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
November 24, 2019
Please take this home with you today.

Love God….Think for Yourself!

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!

Elizabeth de Sherbinin: When Shadows Are Long
Episcopal Church in the Visual Arts Exhibit, 2019: The Universal Christ: Who is this Christ?

Artist Statement: When Shadows Are Long is the title of this painting but also a description of our world today. I seem to see more shadows than light in our world when I read the paper or watch the news. Yet when I do see light what a wonder it is! Barbara Brown Taylor in her book, Holy Envy, asks, “How do you change a mind that knows nothing about its own shadows?” I think as we see our own shadows then we are able to see the Christ in others and maybe then we will reflect the light of God brightening this world full of shadows.
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 the chapels of the diocese of Utah: Good Samaritan at St. Mark’s Hospital, Saint Margaret’s at Rowland Hall and Christ the King at Camp Tuttle. And for all people within the world-wide Anglican Communion; pray for the Falkland Islands.

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), Jennifer++++ (Strachen), Randy & Dave++++ (brothers of Beckie Raemer), Jane++++ & Joanne+++ (friends of Leslie Wood) Urs++++ (brother in law of Stacey Reko) Gabrielle++++ (daughter of Bernadette Rothman), Dick++++ (brother in law of Derrell & Teddi Reeves) Fred++++ (brother in law of Linda Sears) Derrell++++ (Reeves), Slob Family++++ and the health of their new baby (friends of Maribel Cedillo) Steve+++ (husband of Beckie Raemer) Melissa & Mike++ (daughter and son-in-law of the Jennings)

THE HUMAN COMMUNITY AROUND THE WORLD:
† 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.
† 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…….

PLEASE GIVE THANKS FOR……..
Our Autumn Gospel group members and their families.

For those having Birthdays this week:
Sharon Christiansen and John Lollar on Saturday.

If your birthday does not appear on our list, please notify Beckie in the office so that she can add it.
From the Buddhist tradition:
The days are surely coming, says the Lord, when I will raise up for David a righteous Branch, and he shall reign as king and deal wisely, and shall execute justice and righteousness in the land. In his days Judah will be saved and Israel will live in safety. And this is the name by which he will be called: "The Lord is our righteousness."

Here ends the reading.

Priest: The Holy Gospel of Our Lord Jesus Christ

People: Glory to you, Lord Christ.

When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, "Father, forgive them; for they do not know what they are doing." And they cast lots to divide his clothing. The people stood by, watching Jesus on the cross; but the leaders scoffed at him, saying, "He saved others; let him save himself if he is the Messiah of God, his chosen one!" The soldiers also mocked him, coming up and offering him sour wine, and saying, "If you are the King of the Jews, save yourself!" There was also an inscription over him, "This is the King of the Jews." One of the criminals who were hanged there kept deriding him and saying, "Are you not the Messiah? Save yourself and us!" But the other rebuked him, saying, "Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong." Then he said, "Jesus, remember me when you come into your kingdom." He replied, "Truly I tell you, today you will be with me in Paradise."

Priest: The Gospel of the Lord.

People: Praise to you, Lord Christ.

Offertory Sentences:
Priest: Now 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 you heart, soul and mind; and you shall love your neighbor as yourself.

[Hebrew & Christian scripture passages are reprinted with permission from the World Council of Churches. Passages and commentary from World Scriptures were edited by Andrew Wilson.]

Copies of the full text of the sermon are located on the Information Table in front of the sound booth [just in case your curiosity was piqued.] : )
Are You Receiving the Weekly Email from Charles?

Each Thursday, Fr. Charles sends out an email that lets each one of you know about upcoming events and any special projects that are going on.

Also, for those of you who missed his sermon or would like to read the full text version of his sermon, it is also attached to the email.

We have noticed that only about fifty percent of the emails are being opened. So… if you are not receiving the emails, please check your spam and junk email boxes just to make sure that the emails are not directly going to those folders. If for some reason you just are not receiving them but would like to please let Fr. Charles know at pastor@stlukespc.org.

Don’t miss out on the events!

The Science Behind Gratitude (and How It Can Change Your Life)
By Derrick Carpenter, MAPP
https://www.happify.com/hd/the-science-behind-gratitude/

The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. And gratitude doesn't need to be reserved only for momentous occasions: Sure, you might express gratitude after receiving a promotion at work, but you can also be thankful for something as simple as a delicious piece of pie. Research by UC Davis psychologist Robert Emmons, author of Thanks!: How the New Science of Gratitude Can Make You Happier, shows that simply keeping a gratitude journal—regularly writing brief reflections on moments for which we’re thankful—can significantly increase well-being and life satisfaction.

The best way to reap the benefits of gratitude is to notice new things you’re grateful for every day. Gratitude journaling works because it slowly changes the way we perceive situations by adjusting what we focus on. While you might always be thankful for your great family, just writing “I’m grateful for my family” week after week doesn’t keep your brain on alert for fresh grateful moments. Get specific by writing “Today my husband gave me a shoulder rub when he knew I was really stressed” or "My sister invited me over for dinner so I didn't have to cook after a long day." And be sure to stretch yourself beyond the great stuff right in front of you. Opening your eyes to more of the world around you can deeply enhance your gratitude practice. Make a game out of noticing new things each day.

Our relationships with others are the greatest determinant of our happiness. So it makes sense to think of other people as we build our gratitude. Robert Emmons suggests that focusing our gratitude on people for whom we’re thankful rather than circumstances or material items will enhance the benefits we experience. And while you’re at it, why not include others directly into your expression of gratitude? One Happify activity involves writing a gratitude letter to someone who had an impact on you whom you’ve never properly thanked. You could also share the day’s grateful moments around the dinner table. The conversations that follow may give you even more reasons to give thanks.
Is it YOUR Time to Serve on the St. Luke’s Vestry?

Here at St. Luke’s, we encourage each and every member of our congregation to take his or her turn in serving on our congregation’s “Board of Directors” or Vestry. The mission of the Vestry is to work cooperatively with the Rector and Church Staff to develop and grow our parish community. It is also to teach, practice and model the St. Luke’s Principles of Community.

What are the requirements for serving on the Vestry?
1. Be an official member of the Episcopal Church.
2. Have a history of making and fulfilling a commitment to support our parish community financially and with one’s time and abilities.
3. Attend worship regularly…well….at least as often as possible. : )
5. Attend most of the Vestry meetings throughout the year (usually about 6).
6. Be willing to be nominated and to stand for election at the next Annual Celebration (which will take place on Sunday, February 2, 2020).

If you are a recent or long-time member of St. Luke’s and you have not served on the Vestry anytime within the past 4 years, please consider filling one of the four positions that will open up in Feb. 2020 when Linda Dugins, Mike Fiery, Deb Walter and Rusty Martz leave the Vestry. Serving as a Vestry person is both educational (you find out what it takes to operate a parish church) and a leadership-personal growth opportunity (you are invited to work cooperatively with others to solve problems and make important decisions).

Is it YOUR Time to Serve on the St. Luke’s Vestry?
To nominate yourself (i.e., volunteer to serve) or to nominate someone else, please contact either Charles+ or Beckie in the Church Office. Simple!

Annual St. Luke’s Parish Evaluation 2019

It’s that time of year. We will collect your thoughts, feedback and good ideas from now until January 1st. The survey has these 7 questions:

1. What is the Rector doing now that you would like him to continue to do or do more of?
2. What is the Rector not doing that you would like him to begin doing?
3. What is the Rector doing that you wish he would stop doing?
4. What is the Vestry and/or Parish Staff doing that you would like them to continue doing or do more of?
5. What is the Vestry and/or Parish Staff not doing that you wish they would begin doing?
6. What is the Vestry and/or Parish Staff doing that you wish they would stop doing?
7. Our St. Luke’s Principles of Community urge is to deal with hurt and conflict in healthy ways by talking directly to rather than about those with whom there is a significant injury, resentment or disruption to others. Based upon your experiences at St. Luke’s, how are we doing as a parish community in living and practicing this principle?
8. Do you have any additional good ideas to share?

And at the very end, before you click on “Done,” you will be asked for your name and email address: “Please enter your name and email address in the box below. Thank you!! (P.S. If you are unwilling to give us your name, that probably means you are ashamed of something you have written. Would you like to go back and say it a different way? Only you can know. Only surveys with the respondent’s name and contact info will be read and included in the final report.)

To fill it out, put this web address in your browser: https://www.surveymonkey.com/PMZW7HG
The Embodiment of God's Love
From the Center for Action and Contemplation (The Rev. Richard Rohr)
Monday, November 18, 2019

Wes Granberg-Michaelson, author and former head of the Reformed Church in America, has invested much time and energy in ecumenical initiatives, as well as studying the relationship between faith and politics. We share a long-standing relationship with Jim Wallis and the Sojourners ministry, as well as our home state of New Mexico. In this excerpt from his essay published in the CAC’s journal, Oneing, he makes it clear that Christians are called to be involved in politics, but not exclusively for our own personal gain.

Transformative change in politics depends so much on having a clear view of the desired end. Where does that vision come from? Possibilities may be offered by various ideologies, or party platforms, or political candidates. But, for the person of faith, that vision finds its roots in God’s intended and preferred future for the world. It comes not as a dogmatic blueprint but as an experiential encounter with God’s love, flowing like a river from God’s throne, nourishing trees with leaves for the healing of the nations (see Revelation 22:1-2). This biblically infused vision, resonant from Genesis to Revelation, pictures a world made whole, with people living in a beloved community, where no one is despised or forgotten, peace reigns, and the goodness of God’s creation is treasured and protected as a gift. Such a vision strikes the political pragmatist as idyllic, unrealistic, and irrelevant. But the person of faith, whose inward journey opens his or her life to the explosive love of God, knows that this vision is the most real of all.

So, for the Christian, politics entails an inevitable spiritual journey. But this is not the privatized expression of belief which keeps faith in Jesus contained in an individualized bubble and protects us from the “world.” The experience of true faith in the living God is always personal and never individual. Rather, it is a spiritual journey which connects us intrinsically to the presence of God, whose love yearns to save and transform the world. We are called to be “in Christ,” which means we share—always imperfectly, and always in community with others—the call to be the embodiment of God’s love in the world.

It seems difficult for us to distinguish between our “personal” relationship with God and the rampant individualism we practice in our politics. Do we dare keep voting according to our pocketbooks and private morality? Yes, we are God’s beloved, but so is everyone else! If we believe God wants what is good for us, how do we not understand God wants what is good for each and every living thing? What would it mean to vote as if the very presence of God were in our neighbor and the stranger alike, which is simply what Jesus taught?

WINTER SUPPLIES FOR HOMELESS CHILDREN AND ADULTS:

It's time for us to begin collecting clothing and supplies that will help little boys and girls and adult men and women survive the elements while living on the streets. Yes, many of the homeless are the age of your kids and grandkids.

Please set aside a portion of the money you would normally spend on Christmas presents and "other stuff" in order to be able to buy clothing and supplies that may make all the difference this winter for children and adults who are without stable, reliable shelter.

Here are some suggestions:
+ Buy a good-quality child's backpack and fill it with tooth-brushes, tooth-paste, other toiletries, socks (really warm socks), long underwear, regular underwear, winter shirts and pants, winter gloves, etc.
+ Go through your closet and donate the coats and winter apparel you and your kids will no longer be using.
+ Buy and donate a couple of heavy-duty sleeping bags: child-size and/or adult.
+ Snow-boots for children and adults - new or used in good condition.

What else can you think of that would be useful to you and your children or grandchildren if you were going to be sleeping in a park in January???

Bring all of your donations to St. Luke's in Snyderville anytime. If the front doors are locked and no one is in the Church Office, just leave your donations on the porch and we will take them inside later.

THE ROAD HOME

The Candy Cane Corner, a Christmas store that provides an opportunity for Road Home clients to obtain gifts for their family, is in need of the following FOR TEENAGERS.

Every item must be new, with price tags still attached, and nothing gift wrapped.

Ideas for TEENAGE gifts:
Sweaters, sweatshirts, boots, hats, gloves, scarves, underwear, bras, socks, jackets, pajamas/sleepers, dresses, jeans, electronic devices of any kind, i.e. (cases for mobile phones, ear buds, games, clock radios) backpacks, cosmetics and personal care items of any kind, i.e. (nail polish, hair dyers, curling irons, perfumes.) Gift Certificates to department stores for teenagers.

Monetary Donations are welcomed to help operate the store: Checks can be made out to the Candy Cane Store and mailed to the following address:

C/O The Road Home
Attn.: Development
210 S. Rio Grande St.
SLC, UT 84101

Credit Card donations can be made online directly to the Candy Cane Corner at: www.candycanecornerslc.org

Between 2,500-3,500 kids and adults are served each year. The Candy Cane Corner partners with Volunteers of America and the YWCA.

There is a green trunk in the lobby to place your donations labeled Candy Cane Corner. For more information and volunteer opportunities google www.candycanecornerslc.org. The Road Home is always in need of volunteers. For information contact Alexa or Rachel at volunteer@theroadhome.org. If you have any questions, please contact me at: teresa.b.mcmillan@gmail.com, or 678-575-3781. Thanks for your generosity, Teresa McMillan
CHECK OUT OUR WEBSITE:
You will find info about our church and what to expect when you visit. www.stlukesparkcity.org. 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. We are reading "Holy Envy: Finding God in the Faith of Others" by Barbara Brown Taylor. Please join us for coffee, fellowship and a lively discussion! For more info please call Nancy Conrow, nancy.conrow@gmail.com or 435-640-0556.

SHOP AT SMITH’S FOOD & DRUG & FLOURISH BAKERY WILL RECEIVE A DONATION!
To participate in the program, visit the Smith’s Food & Drug web site, log into your account, click on INSPIRING DONATION PROGRAM, search for Flourish Bakery SLCC by name (or use HE559, the Bakery’s nonprofit number with Smith's). Every time you use your fresh values card related to your account, Smith’s will donate .5% of your purchase to Flourish Bakery. It's that simple! Flourish appreciates your support and this inspiring program.

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.

CENTERING PRAYER:
Meets Friday mornings at 10:00 AM in the Library. Please join us in this contemplative practice of Holy Silence.

WOULD YOU LIKE TO JOIN THE CHOIR?
St. Luke’s Church Choir is looking for new members! A love of singing is the only requirement, although the ability to read music would be helpful. Whether you are a soprano, alto, tenor or bass, you’ll be most welcome! We meet to practice at 9am each Sunday, plus Thursdays at 6pm if you can make it. If you are interested, please see Manuel after the service, or email him at pianospecialists@gmail.com.

ECUMENICAL BIBLE STUDY:
All women are invited to join an ecumenical Bible study led by Cheryl Popple at Park City Community Church on Thursday’s at 9:30 a.m. We will be using the book, Pleading, Cursing, Praising: Conversing with God through the Psalms by Irene Nowell. The book can be purchased through Amazon in new or used condition. If you have any problems finding the book, please contact Cheryl. 435-901-3978 crpopple@comcast.net

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 GATHERING:
We meet on the 2nd Tuesday of each month at 6:30 PM.

WEDNESDAY EVENING WOMEN’S BOOK STUDY:
The women’s Wednesday night bible study will be using "Advent:The Weary World Rejoices" by Lifeway Women for our advent study. We will meet in the library Wednesdays from 6:30 to 7:45 on December 4, 11 and 18 and January 8. We will not meet 11/27, 12/25 or 1/1 due to the holidays. If you would like to join us please get the book so you can do the 1st week homework (through page 30). We will do the group discussion on page 42 on December 4. Hope to see you then! For more information, please contact Mary Parsons at Mary.Parsons@hsc.utah.edu. All are welcome.

CHRISTIAN CENTER FOOD PANTRY:
Please bring canned goods and non perishables to St Luke's as we will be making regular donations to the Christian Center's food pantry. Please donate only the kinds of foods you would want to feed your own family. Let's fill the red wagon each week in the foyer! PCHS senior, John Reko, will be picking up our donations and making regular deliveries to the Christian Center. Thanks for supporting this important ministry!

CHALICE-BEARERS ARE NEEDED AT THE 10:30 SERVICE:
St. Luke’s urgently needs you to volunteer to occasionally serve as a Chalice-bearer at the 10:30 service. We are very short-handed. Training is quick and easy and, if enough of us volunteer, the frequency of service will be minimal. To volunteer, please email Mary Parsons, M.D., Chalice-bearer Coordinator at Mary.Parsons@hsc.utah.edu. Thanks for stepping up to help!!!

TAI-CHI:
Tai Chi is over for this year and will resume in the spring. Watch for the announcement.

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.