St. Luke's Episcopal Church is a Christian community composed of free thinkers who include conservatives, moderates, liberals, skeptics, believers & atheists. All are welcome!

St. Luke's Weekly Magazine
August 26, 2018
Please take this home with you today.

Love God….Think for Yourself!

Hildegard of Bingen. Cultivating the Cosmic Tree

“It is the spirit that gives life.” Today’s Gospel of John
Here Hildegard of Bingen celebrates the psychological healing that occurs when the Cosmic Microcosm and Macrocosm are wedded again. We see in this cosmic wheel humans cultivating the earth through the seasons of the earth and the seasons of their lives. Here human creativity and gentle but industrious cultivating of the earth is what the cosmos longs to see and has longed to birth…. Her cosmic tree in its most common symbolism, may denote the life of the cosmos: its consistency, growth, proliferation, general relativity and regenerative processes. It stands for inexhaustible life.

TO OUR GUESTS - WELCOME - THANK YOU FOR BEING HERE TODAY!
All spiritual seekers who are searching for an approach to faith that makes the most sense to them personally are welcome here! PLEASE NOTE: During the 10:30 worship service, we normally video-record the sermon for posting on You-Tube. Your image may be captured during recording.
To view sermons, go to You-Tube and then search for “St. Luke’s Episcopal Church Park City.”
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. Stephen’s Church in West Valley City. And for all people within the world-wide Anglican Communion; pray for the people & leaders of The Church of Ceylon.

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+++(friend of Beckie Raemer) Peter+++ (VanHook) Rick ++++ (friend of Sharon Christiansen) Randy+++ (brother of Beckie Raemer) Grace+ (daughter 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……
Pray for the Repose of the Soul of Frank Laseter friend of Sharon Christiansen

PLEASE GIVE THANKS FOR…..
Our Autumn Gospel Group Members and their families.

For those having Birthdays this week:
Lou Giacoma on Wednesday and Pete Reko on Thursday.

If your birthday does not appear on our list, please notify Beckie in the office so that she can add it.
The Scriptures
Proper 16b: August 26, 2018

The Collect of the Day: For the author of John’s Gospel, the life of Jesus demonstrated a way of relating to others that nourished and blessed their lives. We pray, therefore, for the trust that will empower us to manifest compassion, mercy, generosity and wisdom in all our relationships; with Jesus our Brother, Teacher and Lord. Amen.

From the Hebrew Scriptures:
Our first lesson comes from the 8th chapter of First Kings. Please read with me by reading the parts in bold print…….

Then Solomon stood before the altar of the Lord in the presence of all the assembly of Israel, and spread out his hands to heaven. He said, “O Lord, God of Israel, there is no God like you in heaven above or on earth beneath, keeping covenant and steadfast love for your servants who walk before you with all their heart, the covenant that you kept for your servant my father David as you declared to him; you promised with your mouth and have this day fulfilled with your hand.

Therefore, O Lord, God of Israel, keep for your servant my father David that which you promised him, saying, ‘There shall never fail you a successor before me to sit on the throne of Israel, if only your children look to their way, to walk before me as you have walked before me.’

Therefore, O God of Israel, let your word be confirmed, which you promised to your servant my father David. “But will God indeed dwell on the earth? Even heaven and the highest heaven cannot contain you, much less this house that I have built! Regard your servant’s prayer and his plea, O Lord my God, heeding the cry and the prayer that your servant prays to you today; that your eyes may be open night and day toward this house, the place of which you said, ‘My name shall be there,’ that you may heed the prayer that your servant prays toward this place.

Hear the plea of your servant and of your people Israel when they pray toward this place; O hear in heaven your dwelling place; heed and forgive. “Likewise when a foreigner, who is not of your people Israel, comes from a distant land because of your name —for they shall hear of your great name, your mighty hand, and your outstretched arm—

when a foreigner comes and prays toward this house, then hear in heaven your dwelling place, and do according to all that the foreigner calls to you, so that all the peoples of the earth may know your name and fear you, as do your people Israel, and so that they may know that your name has been invoked on this house that I have built. Here ends the reading.

From the Buddhist Tradition:
A central Buddhist teaching is that human misery and harmful actions are created from wrong thinking. Because we practice desire and attachment almost continuously in our minds, suffering enters ourselves and the world. Please read with me from the Buddhist Tradition by reading the parts in bold print…….External circumstances are not what drive us into suffering. Suffering is caused and permitted by an untamed mind.

The appearance of self-defeating emotions in our minds leads us to faulty actions. The naturally pure mind is covered over by these emotions and troubling conceptions. The force of their deceit pushes us into faulty actions, which leads inevitably to suffering. We need, with great awareness and care, to extinguish these problematic attitudes, the way gathering clouds dissolve back into the sphere of the sky.

When our self-defeating attitudes, emotions, and conceptions cease, so will the harmful actions arising from them.

Here ends the reading.

From the Christian Gospels: John 6:56-69

Priest: The Holy Gospel of Our Lord Jesus Christ According to John.

People: Glory to you, Lord Christ.
Jesus said, “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.” He said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, “This teaching is difficult; who can accept it?” But Jesus, being aware that his disciples were complaining about it, said to them, “Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.” For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, “For this reason I have told you that no one can come to me unless it is granted by the Father.” Because of this many of his disciples heard it, they said, “This teaching is difficult; who can accept it?” Simon Peter answered him, “Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.”

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.]
Two Practices for Coping with Pain  
Proper 16b - August 26, 2018

All of us experience emotional and mental pain. Some of us a bit more frequently than others. Some more intensely than others. But to be human is to experience internal pain and suffering. We have people in our lives who upset us, who say hurtful, critical things about us and who accuse us of inappropriate motives and wrong or damaging speech and behaviors. And while there is no escape from this reality, we can learn methods that will empower us to reduce the intensity of the pain we feel while simultaneously helping us to avoid reacting in ways that only add more pain and suffering to that which already exists in the world. The two practices that I am going to share with you are found in the text, When Things Fall Apart by the Rev. Pema Chodron. The Rev. Chodron is one of my favorite teachers and authors. She has lived what she teaches and her writing is both profound and easy to understand.

She begins her chapter with these words, “The main point of these methods is to dissolve the dualistic struggle, our habitual tendency to struggle against what's happening to us or in us. These methods instruct us to move toward difficulties rather than backing away.” In other words, the key mental and spiritual work is to cultivate a moment to moment consciousness of acceptance; to avoid continuously thinking about our lives as a battle, contest and constant rejection of what we are experiencing and feeling. The method involves a particular kind of prayer or meditative practice which Rev, Chodron calls “No More Struggle.” When we sit down to meditate, the practice is to look directly at whatever arises in our minds without any judgement, say, “Isn’t that interesting,” and go immediately back to the simplicity of paying attention to our breath. This meditation practice is how we stop fighting with ourselves, how we stop struggling with circumstances, emotions, or moods. Whatever arises, we can look at it with a nonjudgmental attitude. Whatever or whoever arises, we train our minds again and again to simply notice it, to simply look at it seeing it for what it is, but without calling it names, without hurling rocks, without averting our eyes. Let all the stories and all the drama go.

Rev. Chodron reminds us that it helps to remember that this practice of No More Struggle is not about accomplishing anything; it’s not about winning or losing; it’s not about changing other people, places or things. It is about ceasing to struggle and just relaxing in the moment. It’s like inviting what scares us to introduce itself and hang around for a while, but without getting into any kind of argument, drama or exchange with it. There's an ancient story about a man named Milarepa who sang to the monsters he found in his cave, “It is wonderful you demons came today. You must come again tomorrow. From time to time, we should converse.” In other words, the path to greater serenity begins by working with the monsters in our mind. In doing so we gradually develop the wisdom and compassion to communicate sanely with the threats and fears of our daily life. There is a well-known Buddhist teacher who fearlessly trained with this idea in mind. She said that in her spiritual tradition they did not exorcise demons. They treated them with compassion. The advice she passed on to her students was “approach what you find repulsive, help the ones you think you cannot help, and go to places that scare you.” This begins when we sit down to pray and practice not struggling with our own mind.

That reminds me of a dumb story…..Three men found that they could no longer sleep because of their deep-seeded fears. Their lives were in the state of paralysis because of their constant worries. So they set out on a pilgrimage to find a wise man who lived high in the mountains, so high up above the tree line that no vegetation grew, no animals lived, not even insects could be found so high up in the mountains in the thin air. When they reached his cave the first of the three said: “Help me, wise man, for my fear has crippled me!” “What is your fear?”, said the wise man. “I fear death,” said the pilgrim, “I wonder when it is going to come for me” “Ah, death,” said the wise man. “Let me take away this fear, my friend. Death will not come to call until you are ready for its embrace. Know that and your fear will go away.” Well, this eased the pilgrim’s mind and he feared death no longer. The wise man turned to the second pilgrim and said, “What is it you fear, my friend?” “I fear my new neighbors,” said the second pilgrim, “They are strangers who observe holy days different than mine! They have way too many kids. And they play music that sounds like noise.” “Ah, strangers,” said the wise man. “Return to your home, and make a cake for your new neighbors. Bring toys to their children. Join them in their songs and learn their ways. And you will become familiar with these neighbors and your fear will go away.” The second man saw the wisdom in this simple instruction and knew he would no longer fear the family who were his neighbors. Then the wise man turned to the last pilgrim and asked of his fear. “Oh, wise man. I fear spiders. When I try to sleep at night I imagine spiders dropping from the ceiling and crawling upon my flesh and I cannot rest.” “Ah, spiders,” said the wise man. “No, kidding! They’re terrifying!! Why do you think I live way up here?!”

The second method of working with mental anguish is “Using Poison as Medicine.” We can use difficult situations —“poison”—as fuel for waking up, for learning, for growing in our serenity and our compassion for the suffering of others. The three poisons are passion (this includes craving or addiction), aggression, and ignorance (which includes denial or the tendency to shut down and close out). We would usually think of these poisons as something bad, something to be avoided. But that isn't the attitude in this method; instead, they become seeds of compassion and openness. We take two steps. First, when suffering arises, the practice is to let the storyline go; to refuse to entertain the drama by turning our minds back to our breath or a pleasant memory or a beautiful and peaceful place. Second, we choose to acknowledge that the anger, resentment, or loneliness that we might be feeling is probably identical to the pain of others who in this very same moment are also feeling rage, bitterness, or isolation. This then becomes an occasion for the development of our compassion for the one who has hurt or angered us. We realize and stay in the awareness that we are the same; we are both human; we both suffer and want relief.

And we do this work for everybody. This poison is not just our personal misfortune, our fault, our blemish, our shame—it’s part of the human condition. It's our kinship with all living things, the material we need in order to understand what it's like to stand and another person's shoes. Instead of pushing it away or running from it, we accept it, we take it in
and connect with it fully. We do this with the awareness that all of us could be free of suffering. We do this with the wish that all of us could relax and experience the innermost essence of our mind. We are told from childhood that something is wrong with us, with the world, and with everything that comes along: it's not perfect, it has rough edges, it has a bitter taste, it's too loud, too soft, too sharp, too wishy washy. We cultivate a sense of trying to make things better because something is bad here, something is a mistake here, something is a problem here. The main point of using poison as a medicine is to dissolve this dualistic struggle, our habitual tendency to struggle against what's happening us or in us in each moment. These methods instruct us to move toward difficulties rather than backing away.

The good news is that everything that occurs in our lives is not only usable and workable but is actually the spiritual path itself. We can use everything that happens to us as the means for waking up and growing up; for finding peace, serenity and equanimity. As the saying goes, “When the world is filled with evil, all mishaps, all difficulties, should be transformed into the path of enlightenment.” Such is our potential.

Blessings, Fr. Charles

---

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!

---

WHAT’S HAPPENING NEXT WITH OUR CHURCH TLC REJUVENATION PROJECT?

A team composed of Mthr. Claudia, Nancy Conrow (Interior Appearance Supervisor), Beckie Raemer (Parish Administrator), Rusty Martz (Sr. Warden) and Leslie Wood (Jr. Warden). This team would like to hear from anyone who would like to make a recommendation on the projects or any other matter touching on the appearance and functioning of the church building. If you have a recommendation or suggestions, please call or email our Parish Administrator, Beckie Raemer at 435-649-4900 ext. 12 or beckie@stlukepc.org. She will share your thoughts with the planning team.

We are almost finished with the office area project. Just some final touches, and organization need to be done. As you can see, the slate floors have also been cleaned and sealed. This was one of the major projects.

We are awaiting bids to paint the interior and exterior of the Church. Including repairs needed on the exterior of the building.

THANK YOU SO MUCH! to everyone that has in recent weeks given so generously of their time, energy and abilities to help us repair and revitalize our church building. There have been so many of you and the team is so thankful for your willingness to help.

There will be more jobs listed on the job board in the fellowship area. Please check often and if you are willing and have some time, please pick up a new card.

---

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
Let’s talk about Alzheimer Disease and the upcoming Alzheimer Walk to be held Saturday, September 8th.

As many of you know, Mary Freer, 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, dis inhibited 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 a few 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 Deyo, 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 the St. Luke's team captain. She can be reached at 435-640-8258, or anniedeyo@aol.com.**
- **Register directly on line at alz.org/walk and indicate you are part of "TEAM ST. LUKE."**
- **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 Luke's! 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.
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.

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 You-Tube on your phone or home computer. Go to You Tube, 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 meets each Tuesday at 6:30 PM in the church sanctuary. All are welcome. 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!

TAI CHI:
New student registration is again open for two weeks. (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.

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.

WOMEN'S BIBLE STUDY
Beth Moore is our next study called “The Quest”. It is a 6 week study on Wednesdays in the library at 6:30 pm, September 5th - October 10th. The video is a little under an hour. Session one (intro) and six (last) but 15-20 minutes for session 2-5. There will be a discussion each week. The study covers questions that we have for God and that God has for us covering both old and new testament scripture that addresses these. Each week in between has 5 days of homework. If you are interested you will need a study journal available at Lifeway.com and please let Mary Parsons know if you are planning to join us!

You can now make a donation directly from your mobile phone, computer or a tablet.
Go to our new website: www.stlukesparkcity.org

to make a one time donation or set up a recurring donation from a credit card or checking account.
You can also text the word "Give" to 385-219-4489 to make a donation right from your phone.