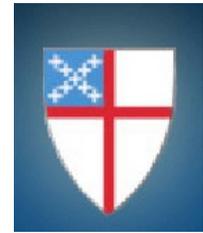


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St. Lukes Newsletter



January, 2015

**“To Know
Christ and To
Make Christ
Known”**

**2014 Parish
Theme:**

**Our Village
within Vital
practice
merits a
View for Vi-
brancy**

**Our Vestry mem-
bers** are Malcolm
Smith (Senior War-
den), Crissie
Bashom (Junior
Warden), Susan
Burgess (Treasurer),
Cinnie Hill (Clerk),
Susan Dillinger,
Jay Hildreth, Doug
Elcock

Rector's page

Rector's Page: All We Need Is Love, More Love Ex- periments for Love Experience

In recent conversations with several friends and parishioners, I have noticed an emerging theme. My best attempt to articulate this emerging theme is in the form of a question: As people of faith in G-d, we believe that G-d is all loving and thereby love is eternal. Then if love has no beginning, middle or end point, how are we finite beings to learn to be in this infinite loving relationship? After all, according to the gospels, love wins.

Perhaps, the metaphorical language of the English Romantic poet William Blake can shed some light on this theme, “If the doors of perception were cleansed, every thing would appear to man as it is, infinite. For man has closed himself up, till he sees all things through narrow chinks of his cavern,” published in 1790 as *The Marriage of Heaven and Hell*.

Before baby boomers entered puberty, Aldous Huxley began experimenting with states of consciousness in order to better understand the infinite and likened the human brain to a “reducing valve.” Moreover, neuroscientists agree that apparently mammalian brains function to limit your awareness to only those perceptions, ideas, and memories that might be useful for your survival at any given moment, eliminating all else. Although narrowed awareness prevents you from becoming overwhelmed by a flood of images and impressions, it can become an over-learned habit, a self-limiting cavern that you become convinced is reality.

Huxley, along with a heavenly host of saints and cloud of unknowing mystics, believed there were ways out: “Certain persons ... seem to be born with a kind of bypass that circumvents the reducing valve. In others temporary bypasses may be acquired either spontaneously, or as the result of deliberate ‘spiritual exercises’, or through hypnosis, or by means of drugs.” In psychological terms, these persons are biologically predisposed to transliminality.

Huxley's hypothesis that the doors of perception can temporarily swing open wider than usual — even spontaneously — is now confirmed by brain imaging experiments. Importantly, however, you don't need drugs, hypnosis, or lofty spiritual experiences to open those doors. Sometimes all it takes is a little love. But to understand this you will need to set aside your preconceptions of what love is.

According to love researcher, Dr. Barbara Fredrickson, “odds are you shift into and out of states such as these dozens of times each day, sometimes when you’re alone, sometimes when you’re with others. Even though you experience positive emotions as exquisitely subtle and brief, such moments can ignite powerful forces of growth in your life. They do this first by opening you up: your outlook quite literally expands as you come under the influence of any of several positive emotions. With this momentarily broadened, more encompassing mindset, you become more flexible, attuned to others, creative and wise. Over time, you also become more resourceful. In fact, my research and that of others shows that positive emotions can set off upward spirals in your life, self-sustaining trajectories of growth that lift you up to become a better version of yourself.”

Love, and its absence, fundamentally alters the biochemicals in which our bodies marinate. Love follows the engineering logic of providing a wide base for a firm foundation and then building up: As we experience pleasant yet fleeting moments of connection with others, we are simultaneously expanding our awareness in ways that build up, which co-create lasting and beneficial adaptations in our life together. Love is found in those fleeting moments of warmth, connection and openness to another person. It energizes this whole system and sets it into motion.

Unequivocally, I believe that learning how love works can make a clear difference in our life together. It can help us prioritize moments of shared positive emotions and elevate our faith in the integrity of creation, in the evolution of human consciousness and ultimately right relationship to G-d. We may call this building up the kingdom of G-d. Perhaps then, an empirical investigation need not require disengagement from the subject or object of study, thereby avoiding the flat cork-board with a dismembered butterfly pinned to it. Maybe science can also glorify, painting a colorful and multidimensional G-d Positioning System (GPS) for a more vibrant life journey, one that eliminates the detours of false hopes, false prophets, false claims, and charts a course toward the reality itself, the ground of being. It can leave the butterfly alive and whole and set it free. We can live and love, question and imagine, investigate and experiment, parent and lead without necessarily disengaging from the field of consciousness and penultimately the ground of being itself.

We are simultaneously a precious embodiment and infinite awareness in the image and likeness of Love Divine. Our mystery and the mystery of G-d are forever together and all we need is love, more love experiments to sufficiently continue building up the kingdom of G-d. In the meantime, Albert Einstein’s brilliance may well illuminate our innermost heart’s desire to relate to G-d Who is Love, the essential reality that verifiably exists in the universe and according to the gospels always wins in the end and at the beginning of creation, “The eternal mystery of the world is its comprehensibility.”

~ Father Matt

Senior Warden's Musings, January 2014:

As I sit down to write one of my last remaining monthly "musings" for the newsletter, I thought I would look back through some of the ramblings I have passed along during the past few years as Senior Warden. I have tried to vary the subjects as much as possible and hopefully achieved this with stories ranging from: the state of the US – Canadian border, homeless in Denver, the death of a fellow Spec-Ops traveler, books by two local authors, and of course.....The Kittens! Interestingly, of all the varied articles I have written, with a few specifically design to invoke a comment or two, the only one that I received any feedback on was the one from a year ago about the new kittens that Peggy brought home from the St. Marys city park. So, here is the one year update on the Smith kittens.

Dickens, the male tabby now has a new home with some friends of ours. They have two young boys who each wanted a cat, but they only wanted male's so we gladly let them have Dickens. However, Dickens name has been changed to Nemo due to the boys having pronunciation problems.

Rascal, the female 1/2 white 1/2 tabby (and my favorite) is a prolific hunter and is constantly patrolling the edges of the pasture looking for mice, birds, snakes, raccoons and coyotes to catch. She is also a big sweetheart and always ready to jump on someone's lap when we sit out on the deck.

Bella, the female grey was the runt of the litter and we worried somewhat during last winter as to if she would make it. However, she is doing great now and definitely has an attitude. She is best friends with Sheba our 90lb German Shepard, and we honestly believe that she thinks that she is either a dog or a lion.

Momma Speck, passed away this past spring. However, she was 15 years old which is a pretty good run for a barn cat.

We also had a new cat show up earlier this summer. A beautiful black cat that we had been calling Grace up until a few weeks ago when we found out that Grace was a male. Grace had been living in the rafters of our garage only coming down to eat and use the litter box, until just recently when he finally let us close enough to pet him. I still cannot bring myself to change the name though. I guess it's not much different than being "a boy named Sue".

I think St. Luke's is a lot like the Smith home in that we are accepting and welcoming to anyone that simply shows up at our door. Sometimes the need is simply for help as they pass though on their journey to somewhere else and sometimes they arrive with a need to belong to a family. It takes a very special group of people to do this, but that is what is wonderful about our church family. It is something that I felt 36 years ago when I was first invited to come to St. Luke's and one of the things that has kept me coming back ever since.

I'd like to throw out one final request for everyone to consider running to serve on the St. Luke's Vestry. It's a great opportunity to have input in the administration of the church and doesn't take a lot of your time, most meeting this past year were only 45 minutes to an hour in length.

Malcolm

"I'm perfectly incomplete, still working on my masterpiece." – "Masterpiece" by Jessie J

Prayers:

We pray for those who are ill or are caregivers:

In addition we can pray at home for those needing on-going prayers: Amy Jo, Ann, Alice, Bob, Dave, David, Jeff, Jillian and Jenny, Jonah and family, Kay, Lynn, Mark, Mary Anna, Pat, Bill and family;

Plus prayers for our Military personnel: Scott, Ben, Ian, and Mike.

BIRTHDAYS IN JANUARY:

Jan. 22-Erica Cobb
Jan. 26-Myrline Winkler

ANNIVERSARIES:

Jan. 24-Dave & Cinnie Hill
Jan 26-Scott & Jamie Balderson

Dear Parish Family of St. Luke's,

The Cobb family would like to express our gratitude for the Christmas purse. We shared a wonderful time with family in Houston and a visit to see The Reverend Vivian Orndorf at her new parish, Trinity Episcopal Church in The Woodlands, Texas.

Thank you again for extending your generosity to our family

Fr. Matt, Erica and Emily our family!

Outreach:

Our next **TTEM Breakfast** will be on Thursday, January 15 from 7:30 to 9 am. Although the free will donations continue to be sufficient to pay for the food needed, your food donations are also welcome. We could use more volunteers at the breakfast, even if you can only help for an hour, sometime between 6:30 and 10:00 am.

Food Pantry Month: Please bring non-perishable goods and paper supplies to St. Luke's for the two pantries in town. Deadline is February 1st.

Vestry:

The expenses are over budget related to the \$9000 building expense of the basement bathrooms. We may be in arrears for the 2014 Diocese apportionment if end of the year income and pledges are not received. The church insurance statement is due January 1. Father Matt has visited 2/3 of the parishioners in their homes in 2014 and would like to have fellowship meals in homes during 2015.

Annual meeting was set for Sunday, January 25th after the service. Written reports will be due to Cinnie by January 18th.

More Musings:

Vivian Orndorff will be ordained a priest on January 10th at 10:30 am in Grace Cathedral. She was sponsored by our parish in her quest to become priest. On Sunday, January 11, she will celebrate the Eucharist and preach here at St. Luke's with a reception following. Please attend these events if you are able to.

Saving energy an lowering our utility bill:

The doors between the Guild Hall and the Sacristy (that hallway between Fr. Matt's office and the church), the Sacristy and the Church, Matt's office door, the doors entering the foyer in the church and the ones into the guild hall north doors should always be closed unless all these areas are being heated.

Sunday School: In January, our Sunday School teachers will be Pat and Ebba.

Myrline

Treasurer's Report: The following summary reflects the results of the operating fund, income and expense for the month of November 2014, with a budget comparison. (The Year-to-date includes the beginning balance on January 1st)

	Current month	Year-to-date	Budget
Income	\$ 3,484.10	\$ 71,077.24	\$ 62,024.33
Expense	\$ <u>4,255.07</u>	\$ <u>68,759.78</u>	\$ <u>61,299.10</u>
Difference	\$ - 2,317.46	\$ 2,317.46	\$ 725.23

Discretionary Fund Sundays in January: Rector's is the first Sunday, January 7. Any loose money in the offertory goes to support this fund on that Sunday, please help with the funds. Thank you.

JANUARY SCHEDULE:

Sunday, January 4: 11:00 am – Guild Meeting

Saturday, January 10th: 10:30 am: Ordination of Vivian Orndorff – Grace Cathedral

Sunday, January 11th: Vivian Orndorff will celebrate the Eucharist and Preach at St. Luke's

Thursday, January 15: 7:30-9 am: TTEM Community Breakfast

Sunday, January 18: 8:15 am – Vestry meeting

Sunday, January 25: Annual Meeting

Upcoming Events:

St. Luke's Weekly Schedule:

Sunday: 9:30 a.m. Rite II Holy Eucharist

Mondays: 6:30 a.m. Spiritual Development Book Group – Location varies

Tuesdays: 9 am – 10am; Sign Language;

10 a.m. - 11 a.m. Bible Study

8 p.m. – 9:30 p.m. AA

Wednesdays: 6 - 7:30 p.m. Potluck Supper and Ministry

Thursdays: 10:45-11:25 a.m. High School Service Group cleaning time

7:30 p.m. Cursillo Reunion Group

Father Matt Office Hours are by appointment on Tuesdays, Wednesdays, and Thursdays.

Youth: Miqra

Deadline to register for Miqra is Jan. 15. Jan. 17-19 at Grace Cathedral in Topeka. For youth in grades 6-12. Miqra (meek-rah) is a weekend retreat that focuses on the Bible and allows teens to discover what's in it, why they should care and how to read it. This year's educational focus will be on the Pentateuch, and we have invited a rabbi to come talk with us about the Torah. Registrations will be accepted until Jan. 15 and are available online at <http://edokoyouth.wordpress.com/miqra/>

Parents, clergy and friends are invited to help us complete this awe-some feat!

There are online sign-ups for reading from 9 a.m. Friday to 1 p.m. Saturday. We

also need parents to help supervise the reading overnight (so our on-site volun-

teers can get some sleep!). Sign-up here: <https://www.volunteersignup.org/PH7RM>

Diocesan News:

Youth are invited to participate in the 2015 MegaCamp commercial contest

1. Create a video that answers one of these questions:
 - a. Why do you love camp?
 - b. What is your favorite thing about camp?
 - c. What is your favorite memory from camp?
 - d. Why should other people go?
2. Videos must include:
 - a. The official name for camp: Episcopal Summer “Mega” Camp
 - b. The dates for camp: May 31-June 6, 2015
 - c. The grades who can come to camp: those who have finished grades 3-12
3. If you have the ability to add text to your video, please put the web site on it: <https://edokiyouth.wordpress.com/camp/>
4. Should be 60-ish seconds long (just like a TV commercial) ... could be shorter or slightly longer
5. Due by Jan. 31, 2015
6. Post to YouTube, tag #MegaCamp2015 and e-mail or Facebook message link to Karen Schlabach.

At least one person will be selected to win a \$140 scholarship to camp!

Youth news

>> Youth peer ministry applications now are being accepted. The diocesan youth peer ministry program is accepting applications to join the 13 current Peer Ministers. The peer ministry program seeks to provide an opportunity for high school students in the Episcopal Diocese of Kansas to grow in their faith, receive training in ministry and life skills, assume roles of liturgical leadership, welcome other students into the body of Christ, and develop other young leaders.

If you know a youth in your parish who would fit this position or would be interested in this position, invite them to apply to be a peer minister.

Applications are due by Feb. 1 and are available on the youth website at <http://edokiyouth.wordpress.com/peer-ministry/>.

If you have questions about the peer ministry program, contact Peer Ministry Coordinator Michael Funston at mikeykfunston@gmail.com or diocesan Youth Missioner Karen Schlabach at kschlabach@episcopal-ks.org.

>> Summer youth ministry internship applications now available. Do you know a college student interested in pursuing a vocation in ministry? If so, ask them if they are interested in applying for the Summer Youth Ministry Internship. Applications are due Feb. 28.

Learn more about the program and how to apply at <http://edokiyouth.wordpress.com/internship/>

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MDG's at www.e4gr.org

The goals are

1. Eradicate extreme poverty and hunger.
2. Achieve universal primary education.
3. Promote gender equality and empower women.
4. Reduce child mortality.
5. Improve maternal health.
6. Combat HIV/AIDS, malaria and other diseases.
7. Ensure environmental stability.
8. Develop a global partnership for development.

January, 2015

	January 4	January 11	January 18	January 25	
Altar Guild	Cinnie Hill, Joyce Elcock	Ellie Baker, Martha Miller	Laura Hannan, Myrline Winkler	Susan Burgess, Pat Frey	
Lay Reader	Larry Hannan	Judy Hildreth	Ebba Robb	Malcolm Smith	
Chalice Bearer	Joyce Elcock	Susan Burgess	Ed Dillinger	Myrline Winkler	
Greeter/ Usher	Doug Elcock	Erica Cobb	Judy Hildreth	John Chmiel	
Coffee Host	Elcocks	Reception for Vivian Orndorff	Hills	Freys	