As we care for people with dementia, whether they be family, friends, or patients, we need to keep in mind that even though they may not know who they are or who we are, God knows—and that is what matters most.

Caring for those with dementia presents a major challenge to our own faith. It tests whether we can trust that God will take care of us if we are ever in the same situation. It tests whether we can love unselfishly, without asking for any love back for ourselves. It also tests whether we can love lavishly without expecting anything in return, without paying attention to the cost, knowing that no act of love is ever wasted. Any loving action puts love into the world. The deed doesn’t need to be acknowledged to be effective. We don’t need to be recognized as the lover. We don’t need to be thanked for our love to be helpful. We love, not for our own satisfaction but for the pure act of pouring out love lavishly on the object of our love. If our love doesn’t have visible results, that doesn’t matter. Love has gone out into the universe. Ultimately, the act of loving will affect us, because loving without any expectation of return, changes us, and it stretches us, transforms us. It teaches us to love as Christ loved.

*No Act of Love is Ever Wasted: The Spirituality of Caring for those with Dementia*

Jane Marie Thibault, PhD & Richard Morgan, PhD.
In Need of Prayer or Home Communion?
St. Luke’s Prayer Ministers are available during the 10:30 AM service to pray with you. If you would like a name added to our Prayer Chain or someone who needs Home Communion, contact Beckie in the Church Office.

PLEASE PRAY FOR............
THE CHRISTIAN COMMUNITY:
Justin, Archbishop of Canterbury, Michael, our Presiding Bishop, and Scott, our Diocesan Bishop and for ALL the people and parishes in our diocese. Pray especially for St. Jude’s in Cedar City. And for all people within the worldwide Anglican Communion; pray for the people & leaders of The Church in the Philippines.

OUR NATION & ITS LEADERS:
Our government leaders that they may live & work in a spirit of calm reason & cooperation on behalf of the common good.

THOSE WHO ARE FACING SUFFERING & HARDSHIP:
Robert+++ (husband of Iris Thompson), Rita++++ (Baden), Alexa++++ (granddaughter of Deedee Sihvonen), Jennifer++ +(Strachan) Tom++++ (brother of Joe Cordery) Kaylee ++ ++ (friend of Beckie Raemer) Peter++++ (VanHook) Rick & the Giacoma Family++++ (friend of Ann Deyo) Emily++++ (Peter VanHook’s daughter) Lori++++ (friend of Jane Hamilton) Randy+++ (brother of Beckie Raemer) Frank+++ (friend of Sharon Christiansen)

THE HUMAN COMMUNITY AROUND THE WORLD:
† Pray for the speedy and safe return of the hundreds of children who remain in government custody after being separated from their parents at the southern border.
† Pray for our nation and the whole human community that we may find the wisdom to live in greater respect and harmony with each other and our planet home.
† For safety and recovery for all people effected by natural disasters throughout the world, especially the victims of wildfires burning in the Western States.
† For healing for every soul captured by fear, bigotry and resentment. May we all develop the ability to see the Sacred in those most different from ourselves.

THOSE WHO HAVE DIED......

PLEASE GIVE THANKS FOR.....
Our all of our Coffee Hour Hosts and their families.

For those having Birthdays this week:
Jon Snyder on Wednesday and Ted Clayton on Saturday.
The Scriptures
Proper 15b: August 19, 2018

The Collect of the Day: It can be a challenge to contemplate one’s own ignorance; to stare in the face the fact that we do not have all the answers and that we are in need of wisdom and new learning. We pray, therefore, for the gifts of openness, humility, curiosity and wisdom; with Jesus our Brother, Teacher and Lord. Amen.

From the Hebrew Scriptures:
Our first lesson comes from the 2nd and 3rd chapters of First Kings. Please read with me by reading the parts in bold print……David slept with his ancestors, and was buried in the city of David. The time that David reigned over Israel was forty years; he reigned seven years in Hebron, and thirty-three years in Jerusalem. So Solomon sat on the throne of his father David; and his kingdom was firmly established.

Solomon loved the Lord, walking in the statutes of his father David; only, he sacrificed and offered incense at the high places.

The king went to Gibeon to sacrifice there, for that was the principal high place; Solomon used to offer a thousand burnt offerings on that altar. At Gibeon the Lord appeared to Solomon in a dream by night; and God said, “Ask what I should give you.” And Solomon said, “You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart toward you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today.

And now, O Lord my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this great and numerous people?”

It pleased the Lord that Solomon had asked this. God said to him, “Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to discern what is right, I now do according to your word.

Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you shall arise after you. I give you also what you have not asked, both riches and honor all your life; no other king shall compare with you. If you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your life.”

Here ends the reading.

From the Muslim Tradition:
The experience of enlightenment is common to most religions. According to the manner in which Reality is perceived in the different traditions, enlightenment may be either the intuitive grasping of inner wisdom, illumination by the truth of the Word, or direct apprehension of transcendent Reality. Please read with me from the Holy Qur’an of Islam by reading the parts in bold print…….God is the Light of the heavens and the earth. The parable of His Light is as if there were a Niche,

and within it a Lamp; the Lamp enclosed in Glass:

The Glass as it were a brilliant star: Lit from a blessed Tree, an olive neither of the East nor of the West, Whose oil is well-nigh luminous, though fire scarce touched it.

Light upon Light!

God guides whom He will to His Light:

God sets forth parables for men, and God knows all things Here ends the reading.

From the Christian Gospels: John 6:51-58
Priest: The Holy Gospel of Our Lord Jesus Christ According to John.
People: Glory to you, Lord Christ.

Jesus said, “I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.” The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” So Jesus said to them, “Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.”

Priest: The Gospel of the Lord.
People: Praise to you, Lord Christ.

The Offertory Sentence:
Priest: My brothers and sisters in Christ Jesus, when you come to the Table of the Lord, come not only to receive the presence of the Lord, but also to give your life completely to Him. As Jesus said, the Greatest Commandments are these:

People: You shall love the Lord your God with all your heart, with all your soul, and with all your mind. And you shall love your neighbor as yourself.

[Hebrew & Christian scripture passages are reprinted with permission from the World Council of Churches. Passages from extra-biblical sources are reprinted with permission from World Scriptures.]
It’s True?: Part I
Proper 15b - August 19, 2018

All of today’s scripture readings touch, in one way or another, on the subject of wisdom and enlightenment. In the story found in I Kings, Solomon asks for and is given the gift of understanding. The text from the Qur’an declares that to have a relationship with God is to have a relationship with learning, insight and the pursuit of understanding: “Light upon Light! God guides whom He will to his Light.” And the passage from John seems to suggest that the values and ethics lived by Jesus are like bread or food for the human soul; in the life of Jesus something profoundly wise and true about each of us was made manifest. It is to the topics of wisdom and truth that I want to turn our attention in the coming months. Today is the first installment of what I hope will be a series of sermons in which we will look carefully, think critically and reflect deeply upon the meaning of the term “truth” and the various ways thinkers have attempted to describe and understand it.

Cambridge Univ. Professor Simon Blackburn, in the Introduction of his book, On Truth, begins with the concept of “post-truth” as defined by the Oxford Dictionary: “Relating to or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief. An example of how the term can be used: ‘in this era of post-truth politics, it's easy to cherry-pick data and come to whatever conclusion you desire’ and ‘some commentators have observed that we are living in a post-truth age.’”

Professor Blackburn: “In 2016 the blithe mendacity and sheer carelessness with facts indulged by politicians in Britain and America gave rise to the idea that we somehow live in a post-truth environment. When President Trump’s Counselor Kellyanne Conway described blatantly false assertions about the size of the crowd at the President’s inauguration as merely a presentation of ‘alternative facts,’ it was only the tip of a vast iceberg of outright deceit and sheer indifference to the truth that appeared to engulf politics [and culture] in both the United States and United Kingdom.” Now, it’s worth noting that lying and distorting facts weren’t invented in the last two years or the last 200 years. In Machiavelli’s famous book of 500 years ago entitled, The Prince, the author says that the ruler of the State must be a "great liar and dissembler (fraud or hoaxer),” and there is no reason to doubt that propaganda, spin, coloration, misinterpretations, misdirections, impossible promises, and suppression of inconvenient facts have been around as long as human beings have existed.

Perhaps, while lying and deceit are nothing new, our apparent and increasing comfort with and acceptance of them may be. This comfort with deception and even its adoption and promotion as an appropriate strategy for success was expressed as recently as 2004 by a noted national political consultant when he said that the members of the "reality-based community” who “believe that solutions emerge from your judicious study of discernible reality” are essentially losers. In other words, people who insist that getting the facts right and telling the truth, the whole truth, and nothing but the truth are mere chumps; such people are naive fools who trip over their own morality and thus will never achieve and hold onto power. Our passive acceptance in response to being deceived was exemplified in the British people’s lack of response following the Brexit vote. Professor Blackburn: “In Britain the whole campaign to leave the European Union was run on the promises of huge amounts of money that would be saved for the much-loved National Health Service if we [the British people] did. Two days after the surprise result of the referendum in favor of us leaving, every single politician who had stood behind the promise admitted that it was a complete fabrication. Yet none seemed to feel any shame or remorse, and, worse still, neither did people punish them for having lied. It had become business as usual.”

That reminds me of a story……Once, in the 1820’s, a little boy called Sam was playing in the yard behind his house. During his pretend fighting game, he knocked over the outhouse. Now Sam was upset and worried that he would get into trouble so he ran into the woods and didn’t come out until after got dark. When he arrived back home, his pappy was waiting for him. He asked suspiciously, “Son, did you knock over the outhouse this afternoon?” “No, pappy,” Sam lied. “Well, let me tell you a story,” said the father. “Once, not that long ago, Mr. George Washington received a shiny new axe from his father. Excited, he tried it out on a tree, swiftly cutting it down. But as he looked at the tree, with dismay he realized it was his mother’s favorite cherry tree. Just like you, he ran into the woods. When he returned, his pappy asked, “George, did you cut down the cherry tree?” George answered with, ‘Father, I cannot tell a lie. I did indeed chop down the tree.’ Then his father said, ‘Well, since you were honest with me, you are spared from punishment. I hope you have learned your lesson.’ So,” the Sam’s father asked again,” did you knock down the outhouse?” “Pappy, I cannot tell a lie any longer,” said the little boy. “I did indeed knock down the outhouse.” Then his pappy gave Sam a vigorous spanking. The boy whimpered, “Pappy, I told you the truth like George Washington did! Why did you spank me?” Pappy answered, “That’s because George Washington’s father wasn’t in the tree when he chopped it down!”
If someone has nothing to lose when caught lying, they are that much more likely to lie. A post-shame environment would imply a post-trustworthy environment, which would in turn lead to a posts-trust environment. In other words, if we have culturally moved into a mode of thinking in which it is both okay and smart to practice deceit and distortion as tools in our pursuit of wealth and power; if we have become a people who fail to confront liars and manipulators strongly and forcefully and instead occasionally even reward those who lie to and hide the truth from us, then our commitments and promises to one another throughout society become meaningless. We become a people who no longer view ourselves and others as worthy of being trusted and trust in others no longer exists as a rational and feasible option. And when we come to the place where the majority of us can no longer trust the majority of others; when we come to the place where speaking the whole truth with openness and transparency no longer seems important, relationships can no longer be maintained, institutions can no longer function and society disintegrates either into anarchy and chaos or into an authoritarian imposed social order. In both scenarios, we cease to be a free people.

Truth is not optional for the human community. Human beings and human communities need wisdom and truth as much as plants and animals need food and water. I think this is what Jesus is really talking about when he refers poetically to himself as the Bread of Life. Living a life of compassion for others, generosity, wisdom and truthfulness is a life well-nourished with the spiritual values that make life both possible, joyful and abundant. And in contrast, living a life of selfishness, deceitfulness, manipulation and exploitation of others is to live a life of spiritual poison and ultimate misery and death. We must, therefore, value truth and demand it from not only our leaders, but also ourselves and one another. We must commit ourselves to the practice of openness and honesty and we must insist upon it from others.

In closing, Prof. Blackburn notes that “personal belief (commitment to an idea)” and “objective fact” must remain linked. Our beliefs about what is true must be founded upon good evidence for those beliefs. “Is it really sensible to contrast personal belief with objective fact? In order to move people, objective facts must become personal beliefs. It is only insofar as I believe that there is a bus bearing down on me that I jump out of its path. Were there a bus bearing down on me (“objectively”) but I could neither sense it directly nor receive clues about its coming, I would not bother to jump, and my fate would illustrate the advantage, that is, the necessity of aligning personal belief with objective fact.” We cannot allow ourselves to become so jaded and detached as to begin to think that facts and demonstrable evidence do not matter or that all facts are merely relative and dependent upon one’s feelings and point of view. The difference between it being true that a mushroom is poisonous and it being false is the difference between death and a good dinner. If you are on trial for a crime of which you are innocent, you hope that the court is bent on determining the truth.

But take heart. The good news is that truth, like goodness and love, is an eternal virtue. The basic reason why the concept of truth will never die is that to believe anything at all is itself to take a stand on the truth. And we cannot do without belief, since planning and acting in the world requires it. But to value the truth and to know what is true and what is false, especially in a world where some seek deliberately to deceive and misinform, requires a willingness to understand the meaning of truth in different contexts, to think critically, and to demand truthfulness from ourselves and one another. Such will be our task in the weeks ahead.

Gratefully,
Charles+

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**DEPOLARIZE NOW! ORGANIZING MEETING**

Please remember that our meeting to organize our work of depolarization through civil dialogue will take place on Wednesday evening, August 29th at 6:30 at St. Luke's. If you see yourself as largely conservative, please recruit and bring a liberal with you. If you would describe yourself as a liberal, be sure to bring a conservative with you to the meeting. See you on the 29th!! Thanks!
Ann Deyo and I are here to talk to you about Alzheimer Disease and the upcoming Alzheimer Walk to be held Saturday, September 8th.

As many of you know, Mary, my wife of 52 years is in the advanced dementia stage. So I have gone through all of the stages of dementia with her from Mild Cognitive Impairment, to Mild Dementia to Moderate Dementia to Advanced Dementia. There is no precise definition of when one reaches one level or another. Initially, Alzheimer Disease really is not severe because the afflicted person can pretty much participate in normal activities. However, it progresses to impaired memory, language and problem solving. When it reaches the advanced stage the person cannot dress or bathe, is incontinent, usually requires assistance eating, cannot communicate and is incoherent. The person is disoriented as to environment, time, other people and self and finally easily becomes agitated, disinhibited and frequently has disturbed sleep patterns. The patient also becomes weak physically, loses coordination and balance and is vulnerable to falling. My wife has all of these traits to one degree or another and is now in a long term care facility from which she will never emerge. These descriptions are clinical and impersonal.

The true tragedy and emotional hurt occurs when you see a formerly vibrant person descend into oblivion. It typically takes years for that progression to occur. It takes an average of 5-7 years from Mild Stage Dementia to Advanced Stage Dementia. In my case it has been eight years from the Mild Cognitive Impairment to Mild Stage Dementia diagnosed in 2012 to Advanced Dementia now.

To briefly address the severity and impact of this disease, there’s an estimated 5.5 million Alzheimer victims being looked after by about 15 million care givers right now. The current estimated cost of this is $260 billion. What’s worse is with the aging of the baby boomers, by and large us, this is predicted to affect over 60,000,000 people in about 20 years, either directly with around 15,000,000 Alzheimer patients, or indirectly with about 45,000,000 care givers and at a cost to society generally about $1.1 Trillion dollars annually. It is already the most expensive single disease the country faces. Bottom line, it is almost impossible to overstate the negative impact of Alzheimer Disease and when one speaks of 60,000,000 people. We are talking about almost 20% of our population.

Just as an aside, Mother Claudia quoted Rosalyn Carter when two weeks ago she said _“There are only four kinds of people in the world. Those who have been caregivers, those who are caregivers, those who will be caregivers and those who will need caregivers.”_ With Alzheimer it is a ratio of three caregivers for each Alzheimer Disease victim. This speaks to our obvious Christian need and mission.

Those are awful statistics, but here are some more.

10% of us have Alzheimer by age 65 and 35% of us have it by age 85. Alzheimer is the sixth leading cause of death and kills more people than breast cancer and prostate cancer combined.

Alzheimer is the most feared disease for those of us of a certain age. The prospect of losing one’s mind, to use the vernacular, is just freakin awful.

All major diseases, including cancer, heart, stroke and HIV, have diminished as causes of death except for deaths from Alzheimer which have increased by 89% from 2000 to 2014.

The disease cannot be prevented, cannot be slowed and cannot be cured.
With respect to the walk you will see the five different colored fake flowers. They are purple, blue, yellow, orange and white. Each colored flower has a meaning. Purple stands for a person who has lost a family member to Alzheimer, Blue represents a person who has Alzheimer, Yellow is for care givers and there are more of them than any other group, Orange represents a person with no direct relationship but who supports the cause. White is the one to which we all aspire and that represents the first survivor of Alzheimer. Just an editorial type opinion, CARE GIVERS are the most noble of all.

The Alzheimer Association is seeking a cure. We must find one. That is our focus and mission. It is financially a burden too onerous for our country to bear. And that is the Christian thing to do! So, we hope you will get involved with the Walk as well as Alzheimer generally.

I want to end my part of this with a quote from Andy Rooney, sage of the common man. He is profound and he said it best in terms of dollars going into Alzheimer research and how relatively little that number is. "Over the past few years, more money has been spent on breast implants and Viagra than is spent on Alzheimer’s Disease research: It is believed that by the year 2030 there will be a large number of people wandering around with huge breasts and erections - who can’t remember what to do with them".

We hope to correct that deplorable situation by finding a cure restoring both their memories and libidos.

My cousin, Ann, who is holier than moi, will speak to the pastoral side of this issue. She has successfully hidden her dark side from me.

The walk begins at 9:00 AM and runs from the Basin Rec. building to the Swaner Eco Preserve white barn on Highway 224 and back. Together, with research, we can end Alzheimer’s disease.

Ann Deyo is coordinating this effort for St. Luke’s. She can be reached at 435-640-8258, or anniedeyo@aol.com. Register directly online at alz.org/walk, and be sure to indicate you are part of the team from St. Luke’s Episcopal Church in Park City. Please also email Ann so we can keep track of the St. Luke’s contingent.

St. Luke’s has made powerful showings at the Pride Parade in Salt Lake City, and at the End to Gun Violence Walk in Park City. Let’s make this another one! Encourage your friends and the groups to which you belong to sign up and show up. With funded research, we will, in the future, celebrate the survival of the first Alzheimer’s patient.

The Alzheimer’s Association comprehensive website at alz.org, and 24/7 Helpline (800-272-3900) are available around the clock, 365 days per year, providing reliable information, resources and support.

Coming Home to St Luke’s!

After a fun filled and busy summer, please make your way back to St Lukes! On September 9th please join our worship service at 10:30, to focus on Reflecting, Renewing & Rejoicing!

In addition to our reflective church service, we will kick off our 2018-19 Sunday school program and our youth acolytes will participate in our service.

Join us afterwards, for a salad bar luncheon. We’ll be asking everyone to bring a topping of their choice for our salad bar. Details will follow, but please mark your calendar.
Exciting Happenings

It’s that time of year when we are gearing up for Sunday School!

Our teaching team is looking for volunteers to help out one Sunday per month. We’re teaching a simple, but comprehensive curriculum and we’d love for you to serve St. Luke's in our church school! You’ll find it’s fun and rewarding to get to know the children of our church community. Please contact Linda Dugins for more information, 435-640-2525, ldugins@gmail.com

CHECK OUT OUR WEBSITE: Newcomers will find info about our church and what to expect when they visit. www.stlukesparkcity.org. In addition, there is information about our missions, finances and programs. You can view previous sermons through a link to YouTube on your phone or home computer. Go to YouTube, St Luke’s Episcopal Church Park City, UT.

AUTUMN GOSPEL GROUP FOR WOMEN 50ish & UP: Autumn Gospel meets the fourth Saturday morning of each month from 10 to noon, in members' homes. We use books as a springboard to share and discuss our own spiritual journeys at this stage of our lives. Beginning on July 28th we will begin reading Among Women… (Lives of Challenge, Courage and Faith in Biblical Times) by Carol M. Perry. Please join us for coffee, fellowship and a lively discussion! For more info please call Nancy Conrow, 435-640-0556 or nancyconrow@gmail.com.

CENTERING PRAYER: Meets Friday mornings at 10:00 AM in the Library. Please join us in this contemplative practice of Holy Silence.

A COURSE IN MIRACLES: Our ACIM (A Course in Miracles) Study Group meets in the St. Luke's Library at 4:00 on Wednesday afternoons. If you would like to join us, call or text Ann Fiery for additional information, 304-617-5714.

HOW JESUS BECAME GOD: This class will resume this Tuesday, August 21st at 6:30 PM in the church sanctuary. For more info, contact Charles+

WOMEN’S GATHERING: We meet on the 2nd Tuesday of each month at 6:30 PM. Please being a drink or a dish to share. Join us!

Calling all 5th - 12th graders: We love our youth acolytes who serve the first Sunday of every month. If your child is interested in being a part of our St Luke's Sunday services, this is a great place to get started. Training and flexible scheduling will be provided! Contact Linda Dugins: 435-640-2525, ldugins@gmail.com

Tai Chi: New student registration is again open for two weeks for tai chi. (This is the last round of tai chi until next spring.) Whether you are in peak shape or haven't done much physical exercise other than lifting the remote, Tai Chi for Health and Arthritis for Fall Prevention is something you should consider, especially if you are concerned about falls and/or high blood pressure, to name just two. Registration for new students closes on August 29. Classes are held at the church each Wednesday from 5:10 to 6:00. A donation of $30 is requested for six classes. We have instructors there to assist beginning students along with our continuing ones. We can accommodate for most mobility issues. If you have questions, please email Bob Casey at bob@journey4healthnow.com or call him at 740-398-0489. If interested, simply show up on either August 22 or 29.

Considering joining the St. Luke’s community? Just want to learn more about the Episcopal Church? Our rector would be delighted to make an appointment to meet with you. He will do his best to answer your questions and to help you to feel welcomed and included at St. Luke's. When you are ready to have a conversation, just let him know at either: pastor@stlukespc.org or 435-901-2131.

St. Luke’s Care Guild: If you or someone you know has any requests or needs, please contact Katherine at katherinemartz@comcast.net or Harriet, harrietmstephens@gmail.com, (435)655-1888.