Poor Elijah! He does what God says to do and, rather than rewards, he gets threats to his life. To avoid the problem, Elijah runs away and then falls asleep. But a messenger of God taps him on the shoulder and, with little show of pity says, “Wake up and eat, and then go back into the wilderness you are avoiding.” No rescue, only the promise that God will be with him. In your own life, has your experience been similar to Elijah’s—God’s leading you back into the wilderness you have avoided? Did you hear God say “I never promised you a rose garden, but I will never leave you or forsake you”? What was the outcome?

Image: Angel whispering to sleeping Elijah
Copyright He Qi. Used by permission.

The Rev. Claudia Giacoma
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. Jude’s in Cedar City.
✓ All people within the world-wide Anglican Communion; pray for the people & leaders of The Church of Papua New Guinea.

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)
Claudia and Erin+++++ (friends of Beckie Raemer)
Kelle++++ (mother of Aimee Altizer) Shandor+++(friend of Harriet Stephens)
Terry++ (mother of Chris Munro)

THE HUMAN COMMUNITY AROUND THE WORLD:
✓ Comfort for friends and families of the victims in the Orlando shootings and healing for that community.
✓ 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 The Rev. Lincoln Ure

PLEASE GIVE THANKS FOR……
✓ For all of Our Deacon, Aimee Altizer and her family.
✓ And for those having birthdays this week: Pam Archbold today; Tommy Bergin on Monday; Justin Blandford, Mary McEntire on Tuesday; Holden Miller on Wednesday; Neil Wilcox on Friday and Linda Sears on Saturday.
**The Scripture Passages**

**Proper 7c - June 19, 2016**

**Collect of the Day:** Divine Love, make us have perpetual love and reverence for your holy Name, for you never fail to help and heal those whom you have set upon the sure foundation of your loving kindness; with Jesus, our Brother, Teacher and Lord. AMEN.

**The Hebrew Scriptures:**

**Reader:** Our first reading is found in the 42nd Psalm. It is an expression of deep thirst and longing for communion with God. Please read with me by reading the parts in bold print.

> As the deer longs for the water-brooks, *so longs my soul for you, O God.*

> My soul is athirst for God, athirst for the living God; *

> **when shall I come to appear before the presence of God?**

> My tears have been my food day and night, *

> **while all day long they say to me, "Where now is your God?"**

> I pour out my soul when I think on these things: *

> **how I went with the multitude and led them into the house of God,**

> With the voice of praise and thanksgiving, *

> **among those who keep holy-day.**

> Why are you so full of heaviness, O my soul? *

> **and why are you so disquieted within me?**

> Put your trust in God; *

> **for I will yet give thanks to him, who is the help of my countenance, and my God.**

Here ends the reading.

**The Buddhist Scriptures:**

The following is a definition of healing that connects health with spiritual practice. Please read with me from the Holy Teaching of Vimalakirti by reading the parts in bold print.

> 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 from equanimity.**

> What is equanimity?

> **It is the equality of everything from self to liberation.**

Here ends the reading.

**The Gospel:** Luke 8:26-39


People: **Glory to you, Lord Christ.**

Jesus and his disciples arrived at the country of the Gerasenes, which is opposite Galilee. As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs. When he saw Jesus, he fell down before him and shouted at the top of his voice, "What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me" -- for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the wilds.) Jesus then asked him, "What is your name?" He said, "Legion"; for many demons had entered him. They begged him not to order them to go back into the abyss. Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned.

When the swineherds saw what had happened, they ran off and told it in the city and in the country. Then people came out to see what had happened, and when they came to Jesus, they found the man from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. Those who had seen it told them how the one who had been possessed by demons had been healed. Then all the people of the surrounding country of the Gerasenes asked Jesus to leave them; for they were seized with great fear. So he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but Jesus sent him away, saying, "Return to your home, and declare how much God has done for you." So he went away, proclaiming throughout the city how much Jesus had done for him.


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.]
Today’s Gospel story is about a man who Jesus delivered from a “legion” of demons and how that man and all those around him reacted to this event. As citizens of the 21st century, we no longer think and speak using the language of demon possession in any literal sense. We do not accuse epileptics or those suffering from schizophrenia and other mental illnesses of being taken over by an unnatural, other-worldly personality. We understand these and related maladies to be natural in occurrence, as originating from some form of physical and neurological disease process.

We do, however, continue to use the term “demon” metaphorically: “He is still controlled by his demons,” or “Her demons torture her night and day.” Such statements usually refer to “epiphenomena,” that is, to the mental and spiritual affects of various kinds of trauma. You can readily understand that the phenomena of spontaneous seizures from undiagnosed and untreated epilepsy could result in the epiphenomena of a profound fear of leaving one’s house. The traumatic feelings of intense shame, humiliation and helplessness that could result from having a seizure in a public restaurant or theater may lead you to never want or be willing to be vulnerable to such an event ever again. These traumatic feelings and the resulting fear of being out in the public could result in something like social phobia or agoraphobia (the fear of leaving one’s house.) The epilepsy is the primary phenomenon while the fear of being in public is the epiphenomenon.

We do not know the history of the man in today’s Gospel story, but given the fact that he ran around naked, lived in a graveyard and could no longer function in society leads me to speculate that he may have suffered with some form of the neurological disease we today call schizophrenia. And schizophrenia, as a primary phenomenon, has devastating affects upon its victims. It results in a multitude of epiphenomena that occur largely due to the breakdown of the victim’s relationships with his community, that is, some of the most painful side-effects of schizophrenia are born in the “soul” rather than in the brain. They are the results of the fact that we are primarily relational beings in continual need of mutual love, respect, compassion and understanding. When a person’s brain is diseased or damaged, her ability to successfully create and live in mutually loving, respectful, compassionate and understanding relationships with others is either greatly diminished or destroyed. When that happens, the epiphenomena become chronic feelings of shame, loneliness, confusion, fear and suicidal despair.

And just as the primary phenomenon of a brain disease correlates with the epiphenomena of a deep pain and despair within one’s soul, so does the primary phenomenon of mental-spiritual trauma. You do not need to have epilepsy or bi-polar disorder to experience shame, chronic despair and self-loathing. These experiences and a host of other epiphenomena like them are associated with primary phenomena such as childhood emotional abuse, the denial or loss of basic love and acceptance, frequent harsh criticism and shaming, controlling authoritarianism, extreme permissivism and many other similar experiences. Our deep, hidden, sometimes unconscious feelings of shame, inadequacy, unworthiness, anger and resentment are our “demons.” And they frequently drive us to engage in our own form of running naked.

Continued on the next page…. 
in the countryside, spending our days in graveyards and killing or damaging our relationships with those we need most.

The truth is: all of us are in need of healing and most of that healing needs to take place, not in our body and brain, but within our souls, within the deepest part of us where our “I” dwells. The life of Jesus suggests that Martin Buber was correct in noting that the healing of our deepest pain and despair, the healing of our “soul” comes to us through relationships. The need for loving, intimate relating is who we are at our core. We are all born with an “Inborn You;” with a deep and profound need to be in an intimate relationship with other human beings. Note that in the womb, the infant is enveloped in a natural, continuous, undifferentiated intimate relationship with its mother. The mother and fetus are one. This all encompassing relationship of safety, warmth, nurturance, deep connection and unspeakable intimacy is where each of us begins our journey. It is the “Garden of Eden” in which we are created. At birth, the “Inborn You” of the infant is called forth from its original undifferentiated nature. We find ourselves suddenly outside the boundaries of the Garden. Now the infant gazes into the eyes of the mother and the mother into the face of the infant and says “you.” In other words, from the first moment of life the “Inborn You” of the infant reaches out for contact with its mother and longing is actualized. From the first moment of life outside the womb, we begin seeking a way to recreate the sacred experience of unity and intimacy we had before birth. Our path to healing must, therefore, pass through the souls of others. It’s who we are.

However, it is a painful part of our human existence that often our need for intimacy is far greater than our actual capacity for it. Buber describes the excruciating dynamics of this situation as analogous to the growing pains of a chrysalis and a butterfly. The chrysalis represents the limits of the impersonal, utilitarian “I-It” relationship in which we relate to others as objects, as people from whom we expect to extract some utility. The butterfly represents the intimate, loving, deeply personal mutual giving of one self to another. Now remember, a majority of human discourse is functionally of the impersonal, utilitarian variety: I use you; you experience me, I have the object, you perform the service, etc. It is where we typically spend most of our psychic time and energy…and that is normal. The problem, however, is that we are never healed, never made whole and never fulfilled by using and being used by others. Clinging to the chrysalis of impersonal experience (living all the time in utilitarian relationships), in fact, stops us from re-claiming what Buber considers our “fundamental birthright;” the intimate, loving, empathic, fully personal and present human relationship.

In closing, I suggest that the healing of the man driven mad by his secret pain, fears, self-loathing, and despair was enabled by Jesus’ commitment to see this man, not as a thing to be pitied and avoided nor as a patient to be diagnosed and “treated,” but as fellow human being as desperate for intimacy, love, acceptance and understanding as he was himself. God, grant us the wisdom to resist the temptation to avoid our own need and longing by avoiding the need and longing of others. Grant us the grace to meet one another where and as we are and to do so with openness, vulnerability, compassion and acceptance. Grant us the intimacy that will permit us to heal one another’s pain.

Blessings,
Charles+
FINANCES

Some members responded to our plea for help by either paying their pledge up to date, or just by making a donation. This is what resulted in our cash balance coming back up to a regular amount. I am thankful to those that responded.

I ask that you still hold back on any expenses that are not immediately necessary. Summer time is coming and this is a time when funds can get low as people travel and don’t keep up on pledges.

EXPENSES

We did have some higher expenses in May.

Our Mac Mini computer that is used for all of the shared files that Charles and Beckie work on, totally crashed. It was replaced by a Network Attached Storage (NAS) system. This will act as a server for all shared files. Fortunately, we had back ups of everything on that computer and we were able to recover all files, as far as we can tell. The cost of the system was $1100. The installation and time spent in setting up and recovering files charges will show in June.

We also had our annual Alarm System Inspection for both buildings in May. This is where they test the sprinkler systems, fire extinguishers etc. This is a budgeted expense but all of it was in the month of May.

STATEMENTS

Statements were sent out at the end of May. I am hoping that people that are behind in their giving will catch up in order to help our cash balance.

If you ever have any questions, please feel free to contact me at anytime. I am more than happy to go over any line item, budget or any other questions that you may have.

- Beckie Raemer
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.

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**Interesting Fact from the Renewal of Vows Ceremony**

The eight couples that renewed wedding vows last week would like to thank the St. Luke’s Community for all of the love and support.

The total number of married years between the eight couples is 273! CONGRATULATIONS!

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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

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**Do You Enjoy the Creativity Involved in Planning Special Events?**

The marketing team at St. Luke's has decided to have a handful of special events throughout the upcoming year. These are opportunities for us to invite our friends and family to attend church with us those days. The first will be for “Back to School.” If you are interested in being on a committee, please contact a member of the marketing team or Charles+ and let us know. We need to begin planning the first event right away.

Thank you,
Pam Davey,Aimee Altizer and Ted Clayton
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.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.