

# The Steeple



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November 3,  
2021

## The Weekly Newsletter of St. Luke's Episcopal Church

### Poetry and Prayer

Most of the time conversations I have in the office begin and then end with prayer. Folks usually welcome the invitation, some ask for just one, and at other times we forge ahead and somewhere in the middle, forget that we didn't pray at all. It's okay. Surprises like that make me smile. Joy is being in the presence of one another. If folks only knew that every conversation, whether it be about the state of football in Oklahoma, Baptism, or the menu change at Weeze's, that every conversation is prayer in my mind - would they know about the love that grows in my heart. Every conversation, my friends, [Yes. every one, is sacred] because it is with you.

And when it comes to prayer – there are those we have written and passed down to us, there are those in our hearts, those spoken, and at times great moments of silence that hold the power of presence - the heart of all prayer. Most of the time we find ourselves intentionally engaging with those postures of prayer either before, in the middle, or at the end of our conversations. But sometimes, sometimes the moment before us calls for poetry. This week has been one of those weeks for me, especially since we celebrate All Saints this weekend and do so with a baptism. Here is a poem by John O' Donohue that I've been carrying with me:

### New Beginnings

In out-of-the-way places of the heart,  
Where your thoughts never think to wander,  
This beginning has been quietly forming,  
Waiting until you were ready to emerge.

For a long time it has watched your desire,  
Feeling the emptiness growing inside you,  
Noticing how you willed yourself on,  
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety  
And the gray promises that sameness whispered,  
Heard the waves of turmoil rise and relent,  
Wondered would you always live like this.

Then the delight, when your courage kindled,  
And out you stepped onto new ground,  
Your eyes young again with energy and dream,  
A path of plenitude opening before you.

Though your destination is not yet clear  
You can trust the promise of this opening;  
Unfurl yourself into the grace of beginning  
That is at one with your life's desire.

Awaken your spirit to adventure;  
Hold nothing back, learn to find ease in risk;  
Soon you will find home in a new rhythm,  
For your soul senses the world that awaits you.

(From: To Bless the Space Between Us)

The preparations have been made Kathleen. St. Luke's welcomes you home.

Every Blessing,  
Fr. Nick+

## Children's Programming is Back!

On October 24, we began gathering with children again on Sundays.  
Drop your K-5<sup>th</sup> graders off upstairs at 10:15 am. Each week, we will alternate between  
music and Godly Play, giving children a chance to experience both!  
The children will rejoin their families in church before communion.

We are looking for people to serve as doorkeepers.  
Please reach out to Keeli Droege at [keelidroege@gmail.com](mailto:keelidroege@gmail.com) to sign up!

\*Children will be asked to wear a mask, and all adults working with children will be masked.



## Christmas Wish Tree

We once again will be partnering with the Salvation Army to provide Christmas gifts for area children in need.

The tree will be in the narthex on Sunday, November 14<sup>th</sup>, and gifts need to be returned to the church no later than Sunday, December 5<sup>th</sup>.



This year there will be sign up sheets by the tree to indicate the number of the tag/tags you have taken.

Please buy one or more gifts for the child/children, firmly attach the tag to the unwrapped gifts and return to the church office.

We will also gladly accept monetary donations. Please make check out to St. Luke's and write Christmas Wish on the memo line.

Many thanks to the Young Disciples who will do the shopping this year. Please call Steve or Cheryl Van Aken at 918-914-9041 with any questions.

This Sunday's altar flowers are given  
"In loving memory of June Brooks from her family."

## Fantasy Land on Foot

Come take a walk in the park!

On November 19<sup>th</sup> from 6:00 to 8:00 p.m., Fantasy Land of Lights will once again be open for a walk through Johnstone Park to view the thousands of Christmas lights on display.

Admission is \$10 per person or \$20 for a family and will include free hot dogs, hot chocolate and other treats.

All proceeds go to the Bartlesville Daybreak Rotary Foundation to fund college scholarships for are students.

The regular drive through the park, for which donations are gladly accepted, starts on November 20<sup>th</sup> and runs through December 30<sup>th</sup>.



Come join us for a great evening of fun and fantastic light displays!

# Vanloads of Old Shoes Find New Life!

Cowboy boots, pumps, high-heals and loafers. High-tops, soccer cleats, slip-ons and sneakers.

Shoes by the dozens marched through the doors of St. Luke's in October thanks to the generosity of the congregation and others in the community. Many of the shoes were in good shape and were taken to Mary Martha's for redistribution to those who need them.



The idea for the shoe drive all started in Knoxville, Tenn. where Mary Zengel attends Saint Joseph School. Mary is cousins with Annabelle and Daisy Droege as well as Luke and Charlie Olsen who all participate in St. Luke's Young Disciples.



Saint Joseph's and Young Disciples laced up for an unofficial competition to see who could bring in the most shoes. Before the end of the month approximately 500 pairs of shoes had been collected in Knoxville and Bartlesville combined.

Who won the shoe drive? Let's just say it was a "tie."

## *Weekly Words of Wellness*

### **Watering Our Spirituality**

By Scott Stoner & Holly Hughes Stoner

Spirituality is a part of all of our lives, whether we consciously are aware of it and nurture it within ourselves or not. We are spiritual beings. As the author and theologian Pierre Teilhard de Chardin wrote, "We are not human beings having spiritual experiences; we are spiritual beings having human experiences."

Practicing a religious faith is one way to express and ground one's spirituality, but spirituality transcends any one religion. Some have referred to spirituality as a deep underground river that gives us strength and sustenance and how there are many ways, many wells, to tap into that river.

Staying with the idea of spirituality being underground and often out of view, I have always liked the image that our spirituality is like the root system of a tree. The roots of a tree are what ground a tree, what helps the tree to stand upright. The roots are also what bring nourishment to the tree. In order for a tree to grow taller or broader, it must simultaneously grow deeper and broader roots. And we are also learning that the roots of a tree spread out and interact with the roots of other trees, even drawing strength from nearby trees in times of distress.

Just as with the roots of a tree, our spirituality needs to be watered and deepened regularly over our entire lives. Spirituality helps us define our core values and purpose and begins to be developed in childhood. These values are especially important in the first half of life as we are then in the midst of making important decisions that build the foundation for our life. In the second half of life, our spirituality additionally helps us deal with aging, loss, and letting go. It helps us to make peace with what has been, what is, and what will be. Just as with trees, deep roots can help sustain us through rainy and stormy days.

In this week's [Wellness Compass podcast](#), which is a companion to this column, my wife Holly and I talk about two traditional practices for deepening one's spirituality. The first is meditation or prayer. Every religious tradition has both corporate and individual practices of prayer. Meditation and mindfulness practices are also important to millions of people who don't necessarily define themselves as being part of a religious faith yet very much benefit from this soulful practice.

The other practice we discuss on our podcast this week is gratitude. A regular gratitude practice, of taking time each morning or evening to note what you are grateful for that day, can help deepen one's sense of the spiritual aspect of life. Research has shown that a regular gratitude practice has positive benefits for one's mental health, with some studies even suggesting that it has a positive effect on one's brain.

In whatever ways you express and tend to your spiritual root system, the benefits of doing so are immense. This is why we include spirituality as one of the eight dimensions of wellness in our *Wellness Compass of Well-Being*. And while all eight dimensions are essential, spirituality is perhaps, for many, the one that grounds and guides all the others.

**Making It Personal:** *The questions below are offered to help you reflect on how you might apply the content of this week's column to your own life. You might write your responses to them in a journal, discuss them with someone else or in a group, or simply take a few moments to reflect on your responses.*

1. What comes to mind when you think of spirituality as being like the root system of a tree?
2. Are you satisfied with how aligned your current life choices are with your core values and spirituality?
3. How do you water your spiritual life now?
4. Might you want to try a regular gratitude or meditation/prayer practice (if you are not already doing so)?

*\*Spirituality is one of the eight dimensions of wellness in our *Wellness Compass Model for Well-Being*. You can learn more about that model [HERE](#).*

# CONCERN Needs



CONCERN is in need of the following items: Ramen Noodles, Sugar, Tea Bags, Complete Pancake Mix, Jiffy Mix, Toothbrush Kits, and Deodorant.

Also, Thanksgiving is just around the corner.

Please consider offering a contribution towards our annual fundraiser for Thanksgiving Pies.

Make your check out to St. Luke's, and write Thanksgiving Baskets in the memo.

***Thanksgiving Coloring Sheets!***

[Click here for printable coloring sheets for your kiddos!](#)

## **Pub Theology at ¡El Maguey!**

Please join us on November 18<sup>th</sup>!

November's Pub Theology is scheduled for the 3<sup>rd</sup> Thursday of the month.

**The next meeting will be at 7 p.m. Thursday, November 18<sup>th</sup> at El Maguey.**

What is 'Pub Theology'? It's a time to gather informally and talk about different subjects around our core values of faith. What feeds your faith? Where did you see Jesus this week?

What literature are you reading that has had some inspiration for you?

A host of topics are brought up and discussed over drinks and appetizers.

(We pay our own tabs). There is usually a facilitator to throw out topics for discussion.

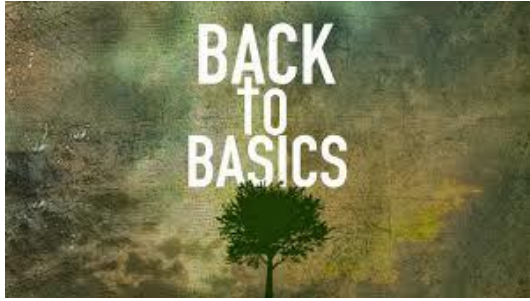
No politics, no gossip, and what is discussed in Pub Theology that is personal stays in the group. Respect the dignity of every person. It's a fun and relaxed time to get to know each other. Call the church office and let us know if you will be joining us so we can have enough tables set up at El Maguey.

If you have any questions, contact Fr. Nick, Penny Williams, or Nancy Megee.

We will be happy to share. Let's share some theology!



## Faith Forum Series



**Sundays 9:15– 10:15 a.m.  
in Metcalf Hall**

## Rector's Bible Study



**Thursdays 9:00 a.m.  
in Metcalf Hall**

### St. Luke's Vestry Members

Dan Droege, Sr. Warden – 918-331-7936  
[dbdcomm.2@gmail.com](mailto:dbdcomm.2@gmail.com)

Doug McIver, Jr. Warden – 785-342-4328  
[dmciver@susandickcpa.com](mailto:dmciver@susandickcpa.com)

Jo Baughman – [jybokla@aol.com](mailto:jybokla@aol.com)

Karole Cozby – [kscozby916@gmail.com](mailto:kscozby916@gmail.com)

Chad Ellis – [w.chadwick.ellis@gmail.com](mailto:w.chadwick.ellis@gmail.com)

Karen Lewey – [kgrammy07@yahoo.com](mailto:kgrammy07@yahoo.com)

Penny Williams – [oklaborn@sbcglobal.net](mailto:oklaborn@sbcglobal.net)

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Katherine Powell – [kmpbmp48@gmail.com](mailto:kmpbmp48@gmail.com)

Nancy Megee – [sc4me81@yahoo.com](mailto:sc4me81@yahoo.com)

### St. Luke's Prayer List

Our Prayer List can be found in the Sunday bulletin and on our website.

Call or email our office  
with prayer requests.

918-336-1211 or  
[StLukesBartlesville@outlook.com](mailto:StLukesBartlesville@outlook.com)

### Bereavement Team 2

Laura Birk, Kris Bonner,  
Nancy Megee, Rita Childers,  
Carol Murphy

### St. Luke's Episcopal Church Contacts:

The Reverend Nick Phares, Rector  
[RevPhares@outlook.com](mailto:RevPhares@outlook.com) 269-788-7063

Dolores McCreary, Choir Director/Organist  
[dolomc37@gmail.com](mailto:dolomc37@gmail.com) 918-397-4828

Keeli Droege, Christian Education Coord.  
[keelidroege@gmail.com](mailto:keelidroege@gmail.com) 918-697-8509

### Birthdays and Anniversaries

**November 4<sup>th</sup> – 10<sup>th</sup>**

#### Birthdays

**Mark Fregin 5<sup>th</sup>**  
**Glenn Blackburn 7<sup>th</sup>**  
**Laura Birk 8<sup>th</sup>**  
**Brian Ferguson 9<sup>th</sup>**  
**Ezra Ingram 9<sup>th</sup>**  
**Raymond Theis 9<sup>th</sup>**  
**David King 10<sup>th</sup>**

If your or a loved one's name doesn't appear on the list, please email or call the office, and we will add your birthday or anniversary!

# Agape Mission Volunteer Schedule

## Thursday, November 11

10:45 am – 1 pm: Fr. Nick Phares, Becky Liehr,  
Kris Bonner, Dolores McCreary, Kathy Zervas,  
Jim Perrier

12:45 pm – 2 pm: Jeanne Julstrom, Peter  
Julstrom, Wendy Hall

## Thursday, November 25

Agape closed for Thanksgiving

## Connecting with St. Luke's

To learn various ways to connect at St. Luke's,  
visit our website at:

<http://episcopalbartlesville.org/>