HERE!](#) Items on this list will be used in our new playground, sensory box, and classrooms. Items will automatically ship to the church when purchased. Thanks for checking out!

Prayground

You may have noticed a new space within the sanctuary today. A Prayground is a designated place in the front of the sanctuary where young children can experience worship through age-appropriate worship materials and tools that will help keep them engaged in what is happening.

We have included materials such as children's Bibles and books, coloring pages, blocks, soft toys, and even a wooden eucharist play set! Items are stored in the baskets under the benches. Please encourage your little ones to come forward, sit on the rug, and enjoy themselves!



We are getting super excited for our Fall Youth Retreat November 15-17 at the Episcopal Conference Center in Pascoag, RI! The retreat is open to all students in grades 6 through 8. We will enjoy camping, hiking, crafts, singing, fellowship, and s'mores! The cost for two nights and six meals is \$190 per person. If assistance is needed, please contact Fr. Jarrett or Amy Weigand.

If you are unable to attend but would like to contribute to our costs, please reach out.

The deadline to sign up is **October 27**

If interested or would like to know more, please email Amy Weigand our Director of Youth and Family Ministries: amy@stlukeseg.org

Rite-13

Do you have a child who will turn 13 years old this year?

We would love for them to participate in Rite-13!

The Rite-13 Celebration marks a significant milestone for children as they begin their journey toward adulthood and independence. During this event, the St. Luke's community gathers to acknowledge and honor their remarkable creative power and potential.

The three preparation classes for Rite-13 will be on 9/29, 10/12, and 10/20 at 9:45 am. The dinner and retreat will be in the

The three preparation classes for Rite-13 will be on 9/29, 10/13, and 10/20 at 9:45 am, the dinner and retreat will be in the evening of 10/26, and the celebration will take place in our one service at 9:00 am on 10/27.

If interested or would like to know more, please email Amy Weigand our Director of Youth and Family Ministries: amy@stlukeseg.org

Ways 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 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 will have to initiate each payment.

No cost to you or the Church

PayPal and VANCO Payment Solutions

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

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.

Transaction Fees for the Church

Direct Payment From IRA

Direct Transfer – If you are 70½ 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

[Click here to donate via Paypal](#)

[Click here to donate via Vanco](#)

An Update from the Treasurer

August	2024 YTD	Budget	Var.	Ann. Budget
Total Income	\$492,122	\$448,308	\$43,814	\$721,925
Total Expenses	\$502,444	\$531,155	(\$28,711)	\$788,483
Net Income	(\$10,322)	(\$82,846)	\$72,524	(\$66,558)

E-pistle Continued from above

My Jewish friends taught me about the generational trauma passed along in families of holocaust survivors: a heightened sense of threat and a nervous system wired to quickly act on perceived threats through flight, fight, freeze or fawn. These intensified reactions are passed on because they were necessary for survival in an adverse situation. Adaptive responses become dysfunction responses and dysregulation with the level of threat becomes minimal but the behavior stays the same.

The Bishop used his body analogy not just for individual souls and bodies but for families and communities too. Across time patterns persist in families and communities even when the individual members change. Some patterns continue to be adaptive while others become maladaptive. Churches are no exception.

My favorite illustration of this truth is the movie Encanto. Like many Disney movies La Familia Madrigal has trauma in their history. Unlike Bambi, the trauma in this family is not revealed up front. As in real families it is hidden away and revealed over time. The Madrigal Familia is full of exceptionally gifted people with exaggerated abilities. At the same time there is one family member no one is allowed to talk about, Bruno. Secrets are covered up with a surface story of achievement and exceptionalism. I will let you watch the movie before revealing more! (Hopefully we can watch the movie at Church and discuss it!)

As the wonderful book “The Body Keeps the Score” illustrates perfectly, our individual bodies and our corporate bodies carry forward what the past has impressed on us. Part of our interim work is to reflect on the body of St. Luke’s across time to see how our corporate body has been formed for good and for ill. We will do this work at two congregational meetings this Fall and I hope you will attend. Look for an opportunity to watch Encanto too! (If this topic interests you I also recommend the book, “My Grandmother’s Hands.”)

-Reverend Jarrett

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