

St. Luke's Episcopal Church

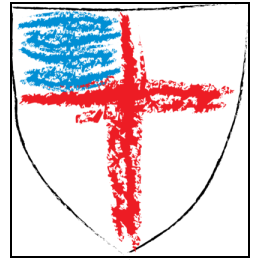
November, 2017

“To Know Christ and Make Christ Known”

Our Vestry Mem-
bers:

Thomas Brown
(Senior Warden),
Linda Chmiel
(Junior Warden)
Cinnie Hill
(Clerk), Claudia
McKinsey, Ed
Dillinger, Emily
Benson, Laura
Hannan

St Luke's Newsletter



On Gratitude

If you have been on Facebook for a while, you have probably seen friends participating in a thanksgiving or gratitude challenge this time a year, where they share something every day that they are grateful for. Some follow a seven-day format, while others commit to expressing thanks or gratitude every day for a whole month. Maybe you've participated yourself.

I love these glimpses into people's lives, to see the kinds of things that bring them joy and make them grateful, especially at the end of the month where they must dig deeper for something to write about, because these are often the most poignant and beautiful.

Another place I see the regular practice of gratitude is at my weekly Circles meeting. Circles of Greater Topeka is a group committed to alleviating poverty, one family at a time. Every week, individuals living in poverty (but who are committed to the hard work of achieving stability) spend time with middle-class allies, sharing a meal and participating in some sort of structured program. At the beginning of each meeting, we all go around the room and share a "New and Good" – a sentence or two about one thing that has been positive in the last week.

For some, this is really challenging, because their lives are extraordinarily difficult. Sometimes it is hard for me when I have had a stressful week.

As challenging as this practice can be, it causes us all to slow down for just a moment, to reflect and to focus on the small things. To shift away from the all-too-easy frame of mind that gets stuck in the negative. For me, to shift back to a place where God is in the center and I am not.

It's easy to think that only the big events of life are the primary cause for thanksgiving and gratitude – a long-planned vacation, a graduation, a wedding, a new baby, a new job, a holiday. While these "mountain-top experiences" are wonderful (and who doesn't love a good mountaintop experience, however it comes?), the big things can't fuel a sustainable practice of thanks and gratitude. The big things just don't come around all that often. And the emotional let-down after the fact can be brutal.

Regularly *noticing* and *naming* the small things for which we are grateful shapes us into people who see the world through gratitude-colored glasses. When we see the world through grateful eyes, I believe our capacity to love others is exponentially magnified. When we are in the habit of paying attention to little things, we respond more readily to the needs of others – responding in little ways that make a big difference in the Kingdom of God.

Mother Casey+

Senior Warden Report:

I sit here at my desk typing this report thinking back on this past year. I can remember Jay asking me to take this spot as Senior Warden. I can still hear him telling me that he felt I would do a great job at it. I really hope I have not let him down. I have prayed every day that the Lord guides my feet, thoughts and actions to benefit St. Luke's church. God opened my eyes to a group of great people that has served on the vestry this year. We all voiced our thoughts and listened to each other. As a group, we have moved through many things and have completed items that I, for one, did not see an end to. We have talked about so many things and I feel closer to this group than I did when I first joined the vestry.

I want to take a moment to welcome Mother Casey. She and her family have become the newest addition to our church family. I can see that we are going to have many years with her.

Cinnie has been my right arm for the past 10 months. The one person that has kept me on my toes and on the right path. It will be sad not seeing you at church. It will also be hard not seeing the e-mails from you reminding me to do something. You have made being a Senior Warden much easier over this year. Every time we talked about a subject, it was like talking to a sister that had grown up with me and knew what I was going to say before I opened my mouth. I have been very blessed getting to know you. Thank you for everything you have done for the church and me. I will continue to pray for you every day.

Your humble servant in Christ
Senior Warden
Thomas Brown

Vestry:

The Vestry is asking a historical society representative to speak to Thomas and Linda regarding the criteria and restrictions to establish the church as a historical building.

Repainting the red doors was approved by the Vestry.

The basement piano will be brought up to Guild Hall to be tuned professionally for use until the piano keys of the current piano are restored.

After we clean the church and Guild Hall, we will be looking for someone to be Sexton.

Next Vestry meeting will be November 5th after the service.

Cinnie

Sunday School teachers for November:

Eric will teach the younger students and Joyce will be teaching the older students.

Myrline

To receive the Diocesan News twice a month, send an email with the subject "Dialog" to the Diocese

Sharing Table: Sharing Table Breakfast will be November 16; December 7 and 21.

Recycling Policy:

Thank you to everyone for using the recycling cans. Usage has increased to the point that we sometimes have to empty them twice a week. This is great! Just a reminder: paper, cardboard, glass, tin cans and plastics 1-5 are accepted. Please do NOT put waxed cardboard (paper plates, food cartons), dirty tissues and napkins, any kind of bag, or Styrofoam (including coffee cups) in the trash. They jam up the recycling machinery.

Guild:

Next meeting will be November 12th after the service. This month's events are the Thanksgiving Dinner contribution. December 2nd will be the Cookies-by-the-Pound.

Treasurer's Report:

The following summary reflects the results of the operating fund, income and expense for the month of September 2017, with a budget comparison. (The Year-to-date includes the beginning balance on January 1st)

	Current month	Year-to-date	Budget
Income	\$ 11,953.76	\$ 43,209.29	\$ 71,201.00
Expense	\$ <u>2,657.39</u>	\$ <u>33,892.92</u>	\$ <u>51,144.00</u>
Difference	\$ 9,316.37	\$ 9,316.37	\$ 20,057.00

Discretionary Fund Sundays for the Rector's is the first Sunday, November 5th. Any loose money in the offertory goes to support this fund so please help as you are able to. Please place any cash pledges in a sealed envelope with a name on/in the envelope.

Council of Churches:

Community Thanksgiving meal will be hosted by St. Bernard's. We will receive our assignment to support. We are to provide 30 boxes of Stovetop dressing. The dinner is at St. Bernard from noon to 2 pm on Thanksgiving Day. Food can be delivered to their church from 9-4 any day. The church/hall will also be open on Thanksgiving Day at 8 am. If the hall is locked, you can come in thru the church and go down the hall to the dining room. Carry-outs, please call the church office 456-7869 before Thanksgiving Day.

Ed Dillinger and Jay Hildreth

BIRTHDAYS IN November

November 30 - Katherine Settle

ANNIVERSARIES:

November 5 - Ed & Susan Dillinger

Prayers: (If you have someone needing prayers, please either email or call Cinnie. Thank you)

We pray for those with health concerns and their caregivers: Linda, Lynn, Sherry; Ellie and family, Harley, Kevin and family, Mickey and family, Polly, Stacey, Steven and family, Sue

We pray for those who are in Long Term Care: Anna Lea, Doreen, Jerry, Martha, Sarah, Alice, Kay;

We pray for those have died: David

We pray for our Military personnel: Luke, Mike, Molly Lynn.

We pray for those celebrating birthdays: Katherine Settle

We pray for those celebrating anniversaries: Ed and Susan

We pray for our ministries: Episcopal Community Services/Wichita

CHM: is in need of plastic or paper bags.

Altar Guild: Please prayerfully consider joining the Altar Guild. We work in teams to care for the altar and prepare for Holy Eucharist. Men are welcome to volunteer too. We will soon schedule a meeting with Mother Casey for her input and suggestions.

Please speak to Joyce if you could help or you have questions. Thank you.

November Schedule:

Sunday, November 5th – Vestry meeting after lunch
 4:00 - Ultreya followed by Potluck at St. Luke's
 Wednesday November 8th – 6 pm Potluck and Children's Ministry
 Sunday, November 8th – Morning Prayer with Larry as Officiant and Eric as Lector
 Guild meeting after the service.
 Wednesday, November 15th – 6pm - Potluck 6 pm Potluck and Children's Ministry
 Thursday, November 16th – 7:30-9: Sharing Table Breakfast
 Thursday, November 23rd – Thanksgiving Day
 Noon: Community Thanksgiving Dinner, St Bernard's
 Wednesday November 29th – 6 pm Potluck and Children's Ministry

St. Luke's Weekly Schedule:

Sunday: 9:30 a.m. Rite II Holy Eucharist
 Mondays: 7:00 a.m. Spiritual Book Group – McDonalds (*We are beginning a new book, Tattoos on the Heart by Gregory Boyle. This is a good time to join.*)
 Tuesdays: 10 a.m. - 11 a.m. Bible Study
 Wednesdays: 6 - 7:30 p.m. WE - Potluck Supper and Children's Ministry

Community Health Ministry/ First Methodist Church Food Pantries:

Please contribute to the collection box in Guild Hall once or twice a month with a couple cans/boxes of food. If you elect to deliver food and paper supplies directly to the food pantries, please give credit for a donation from St. Luke's. Thank you.

Council of Churches is seeking volunteers with one or more hours a week, to assist in the Food Pantry at UMC. Check with Ed or Jay, if interested.

Contributions by Parish Family:**Poor Scores for the United States** from

When it comes to food sustainability and health scores, the U.S. ranks low and even last on many key indicators out of 25 countries. Overall the U.S ranked 11th, but last when compared to other wealthy, developed countries. France, Japan, and Canada had the highest overall scores, while India, Saudi-Arabia, and Egypt ranked lowest. Some of the areas where the U.S. fell short (lower number is better) Out of 25 countries, U.S was:

23rd for food waste per person (almost 600 lbs per person per year)

22nd for green house gas emissions from agriculture;

19th for water management (recycle for agriculture and 23rd for water footprint (water used for crops/livestock)

10th for life expectancy

11th for percentage of population living under the national poverty threshold

19th for prevalence of overweight children and 23rd for overweight overall (followed by Saudi-Arabia and the United Arab Emirates)

24th for physical activity levels (followed by China)

Dead last for high sugar consumption (with Mexico and Argentina close behind) and most fast-food restaurants per capita (followed by Australia)

The U.S. tied No. 1 in several policy initiatives. (climate change, encouraging physical activity, composting and recycling)

(from the October 2017 University of California, Berkeley Newsletter)

	Nov 5	Nov 12	Nov19	Nov 26	Dec 3
Altar Guild	Pat Frey, Cinnie Hill	Myrline Winkler, Pat Frey	Linda Chmiel, Laura Hannan	Joyce Elcock, Emily Benson	Cinnie Hill, Myrline Winkler
Lay Reader	Claudia McKinsey	Doug Benson	Judy Hildreth	Eric Benson	Doug Elcock
Chalice Bearer	Joyce Elcock	Ed Dillinger	Morning Prayer	Larry Hannan	Morning Prayer
Greeter/Usher	Doug Elcock	Larry Hannan	Judy Hildreth	John Chmiel	Doug Elcock
Coffee Host	Lunch Provided	Hildreths	Chmiels	Claudia McKinsey	Hill Reception, Guild to host.