There was a woman so twisted and bent over that she couldn’t even stand up straight. When Jesus saw her, he called her over. “Woman, you’re free!” He laid his hands on her and she was healed. — The Gospel of Luke

Sometimes we become so burdened in our life experience that we, like the woman, feel bent over and unable to stand up straight. What catches my attention is that Jesus does not wait for her to ask for healing, but goes to her and heals her, pronounces that she is free. While we may think of this as being cured, healing is much more than “curing”. It is being made whole. Wholeness often comes as we reframe the experiences of life in the larger context of the Kingdom of God or the Ultimate Reality unseen by our material world. Then we are truly free to live in hope and joy, trusting God’s transforming love for us, even when not yet apparent. As we practice gratitude for grace already given, we recognize God’s presence for healing.

The Rev. Claudia Giacoma

For Reflection: In what present difficult experience can you begin the spiritual practice of gratitude?
In Need of Prayer? St. Luke’s Prayer Ministers are available during and after the 10:30 AM service to pray with you. Our Prayer Ministers are trained to be emotionally safe, supportive and maintain confidentiality. Seek them out during Holy Eucharist or after the service. If you would like a name added to our Prayer Chain, contact Tami Wrice with your request at 435-901-1128 or t-wrice@hotmail.com

PLEASE PRAY FOR...........
THE CHRISTIAN COMMUNITY:
✓ Michael, our Presiding Bishop, and Scott, our Diocesan Bishop and for ALL the people and parishes in our diocese. Pray especially for St. Mary’s Church in Provo.
✓ All people within the world-wide Anglican Communion; pray for the people & leaders of The Church of South India.

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), Pat++++ (Sanger), Rita+++++ (wife of Kevin Tischner), Alex++++++ (granddaughter of Deedee Sihvonen), Gerry ++++ (wife of Jim Brooks) Mildred & Tom ++++ (mother and brother of Cheryl Popple)
✓ Robert+++ (husband of Iris Thompson), Pat++++ (Sanger), Rita+++++ (wife of Kevin Tischner), Alex++++++ (granddaughter of Deedee Sihvonen), Gerry ++++ (wife of Jim Brooks) Mildred & Tom ++++ (mother and brother of Cheryl Popple) Cassie & Gabrielle+++++ (daughters of Richard & Bernadette Rothman) Ron+ & Claudia+++++ (friends of Beckie Raemer) Tom+++++ (brother of Joe Cordery) Kelle+++++ (mother of Aimee Altizer), Aone+++ + (sister of Teddi Reeves) Mary Gene+++ (mother of Sharon Christiansen) Jill+++ (friend of Susan Brewer) Sandor+ (friend of Harriet Stephens)

THE HUMAN COMMUNITY AROUND THE WORLD:
✓ Both protection for all law enforcement officers as they seek to protect the public and an end to all forms of racism, prejudice and injustice. Let compassion reign in our hearts.
✓ The safety and recovery of all effected by the flooding in the Southern states.
✓ Comfort for the friends and families of the victims of this week’s terrorist attacks.
✓ An end to the conflicts in Ukraine, Syria, Iraq & Afghanistan and healing for all victims.
✓ A lasting, permanent peace between Israel & her neighbors.

THOSE WHO HAVE DIED……
✓ For all of our Jr. Warden, Leslie Wood, and her family.
✓ And for those having birthdays this week: Jon Snyder on Monday and Ted Clayton on Thursday.

PLEASE GIVE THANKS FOR......
✓ For all of our Jr. Warden, Leslie Wood, and her family.

Our Parish Community Prayer list:   ++ Please note that we will place a + after each name for each week the name is on our prayer list. After four weeks (+++++) the name will be removed unless otherwise requested.
The Scripture Passages
Proper 16c - August 21, 2016

Collect of the Day: Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your love, humility and gentleness among all peoples; with Jesus, our Brother, Teacher and Lord. AMEN.

The Hebrew Scriptures:
Reader: Today’s reading from the Hebrew scriptures comes from the 71st Psalm. It is a statement of deep gratitude for God’s loving care and of profound intimacy and relationship. Please read with me by reading the parts in bold print…..
In you, O Lord, have I taken refuge; *
let me never be ashamed.
In your righteousness, deliver me and set me free; *
incline your ear to me and save me.
Be my strong rock, a castle to keep me safe; *
you are my crag and my stronghold.
Deliver me, my God, from the hand of the wicked, *
from the clutches of the evildoer and the oppressor.
For you are my hope, O Lord God, *
my confidence since I was young.
I have been sustained by you ever since I was born; from my mother’s womb you have been my strength; *
my praise shall be always of you.

Here ends the reading.

The Buddhist Scriptures:
Salvation may be regarded as healing the soul of its infirmity and restoring it to health where it can realize its true potential. Please read with me from the Holy Teaching of Vimalakirti by reading the parts in bold print……..Sickness arises from total involvement in the process of misunderstanding from beginningless time.
It arises from the passions that result from unreal mental constructions, and hence ultimately nothing is perceived which can be said to be sick.

What is the elimination of this sickness?
It is the elimination of egoism and possessiveness.
What is the elimination of egoism and possessiveness?
It is the freedom from dualism.
What is freedom from dualism?
It is the absence of involvement with either the external or the internal.

What is absence of involvement with either external or internal?
It is nondeviation, nonfluctuation, and nondistraction from equanimity.

What is equanimity?
It is the equality of everything from self to liberation.

Here ends the reading.


People: Glory to you, Lord Christ.
Now Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.
People: Praise to you, Lord Christ.

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.]
The More We Hear the Less We Listen
Proper 16c - August 21, 2016

Today's scripture lessons all touch upon, in one way or another, the topic of healing. In the 71st Psalm, we heard a plea to be delivered and made free by the goodness of God. The Buddhist reading reminded us that spiritual and psychological healing takes place as we re-orient our thinking and our priorities. And today's Gospel passage teaches us that religion can actually be detrimental to healing; it can become an obstacle whenever religion begins to concern itself more with rules and the power to enforce those rules than with human life and well-being.

William Barclay, in his commentary on today's Gospel, notes that this is the last time in Luke's gospel that Jesus makes an appearance in a synagogue. You really can't blame him much if the events described in this passage represent his general experience of going to church. In the synagogue he encounters a woman who is literally bent over and unable to stand up straight. We are not told why, only that she's been in this condition for 18 years. And without asking her any questions, making any demands upon her or even being asked by her, Jesus heals her and she stands up straight for the first time in a very very long time. In reaction to this wonderful event taking place, the president of the synagogue - no doubt, a rather joyless and controlling soul - gets upset and indirectly confronts Jesus. I say indirectly, because he doesn't want to face Jesus and look him in the eye. Instead, he addresses his protests to others who were standing near Jesus.

What has Jesus done wrong? Jesus had healed someone on the Sabbath and, since healing was technically a form of work, Jesus had broken the Sabbath by doing “work” on the Sabbath. Barclay notes, “But Jesus answered his opponents out of their own law. The Rabbis abhorred cruelty to animals and, even on the Sabbath, it was perfectly legal to loose a beast from its stall and water it. Jesus demanded, ‘If you can loose a beast from a stall and water it on the Sabbath day, surely it is right in the sight of God to loose this poor woman from her infirmity.’” In other words, people are more important than rules. It is better to act in a manner contrary to your religious traditions and habits if doing so will help bring healing, hope and kindness to another.

Do Episcopalians have any traditions and habits that serve as obstacles to bringing “Good News” to the citizens of our community and world, our fellow church members and ourselves? One may be that we talk too much and listen too little. Have you ever noticed, for example, how wordy our liturgies are? If something can be said in ten words, we will say it in 50. That reminds me of a cute joke…A husband was trying to prove to his wife that women talk more than men. He showed her a study which indicated that men use about 10,000 words per day, whereas women use 20,000 words per day. His wife thought about this for a while. She then told her husband that women use twice as many words as men because they have to repeat everything they say. Her husband looked stunned. He said “What?”

Continued on next page………..
Episcopalians love words. It’s as if we think the more words we use, the holier we are. Have you ever noticed that there are no times of silence in our worship services? One would think that we are afraid of silence; afraid of what might happen if we just sat quietly together and listened. St. Francis is famous for saying, “Proclaim the Gospel and, if necessary, use words.” Perhaps he said this because he had come to realize that the practice of silence is the foundation of the practice of listening.

Author Tamarack Song in his article about the healing power of Nature writes, “When people go out into the woods with me, I’ll sometimes motion for them to be quiet. They might think I’m asking for silence, yet it’s actually the reverse. Silence is passive, and I’m encouraging them to enter into an active state of listening. When we talk and make noise we block out what is going on around us. However, when we remain quiet, it’s as though a curtain has been lifted. Everything around us comes alive. Of course, it was always there; we just had to start listening.” Song goes on to note that most animals are typically quiet, making noise only when it serves a purpose. An animal listens to find food and a mate, and to detect danger. The better an animal listens, the better and longer its life will be.

Although it is not always apparent, being quiet is our natural state of being; we are intrinsically listening creatures. We had to be in order to evolve. But we live in a culture that embraces continuous sound in the forms of white noise, machinery, idle conversation, music, and many others. It all began when we as a species started living, working and playing indoors. By isolating ourselves from the natural sounds of silence, we lost touch with it. As a result, we are out of sync with the natural world and most of us have no idea what it’s like to live fully connected to it, to one another and even to ourselves.

One of the greatest needs in modern American culture is the need to reclaim our fundamental listening skills through a renewed embrace of silence. So many of the perpetual dysfunctions and intractable injustices could be healed if we began to listen, to listen deeply and patiently to one another, especially to those we see as different. I invite all of us to take action this week. Initiate a practice of silence and listening. Set aside a small amount of time to simply be present with your own heart. And if you would like to do so in community, show up next Friday at 10:00 AM for centering prayer with Jan Hafner…..For the healing of yourself and the nation.

Blessings,
Charles+

A HUGE THANK YOU to Deedee Sihvonen and her granddaughter Emmy Kanarowski and friend Bella for their tireless hard work. They have spent many many hours and days cleaning the upstairs.

They have sorted through the many piles of items that have accumulated over the years and they are organizing them.

Nancy Conrow and Leslie Wood have also jumped in and are organizing the many seasonal decorations and flowers that are used at both the Church and Chapel. Not an easy feat! Thank you for taking the time to take on these huge jobs!!!!
FAITHFUL ENGAGEMENT

On November 8, 2016, our nation will head to the polls to determine a number of consequential ballot initiatives and elections, including that of the 45th president of the United States. Official Episcopal policy recognizes voting and political participation as acts of Christian stewardship. As Christians, we are called as individuals and as part of congregations and dioceses to engage in conversation on public policy issues, to develop voter registration and issue education campaigns, and to protect voting rights. A faithful commitment to political participation aligns with our Baptismal Covenant’s promise to “strive for justice and peace and respect the dignity of every human being.” This toolkit from the Episcopal Public Policy Network (EPPN) will provide guidance as you and your congregation engage in the electoral process faithfully, responsibly, and legally.

As followers of Jesus, we can live out our call to care for our neighbors as ourselves by engaging in the public square. Decisions made by elected officials have great impact on issues such as creation care, civil rights, and hunger. If we are to care for the whole body of Christ, we must have a say in the political process that impacts each part of it.

Beyond voting, our engagement in the electoral process should include protecting and upholding voting rights, equipping others to take part in the electoral process, and calling for civility and respect in the public square.

This toolkit is designed as an introduction to election engagement for Episcopal congregations eager to participate in the electoral process. We encourage you to have conversations in your congregation to decide which options for engagement make the most sense for your community and to discern where your strengths could make the most impact.

GETTING STARTED
Nonpartisan Congregational Involvement in Elections

Churches, as nonprofit organizations, must follow certain guidelines when participating in elections. Churches may not campaign, openly or otherwise, for or against candidates for public office. However, the Internal Revenue Service (IRS) permits churches to involve their members in the political process by helping them to understand the issues, registering and encouraging them to vote, and inviting candidates to address them. For more resources on what your church legally can and cannot do during election season, please visit http://www.nonprofitvote.org/all-resources/?tax_gs_topics%5B%5D=staying-nonpartisan&wpas=1. The IRS also offers a guide for election engagement activities, titled “Tax Guide for Churches and Religious Organizations,” available here: https://www.irs.gov/pub/irs-pdf/p1828.pdf.
# ELECTION ENGAGEMENT TIMELINE

<table>
<thead>
<tr>
<th>IMPORTANT DATES AND DEADLINES</th>
<th>ACTIONS YOU CAN TAKE</th>
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<tbody>
<tr>
<td><strong>JANUARY-JUNE</strong></td>
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<tr>
<td>Political parties hold primary elections throughout the country from January-July.</td>
<td>• Hold Bible study and discussions in your community about faith in the electoral process.</td>
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<td><strong>JULY</strong></td>
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<td>Major political parties hold national conventions. After parties hold their nominating conventions in a presidential year, the general election begins.</td>
<td>• Register new voters and update voter registration information for those who have moved.</td>
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<td><strong>AUGUST-SEPTEMBER</strong></td>
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<tr>
<td>Tuesday, September 27 is National Voter Registration Day.</td>
<td>• Hold forums with local and state candidates.</td>
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<td><strong>OCTOBER</strong></td>
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<td>Voter registration closes in many states. In many states, voter registration closes up to 30 days before Election Day. Make sure you know when your state’s voter registration closes.</td>
<td>• Take the Episcopal Pledge to Vote.</td>
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<td>• Absentee and mail-in ballots are due. Most absentee ballots must be postmarked before Election Day. We recommend sending your voted ballot as early as possible to make sure it is received. • Tuesday, November 8 is Election Day.</td>
<td>• Make sure new voters have registered and those that need to update their information have done so before the deadline.</td>
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<td>• Remind voters to mail their absentee ballots by the deadline, which you can find on your state elections website.</td>
<td>• Help voters request mail-in or absentee ballots if they are unable to vote at the polls on Election Day.</td>
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<tr>
<td>• Get out the vote. Encourage your community to vote on Election Day.</td>
<td>• Encourage voters to learn about early voting centers in their area.</td>
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CENTERING PRAYER:
Meets Monday mornings at 9:30 AM and Friday mornings at 10:00 AM in the Jerusalem room. Please join us in this contemplative practice of Holy Silence. For any questions contact Jan at jan.e.hafner@gmail.com

ST. LUKE’S CARE GUILD
If you or someone you know has any requests or needs, please contact Harriet, harrietmstephens@gmail.com, (435)655-1888 or Katherine Martz at katherinemartz@comcast.net.

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.

AUTUMN GOSPEL GROUP FOR WOMEN 50ish & UP: FOURTH SATURDAY OF EACH MONTH AT 10:00 AM
Meets on the fourth Saturday of each month, 10:00 - NOON. We are beginning a new book, "A New Harmony: The Spirit, The Earth, and The Human Soul" by J. Phillip Newell. Please join us for coffee, fellowship and a lively discussion! For more info. please call Dyan Pignatelli, 435-782-3330 or Joyce Pearson, 435-659-0724.

WOMEN'S BIBLE STUDY
Will resume in the Fall. Our tradition has been to pick a book to read over them summer and get together for a Sunday brunch, hike, and discussion of the book. Our book this summer is "Crazy Christians-A Call to follow Jesus" by Michael Curry. The get together will be on Sunday 8/21 at 12:30 after church. We will have brunch, a hike, and discuss "Crazy Christians" at Mary Parsons' house 7868 Long Rifle Rd.

SAVE THE DATE!
Sunday, September 11th will be a special service and celebration of children with a party afterwards. If you have family, friends or neighbors that have children, please invite them to attend. More details to follow.

TAI-CHI
Is taking the month of August off. Classes will resume in September.

WOMEN'S GET TOGETHER
Please join us on the second Tuesday of each month at 6:30 PM. We gather to get to know and support one another. Please bring an appetizer, dessert, main or drink to share. The September ladies night, Tuesday, September 13th, is the same night as Aimee Altizer's ordination at St. Luke's.
We will plan to attend that ordination for our September ladies gathering instead of having a separate event.

A COURSE IN MIRACLES
Our A Course in Miracles study group will continue to meet during the summer. Please join us at 4:00 each Wednesday in the St. Luke's library to read and discuss theory and practice of this thought system based on non-judgment and love.
For information call Ann Fiery, 304-617-5714, or visit www.acim.org.

CHECK OUT OUR NEW WEBSITE:
WWW.STLUKESPARKCITY.ORG
It’s not completely finished, but there is enough content to make it worth a visit. On the website newcomers will find info about our church and what to expect when they visit. In addition, there is information about all of our missions, finances and programs. You can view previous sermons through a link to You-Tube on your phone or home computer. Happy exploring!!!

REMEMBER that you can now donate online through our website to contribute to our church and its missions. Click in the “Make an online donation” button and you’ll be able to use your credit or debit card. www.stlukespc.org You can also fill out an offering card found in the pews to make a Credit Card donation.