Jesus persistently refused to distance himself from those who had lost their way, from the outcasts, from those burdened by the labels laid upon them. In this story from Luke, Jesus welcomes the sinful weeping woman’s lavish gesture. Her love pours itself out, not in self-abnegation but in an offering that springs from the depths of soul. Not only does Jesus refuse to turn away, he recognizes and elevates her, as well as others who push beyond the barriers, boundaries and rebuffs, risking making their way to him. Love makes its way past the labels, breaks through the burdens of prejudice, stereotype and bias. Set free by Jesus, the woman now comes to anoint him. In a shocking display of love, with clarity and grace, she illuminates who Jesus is. With his response Jesus illuminates her humanity. —Jan Richardson, adapted.

A Contemporary Parallel
Jesus illuminates our own human condition as we love God through worship and prayer and relationships with others. We are not defined by sins of the past, but rather by the abundant, extravagant love and grace mutually offered in the present moment.

—The Rev. Claudia Giacoma

Therefore, I tell you, her sins, which were many, have been forgiven; hence she has shown great love. — Luke 7.47a
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 Grace Church in St. George.
✓ All people within the world-wide Anglican Communion; pray for the people & leaders of The Church of Central America.

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 & Galen ++++ (granddaughter and friend of Deedee Sihvonen), Gerry ++++ (wife of Jim Brooks) Mildred & Tom + +++ (mother and brother of Cheryl Popple) Cassie & Gabrielle+++++ (daughters of Richard & Bernadette Rothman) Claudia, Ron and Erin+++++ (friends of Beckie Raemer) Tom+ (brother of Joe Cordery) Quinton+++++ (Rothman) Kelle++++ (mother of Aimee Altizer) Sandor++ (friend of Harriet Stephens) Terry+ (mother of Chris Munro)

THE HUMAN COMMUNITY AROUND THE WORLD:
✓ Safety and comfort for the many people affected by extreme weather.
✓ An end to the wars in Ukraine, Syria, Iraq & Afghanistan and relief for all victims of these conflicts.
✓ A lasting, permanent peace between Israel & her neighbors.

THOSE WHO HAVE DIED…….

Pray for the Repose of the soul of Brad Randall Uncle of Harriet Stephens

PLEASE GIVE THANKS FOR......
✓ For all of Our Assisting Rector, Mthr. Claudia and her family.
✓ And for those having birthdays this week: Ray Freer on Wednesday and Lisa Hale on Friday.

If you need pastoral support or know someone that does, please call Fr. Charles++, at 435-901-2131. Remember, Charles++ still can’t read minds so he will not know unless you tell him. Calls will be kept confidential.

If your birthday does not appear on the list, please contact Beckie in the office, 649-4900 ext. 12
The Scripture Passages
Proper 6c - June 12, 2016

Collect of the Day: Keep, O Lord, your household the Church in your steadfast faith and love, that through your grace we may proclaim your truth with boldness, and minister your justice with compassion; with Jesus, our Brother, Teacher and Lord. AMEN.

The Hebrew Scriptures:
Reader: Our first reading is found in the 5th Psalm. This Psalm carries the title, “To the Chief Musician.” It shows David coming to the LORD in the morning and receiving the strength and joy he needs to make it through the day against many adversaries. Please read it with me by reading the parts in bold print.

Give ear to my words, O Lord; * consider my meditation.
Hearken to my cry for help, my King and my God, * for I make my prayer to you.
In the morning, Lord, you hear my voice; * early in the morning I make my appeal and watch for you.

For you are not a God who takes pleasure in wickedness, * and evil cannot dwell with you.
Braggarts cannot stand in your sight; * you hate all those who work wickedness.
You destroy those who speak lies; * the bloodthirsty and deceitful, O Lord, you abhor.

But as for me, through the greatness of your mercy I will go into your house; *
I will bow down toward your holy temple in awe of you.

Lead me, O Lord, in your righteousness, because of those who lie in wait for me; *
make your way straight before me.

Here ends the reading.

The Gospel: Luke 7:36-8:3
People: Glory to you, Lord Christ.

One of the Pharisees asked Jesus to eat with him, and he went into the Pharisee's house and took his place at the table. And a woman in the city, who was a sinner, having learned that he was eating in the Pharisee's house, brought an alabaster jar of ointment. She stood behind him at his feet, weeping, and began to bathe his feet with her tears and to dry them with her hair. Then she continued kissing his feet and anointing them with the ointment. Now when the Pharisee who had invited him saw it, he said to himself, "If this man were a prophet, he would have known who and what kind of woman this is who is touching him-- that she is a sinner." Jesus spoke up and said to him, "Simon, I have something to say to you." "Teacher," he replied, "Speak." "A certain creditor had two debtors; one owed five hundred denarii, and the other fifty. When they could not pay, he canceled the debts for both of them. Now which of them will love him more?" Simon answered, "I suppose the one for whom he canceled the greater debt." And Jesus said to him, "You have judged rightly." Then turning toward the woman, he said to Simon, "Do you see this woman? I entered your house; you gave me no water for my feet, but she has bathed my feet with her tears and dried them with her hair. You gave me no kiss, but from the time I came in she has not stopped kissing my feet. You did not anoint my head with oil, but she has anointed my feet with ointment. Therefore, I tell you, her sins, which were many, have been forgiven; hence she has shown great love. But the one to whom little is forgiven, loves little." Then he said to her, "Your sins are forgiven." But those who were at the table with him began to say among themselves, "Who is this who even forgives sins?" And he said to the woman, "Your faith has saved you; go in peace." Soon afterwards he went on through cities and villages, proclaiming and bringing the good news of the kingdom of God. The twelve were with him, as well as some women who had been cured of evil spirits and infirmities: Mary, called Magdalene, from whom seven demons had gone out, and Joanna, the wife of Herod's steward Chuza, and Susanna, and many others, who provided for them out of their resources.

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 reprinted with permission from the World Council of Churches]
Would you be willing to sit on the St. Luke's Executive Mission Council to represent the Community Garden? Gardening experience not required! We need a parishioner from St. Luke's to represent the garden at the annual Council Meeting. This individual would need to:

- Be in communication with the "Projects Manager" in the garden to determine what funding is needed from the church to operate each year and then present these needs at the meeting.
- Be the liaison between Beckie and the garden with other financial duties ie: collecting garden fees.

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, please contact Aimee Altizer, aimeealtizer@gmail.com, 801-915-9059.

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**Summit County Community Mental Health Assessment**

There is NO health without MENTAL health.

A select group of Summit County citizens, with the help of the Summit County Council, the Summit County Health Department, and Valley Behavioral Health, have created a mental health and substance abuse needs assessment for Summit County residents.

We are striving to improve behavioral health services for individuals and families in our county. To do this, we need to identify potential gaps and barriers to service through this community-wide survey. Based on information gathered through the survey, priorities will be set and a strategic plan will be developed to focus on better meeting community needs.

Your help is critical in spreading the word about this survey so that we may have high participation and a representative sample from our community. Please share the survey link with your organizations and others you know in the community by posting it to your websites, sharing on social media and emailing out to employees, staff and others. Also, please complete the survey yourself.

https://www.surveymonkey.com/r/summit-health

If you have additional questions, please contact:
Katie Mullaly, Summit County Health Department
kmullaly@summitcounty.org, 435-333-1503
Today, we will have the privilege of witnessing six couples renew their wedding vows. Given this occasion, it only seems appropriate for us to look at the qualities and skills that contribute to long, satisfying relationships that marriage researchers have discovered. Probably the premier marriage researcher in the country is John Gottman, Ph.D. with the University of Washington in Seattle. In his book, *Why Marriages Succeed or Fail*, he offers four keys to improving and maintaining a healthy marriage which we will briefly examine today. In general, the task is first and foremost to avoid allowing one’s relationship to be overcome by the “Four Horsemen of the Apocalypse.” This is Dr. Gottman’s name for patterns of communication dominated by criticism, contempt, defensiveness and stonewalling. The key is to learn how to fight fairly, to argue more effectively; how to de-escalate tension and find a resolution. The major goal is to break the cycle of negativity and employ with your spouse the skills used everyday with other people.

Before we get started….A woman arrived at the Gates of Heaven. While she was waiting for Saint Peter to greet her, she peeked through the gates. She saw a beautiful banquet table. Sitting all around were her parents and all the other people she had loved and who had died before her. They saw her and began calling greetings to her "Hello - How are you! We've been waiting for you! Good to see you." When Saint Peter came by, the woman said to him, "This is such a wonderful place! How do I get in?" "You have to spell a word," Saint Peter told her. "Which word?" the woman asked. "Love." The woman correctly spelled "Love" and Saint Peter welcomed her into Heaven. About a year later, Saint Peter came to the woman and asked her to watch the Gates of Heaven for him that day. While the woman was guarding the Gates of Heaven, her husband arrived. "I'm surprised to see you," the woman said. "How have you been?" "Oh, I've been doing pretty well since you died," her husband told her. "I married that beautiful young nurse who took care of you while you were ill. And then I won the multi-state lottery. I sold the little house you and I lived in and bought a huge mansion. And my wife and I traveled all around the world. We were on vacation in Cancun and I went water skiing today. I fell and hit my head, and here I am. What a bummer! How do I get in?" "You have to spell a word," the woman told him. "Which word?" her husband asked. "Czechoslovakia."

**Strategy #1: Calm Down:** When marital conflict escalates, people become flooded with emotions that sustain distress maintaining thoughts that lead to defensiveness and stonewalling. Flooding is very destructive to a relationship so it is very important to begin to identify when you are feeling overwhelmed and make a deliberate effort to calm down. This may involve taking a deep breath, calling a time out, leaving the premises until you can think straight again and finding ways to self-soothe.

Most people need about 20 minutes to calm down. So both partners should be aware that a couple of minutes are usually inadequate. If you resume the discussion while you are still in a state of arousal, you are more likely to reignite any negative feelings that still exist between you and your partner. Cognitive techniques can be helpful. Stopping the negative thoughts and replacing them with soothing and self-affirming thoughts can be very helpful. Relaxation methods and guided imagery can also help. One suggestion is to purchase progressive relaxation tapes and listen to them to calm yourself before resuming the discussion with your partner.

**Strategy #2: Speak Nondefensively:** Nondefensive listening can help to ease defensiveness. Speaking nondefensively will also lessen your partner's need to be defensive. In order to listen and speak nondefensively, it is necessary to change your attitude toward your partner. A positive mindset about your spouse may be difficult when you are feeling assaulted or you believe your needs are being ignored, but it is the single most important tactic for short-circuiting defensive communication.

Reintroducing praise and admiration into the relationship is important. Remember your partner's positive qualities. Think about what attracted you to your spouse in the first place. What you originally loved and admired about this person? Replace negativity with positive thoughts. Look for the good things your spouse does every day and communicate your appreciation to him or her. Be a good listener. Try to understand your partner's point of view. Attempt to empathize with your spouse's feelings rather than filling your head with your next defensive response. Try to communicate in a way that allows your partner to know that you are listening and understanding what he or she is saying. Speaking nondefensively can reverse the downward spiral of your marriage.

**Strategy #3: Validation:** Validation is very reassuring to a partner. Instead of attacking or ignoring your partner's perspective, you try to understand the problem from his or her point of view and then express that you can see the validity in what your partner is saying and feeling. Even if you don't share the same feelings as your spouse, you can still consider his or her point of view valid. Once you can recognize the validity of the other's perspective, it is much easier to find a solution to a problem that will satisfy both you and your partner.

Validation starts with empathy and understanding. Take responsibility for your part in the issue that is upsetting your partner. Apologize for whatever you might have done to upset your partner. This doesn't always mean that you were wrong. It may only mean that you can see your partner's way of thinking. Compliment your partner whenever possible for how they handled a situation or what they did that was positive. This can be a powerful way to de-escalate the emotional upset. If you can't do anything else, try to simply listen and acknowledge your partner's point of view even if you don't share it.

**Strategy #4: Overlearning:** Just one attempt at dealing with an argument effectively is not enough. It is important to use these new skills over and over again in order to break old patterns of responding. Developing a new way of dealing with conflict will be challenging and difficult. There will be times you are discouraged or disappointed by yours or your partner's behavior. But don't give up. It is important to practice these skills even when you don't feel like it. If you overlearn a communication skill, you'll have access to it when you need it most, in the middle of an argument that is dangerously close to escalating.

Lasting marriages have two important ingredients, a style of resolving conflict that prevents you from becoming stuck in anger and resentment and a large dose of positive interactions that over-rides negative interactions by five to one. Research has provided a valuable understanding of why marriages succeed and fail. Books about how to have a healthy marriage can help couples to improve their marriage. However, sometimes self-help advice is not enough to keep a marriage from sliding down the slippery slope toward divorce. Marriage counseling would be the next alternative and, thanks to Dr. Gottman's research, marriage counselors now have new tools to help couples regain their footing.
The Renewing of Our Commitment to One Another

Processional Hymn: *Canticle of the Sun* page 8 in the Worship Book

The Opening Acclamation:
Celebrant: The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.
People: And also with you.

Celebrant: Friends in Christ, we are gathered together with:

Jim & Shelle Jennings
Lee Osborne & Marilyn Heinrich
Roger & Harriet Stephens
Mark & Janet van Hartesvelt
Marco & Darlene Messina
Jim & Dyan Pignatelli
Charles & Peggy Stuart
Neil & Theresa Wilcox

who have come today to give thanks for God’s blessing upon them, and to reaffirm their marriage covenant.

Let us pray.
Gracious and ever-living God, look with favor on these who come to renew the promises they made at their wedding. Grant them your blessing, and assist them with your grace, that with steadfast love they may continue to honor and keep their vows; with Jesus our Brother, Teacher and Lord. Amen.

The Readings:  *(Please be Seated)*

The Gospel Hymn: *(Please Stand)* *Sing Out, Earth and Skies* page 13 in the Worship Book

The Sermon:  *(Please be Seated)*
The Renewal of Vows:
(Each couple presents themselves before the celebrant, who asks them in turn the following question, to which each immediately makes response.)

N, do you here, in the presence of God and this congregation, renew the commitment you made when you bound yourself to N in holy marriage?
N: I do.

(The husband and wife say together):

Gracious God,
we remember with thanksgiving
our vows of love and commitment
to you and to each other in marriage.
We pray for your continued blessing.
May we learn from our joys and sorrows,
and discover new riches in our life together in you.
We ask this in the name of Jesus our Brother, Teacher and Lord. Amen.

Celebrant: N and N, may the tenderness of God keep you, the love of God be in your life as a couple, and the grace of God strengthen your love that it may endure for ever. Amen.

(The liturgy continues with the Prayers of the People found on page 15 of the Summer Worship Booklet.)

Dear Mom and Dad (Shelle and Jim Jennings):

Congratulations on, this, your special day and please know that we are all with you in love and spirit, just as we were 40 years ago. You have been patient parents and wonderful mentors for how we should live our lives. The examples of how you love, support and nurture us and our families is something we will always treasure.

We love you so much,
Becky, Dara, Christa, Nancy and Melissa
CENTERING PRAYER:
Meets on 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 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. Also - please bring a food item for the food bank drive if you think of it.

TAI-CHI
We need at least six students to continue. If interested please sign the registration sheet on the bulletin board. You can also email Bob Casey at bob@journey4healthnow.com. His class on Tai Chi for Health and Arthritis is open to almost anyone at any ability level. This is the only form of tai chi to receive the endorsement of the National Arthritis Association and the National Center for Disease and Control. Classes are on Wednesdays, at 5:10 PM, immediately following A Course on Miracles. Classes will last approximately an hour. A donation of $30 is requested for a six-week series. If interested or have questions, please email Bob at bob@journey4healthnow.com. You can also see Bob after church.

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.

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.