Poor Martha! The church has relegated her to a kitchen that scripture doesn’t even mention, and then has chastised her for being there!

Jesus does not minimize Martha’s serving. Rather, he calls Martha to refocus on the source of her diaconal serving ministry - her relationship with Jesus. Jesus reminds her, and us, that freedom and joy in ministry flow from the deep mystery of relationship with God who lives with and in us.

Jesus’ kindly confrontation with Martha is Jesus’ kindliness to all who minister to others. Martha’s dilemma is our dilemma. Christ is here in this place among us and there is need of only one thing. We must put aside our worries and our distractions and take the time to rejoice in Christ’s presence. There is much to be done. But Christ calls us to slow down, to take the time to rejoice in his presence, to be still and listen, and above all to rejoice!

He Qi: Jesus, Mary and Martha. Used by permission.

TO OUR GUESTS - WELCOME - THANK YOU FOR BEING HERE TODAY!

St. Luke's Episcopal Church is a Christian community composed of free thinkers who include: Conservatives, moderates, & liberals; agnostics, skeptics & atheists. 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 record for posting on You-Tube the sermon of the day. Your image may be captured during recording.
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. James’ Church in Midvale.
✓ All people within the world-wide Anglican Communion; pray for the people & leaders of The Church Nigeria.

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), Alexa++++ (granddaughter of Deedee Sihvonen), Gerry ++++ (wife of Jim Brooks) Mildred & Tom ++++ (mother and brother of Cheryl Poppel) Cassie & Gabrielle+++++ (daughters of Richard & Bernadette Rothman) Claudia and Erin+++++ (friends of Beckie Raemer) Tom++++ (brother of Joe Cordery) Kelle+++++++ (niece of Karan Swanger) Mary Gene++ & Ruth+ (mother and friend of Sharon Christiansen) Susan+ (friend of Iris Thompson) Aone+ (sister of Teddi Reeves)

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.
✓ 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……
Pray for the Repose of the Soul of Brandon Ketchum, friend of Ethan Driscoll

PLEASE GIVE THANKS FOR......
✓ For all of Our Sexton, Theresa Eason and her family.
✓ And for those having birthdays this week: Matt Smith today; Debbi Crosby, Rafael Smith, Don Sweet on Monday and Claudia Giacoma on Wednesday.

If your birthday does not appear on the list, please contact Beckie in the office, 649-4900 ext. 12
The Scripture Passages
Proper 11c - July 17, 2016

Collect of the Day: Sweet God, the fountain of all wisdom, you know our necessities before we ask. Have compassion on our weakness, and mercifully give us those things which will enable us to love the world as you love the world; with Jesus, our Brother, Teacher and Lord. AMEN.

The Hebrew Scriptures: Reader: Today’s reading from the Hebrew scriptures comes from the 15th Psalm. The opening verse of Psalm 15, asking who can be admitted to worship at the tabernacle, makes for a daunting introduction to this "entrance liturgy" psalm. The Hebrew Bible as a whole represents the tension felt in Israelite society over the relationship between the worship one offers to God and the actions one takes with respect to neighbor. No single text in the Old Testament ever completely resolves this tension, though a strong case can be made that the prophetic witness certainly directed Israelites away from legalistic ritual toward a joyful response to the Call to the ethical life, the Call of the heart. Please read with me by reading the parts in bold print.

Lord, who may dwell in your tabernacle? * who may abide upon your holy hill? Whoever leads a blameless life and does what is right, who speaks the truth from his heart. * there is no guile upon his tongue; he does no evil to his friend; * he does not heap contempt upon his neighbor. * In his sight the wicked is rejected, * but he honors those who fear the Lord. * He has sworn to do no wrong * and does not take back his word. * He does not give his money in hope of gain, * nor does he take a bribe against the innocent. * Whoever does these things * shall never be overthrown. * Here ends the reading.

The Hindu Scriptures: The passions and cravings of the flesh often arise from the perceptions of the senses. Therefore, subduing desire begins by cultivating an attitude of detachment towards sense perceptions, by regarding them as impermanent, transient, and of no account. Please read with me from the Bhagavad Gita by reading the parts in bold print.

Those who are not affected by these changes, who are the same in pleasure and pain, are truly wise and fit for immortality. Assert your strength and realize this! The disunited mind is far from wise; how can it meditate? How can it be at peace?
When you know no peace, how can you know joy? When you let your mind follow the call of the senses, they carry away your better judgement as storms drive a boat off its charted course on the sea. Use all of your power to free the senses from attachment and aversion alike, and live in the full wisdom of the Self. Here ends the reading.

The Christian Gospels: Luke 10:38-42 Deacon: The Holy Gospel of Our Lord Jesus Christ according to Luke. People: Glory to you, Lord Christ. As Jesus and his disciples went on their way, Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her." Deacon: The Gospel of the Lord. 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.]
Martha and Mary: Two Aspects of a Balanced Life
Proper 11c - July 17, 2016

What does it mean to become fully human; to find healing and wholeness in this life? Could it mean, at least in part, being freed from addiction and reactivity? In other words, do our own healing and developing emotional and intellectual maturity express themselves in the ways we relate to the world and the ways we respond to what happens to us? Does human wholeness correlate with freedom from compulsion: the compulsion to work, the compulsion to consume, the compulsion to have more and more and the compulsion to be in control, that is, to demand that the world and everyone in it do what we want them to do when we want them to do it?

Compulsion is born of attachment. Severe attachment is synonymous with addiction. And addiction is thinking and feeling that the possession of something transitory is absolutely necessary for either happiness or survival. Reactivity is the violent loss of our interior sense of freedom and joy in response to one or more of our compulsions being denied to us. The thinking and behaviors we actualize in our reactivity sustain our shame, misery and sense of loss; emotional states we attempt to escape through our compulsions. And the cycle goes round and round. We fail to find peace within ourselves and, therefore, we fail to bring peace to our troubled world.

That reminds me of something someone said, “By following the simple advice I heard on a Dr. Phil Show, I have finally found inner peace. Dr. Phil proclaimed the way to achieve inner peace is to finish all the things you have started. So I looked around my house to see things I started and hadn't finished; and, before leaving the house this morning I finished off a bottle of Merlot, a package of Oreo's, a pot of coffee, the rest of the cheesecake, some Saltines and a box of Godiva Chocolates. Dr. Phil was right...you have no idea how peaceful I feel right now!

We can think of Martha’s role in today’s Gospel lesson as representing the need to live, move and accomplish in the physical world. When we are out of balance and our focus upon temporal externals takes over, we fall prey to all kinds of compulsions, attachments and addictions. These keep us focused so outwardly that little or no attention is given to our interior life; to our relationship with our own mind, heart and soul. Mary, on the other hand, represents a turning away from the world toward one’s own mind and heart; toward the interior journey that potentially leads to healing, freedom and resurrection.

The writer of Matthew’s Gospel (5:29-30) felt strongly enough about the importance of this interior turn toward healing and resurrection that he used the following hyperbolic language: “If your right eye causes you to sin, pluck it out and throw it away; it is better that you lose one of your members than that your whole body be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better that you lose one of your members than that your whole body go into hell.” When we are out of balance in favor of the interior life, however, we may become narcissistic and constantly focused on our personal feelings and experiences while ignoring those of others.

The vision of an idealized spiritual life free of all attachments and reactivity is common in all of the great wisdom teachings of the world. Here is a story from the Buddhist tradition (see “World Scripture” online) that attempts to make the same point. In a lovely forest walked Suba, a beautiful young woman who was also a nun. A soldier met her there and stood directly in her path. She said to him, “What have I done to offend you, that you stand obstructing me? For it is not fitting, sir, that any man should touch a sister in holy orders. Why do you stand blocking my pathway? I am seeking to cultivate a moral life while you have cultivated only the seeking of pleasure. I have devoted myself to be free from enslavement to my passions while you indulge in them. I am free of attachment and compulsion in both my spirit and my mind. Why do you stand obstructing me?”

Continued on the next page…..
The soldier replied, "You are a beautiful woman and could have any man you want. Cast off that yellow robe and come with me. Don’t hide from the pleasures of the world. Let us seek our pleasure together. See, the spring is at the prime, the season of happiness is now. If you will do my bidding, come where the joys of a life of luxury await you; dwell in a house of verandas and terraces, with handmaidens serving you. Robe yourself with delicate garments, sparkling jewels and fine perfume."

The beautiful young nun responded, "What so infatuates you about this body, filled with decaying flesh, soon to fill a grave? Your lust desires that which is already passing away."

But the soldier would not give up: "Eyes you have like a gazelle’s; the sight of which feeds the depth of my passion. Shrined in your dazzling, immaculate face is the beauty of a flower. Though you be far from me, how could I ever forget you, O maiden, you of long-drawn eyelashes, you of eyes so miraculous?"

She retorted, “Sir, you are blind! You chase a shadow. You give value to that which is no more than a fleeting image; that which is here only for a moment. What is this eye but a little ball lodged in the fork of a hollow tree, anointed with tear-brine and exuding slime-drops?" Then, the young nun tore out her eye and gave it to him. "Here, then! Take your lovely eye!" Straightaway the lust in him ceased and he begged her pardon. "O pure and holy maid, would that you might recover your sight! Never again will I do such a thing. You have forced me to look at my sin. Blazing flames have I clasped to my bosom; a poisonous snake I have handled. Please forgive me and be healed!"

Freed from the soldier’s molestations, the young nun went on her way to the Buddha. There in his presence, seeing those features born of utmost merit, her eye was restored. (from the Therigatha 366-99, Subha Jivakambavanika)

The vision of an idealized spiritual life free of all attachments and reactivity is common in all of the great wisdom teachings of the world. I suspect that for most of us, however, the art of living in the world is one of balance, or both-and rather than either-or. On the one hand, the spiritual path includes respect for both the physical desires and needs that are connected to our basic necessities for food, water, clothing and shelter and also the need for beauty, play, friendship and exploration. On the other hand, these must be balanced with an intention to cultivate the mental habits which bring freedom from poisonous attachments, liberation from compulsions that yield suffering and emptiness, and a steady, centered peacefulness in the place of reactivity and all forms of violence. In other words, the successful spiritual life requires the seamless movement from the Martha within us to the Mary and back again. Hold onto the things of this world as a master chef would an egg rather than as a mountaineer clings to his rope.

Blessings,
Charles+
God’s Grace comes in many forms these days at St. Elizabeth’s.

Recently a surprise email caught me off guard: “Did you get my message about the van?” My response: “Well, no, I did not, what van?”

It turns out the vestry of St. Luke’s Episcopal Church in Park City, our partner parish, decided to offer us their van that they were not using. It is a 12 passenger Ford Econoline which is 18 years old with low mileage.

I knew we could put the van to good use, my only question was “what is low mileage for an 18 year old van?” It turns out the van had only 42,000 miles on it with new tires and a new battery! What a gift!

The van has already been used weekly for the Arts Kids spring program. Additionally, five youth and 2 adults who participated in the New Beginnings Program at St. Mark’s Cathedral traveled to Salt Lake the end of April in the van. This past week the van has been busy transporting six of our teens to Moab to participate in the Diocesan hiking, river rafting trip.

The van will continue to be used for church activities and youth events. Indeed, God’s Grace is alive and well.

*Thank you, St. Luke’s, Park City!*
Rector’s Vacation

Charles+, Bonnie and Eli will travel to Alameda, CA on Monday, July 25th for two weeks of vacation. Claudia+ will provide pastoral coverage during Charles’ absence. The Rev. Tim Sexton will preach and celebrate on July 31st and Claudia+ will do the same the first weekend in August.

Is God Calling You to the Ordained Ministry of the Permanent Diaconate?

It is the desire of our Bishop that every parish in our diocese be served by the ministry of the diaconate. What role does a deacon play? During the ordination of a deacon, the Bishop addresses the ordinand: “God now calls you to a special ministry of servanthood directly under your bishop. In the name of Jesus Christ, you are to serve all people, particularly the poor, the weak, the sick, and the lonely. You are to interpret to the church the needs, concerns, and hopes of the world. Your life and teaching are to show Christ’s people that in serving the helpless, they are serving Christ himself.” Deacons are to bring to the congregation needs we see in our community or world. They are to remind our congregations of our baptismal covenant that in serving others, we are serving Christ.

Requirements for ordination include working with others to actively discern one’s call to ordained ministry and two years of part-time study at the Utah Ministry Formation Program. If you sense that you are perhaps being called to serve the congregation of St. Luke’s as a Permanent Deacon and want more information, please speak to either one of the clergy or to Ann Deyo, Chair of the St. Luke’s Parish Discernment Team. Is your heart nudging you to say Yes to the Sacred’s call?

Dear Parish Community

THANK YOU!!!! for your ongoing, generous support of the mission and ministries of your parish church. Without your commitment to support St. Luke’s, we would be unable to do all the things we all do together. Thanks!
CENTERING PRAYER:
Meets on 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.c.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 brunch date time and place will be announced later. Contact Mary at 645-3963 if you have questions.

TAI-CHI
Tai Chi for Arthritis and Health will continue to be offered on Wednesdays from 5:10-6 PM.

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.

HOSPITALITY GROUNDS
COMMUNITY GARDEN NEEDS
Would you be willing to help donate produce to the Christian Center and Peace House? For about 2 months each summer, we will be needing to harvest, wash and deliver produce to local food pantry’s. This will take very little training and is a great opportunity for groups of people to bond of a good deed. This would be a great Shepherding Group activity! Would your kids or grandkids have a “team” or “club” that would want to volunteer a few hours? To offer your help or for more information, contact Aimee Altizer, aimeealtizer@gmail.com, 801-915-9059.

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.