

## *In this week's Steeple >>>*

- Introducing Canon Steven Carlson
- PRW! Moves/Children's Godly Play
- Faith Forum/ Rector's Bible Study
- Pub Theology – Jan 27, 7pm
- Weekly Words of Wellness
- Birthdays & Anniversaries

# *The Steeple*



January  
12, 2022

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



### St. Luke's Hosts Canon Steven Carlson this Weekend

Steve was raised in the Midwest and the West and attended Wheaton College (Illinois). He studied theology and got an M.Div. from the Divinity School of the University of Chicago, discerning a call to the priesthood. After additional studies at Seabury-Western Theological Seminary, he was ordained in the Diocese of Chicago. Following a curacy at Christ Church, Winnetka, he became the rector of Harcourt Parish, a small congregation in the Ohio countryside, on the campus of Kenyon College, where he also served as Director of the Board of Campus Ministries. After five years in Ohio, he became the sub-dean of St. John's Cathedral in Denver and worked on staff with Bishop Poulson. He then moved to Indianapolis, accepting the call to be the dean of Christ Church Cathedral. During his dozen years in Indianapolis, he helped the urban congregation embrace a multi-ethnic identity, become a center of compassion and advocacy, and develop programs for strong lay spiritual formation. From Indianapolis, Steve went to Key West to serve as interim rector.

In addition to a regular practice of the daily office in his congregations and being formed by the Eucharistic life of our Anglican spirituality, Steve and his wife, Jen Hund, find God in nature, sailing, and self-supported bicycle touring. Steve and Jen have been married for nine years. After a career in higher education, Jen has worked in non-profit management in Indianapolis and Key West. Steve has two adult children, Nathaniel (25) and Luka (23), who live in Maine and attend graduate school in California, respectively.

Of this new opportunity, Steve says, "One thing I know, wherever God's people are, God has a mission for that community. Our vitality comes from engaging God's mission to our neighbors. I look forward to helping leaders, lay and ordained, in the Diocese of Oklahoma, be renewed by God's grace and to provide support as they reach out to their neighbors."

Steve adds, "I am delighted to be called to the Diocese of Oklahoma, helping lay and ordained leaders strengthen and develop models of ministry that bring the vital, abundant life our Lord promises us in the Gospel."

Bishop Poulson reflects: "Steve brings to this calling extensive experience in congregations of different sizes and contexts, including multi-cultural ministry (he speaks Spanish). He is one of the most innovative and faithful priests I know, and is a wonderful listener. He and I studied congregational development together, and served together in Denver, so I know his gifts firsthand. As I've said often over the past year, I view congregational vitality as my most important priority in our diocese. My goal is for our CCV and the excellent Ministry Partners team from our staff to walk alongside those congregations in our diocese who are seeking greater vitality (spiritual, financial, missional and more) as, together, we listen for and follow God's call."

Dine-Out at Dink's for

**PWR!Moves**®

Parkinson Wellness Recovery

JOIN US

Dink's Pit Barbecue

Thursday, January 13, 2022

4:00 pm – 8:00 pm

Dine in or Carry out



Dink's Pit BBQ will donate 15% of guest receipts to Elder Care to directly impact PWR!Moves participant's cost.



ABOUTELDERCARE.ORG



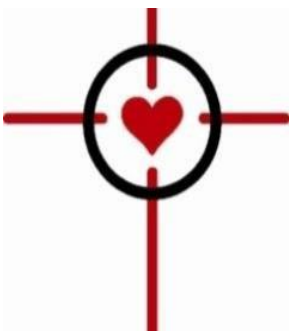
## Children's Programming K-5<sup>th</sup> grade

Drop your K-5<sup>th</sup> graders off upstairs at 10:15am. 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.

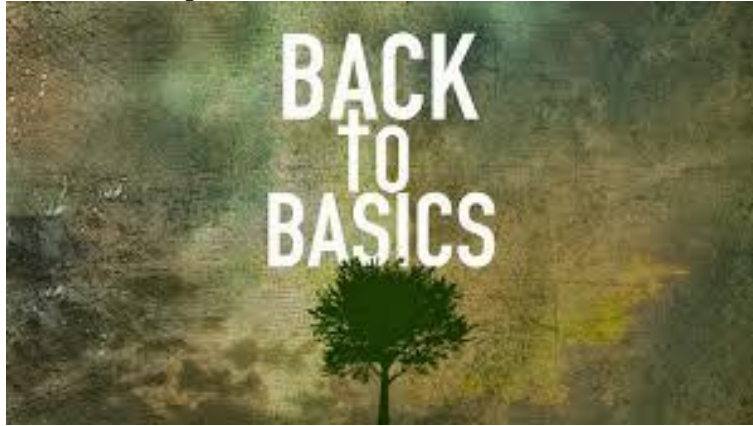
Please reach out to Keeli Droege at [keelidroege@gmail.com](mailto:keelidroege@gmail.com) to sign up!

## *Please Consider Volunteering at CONCERN!*



**Concern office and food pantry:** Volunteers are always needed to check clients in at the front desk and answer the phone, or to provide intake assistance by determining the needs of our clients, or to pack pantry orders or to re-package bulk food or make "food runs" to the Tulsa Food bank or local stores. The time commitment is up to the volunteer: 2-4 hours once a week or once a month. Concern appreciates the help and will work with volunteers to make volunteering a good experience for all. Call 918.336.4693. Please visit: <http://www.concerncares.com/give-help.html>

# Sunday Faith Forum Series



**0915– 1015 in Metcalf Hall**

The Rev. Canon Steven Carlson  
Canon for Congregational Vitality

## Pub Theology

Pub Theology is scheduled for the 4<sup>th</sup> Thursday of each month.

The next meeting will be at **7 p.m. Thursday, January 27th 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 spirit?

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 Steve and Cheryl VanAken.

We will be happy to share. Let's share some laughs and talk faith!



## Rector's Bible Study



**Thursdays 9:15 a.m.  
in Metcalf Hall**

**At Luke's Place Jan 13<sup>th</sup>-19<sup>th</sup>, 2022**

**Jan 13- Men's Breakfast, 7-8:30am Metcalf Hall  
Rector's Bible Study, 9:15- 10:15am Metcalf Hall  
Green Country Village Eucharist, 1:00pm**

**Jan 16- Rite I Eucharist, 8am, Chapel  
Faith Forum, 9:15-10:15am, Metcalf Hall  
Children's Godly Play, 10:15am, upstairs Playroom 1  
Rite II Eucharist, 10:30am**

**Jan 17-Martin Luther King Day- office closed**

**Jan 19-Young Disciples, 6pm Rodgers Hall**

**Morning Prayer is held every Monday- Thursday at 9am, Chapel  
Evening Prayer is held every Monday-Thursday at 4pm, Chapel (or via Facebook)**

### Agape Mission Volunteer Schedule

#### **Thursday, January 13**

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, January 27**

10:45 am – 1 pm: Jeff Birk, Darian Kedy,  
Becky Olsen, Dan Droege, Jo Baughman  
12:45 pm – 2 p.m.: Steve Clark, Steve VanAken,  
Carol Murphy

### 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.

918-336-1212 or  
StLukesBartlesville@outlook.com



## *Weekly Words of Wellness*

### **Find Your Why and You'll Find Your Way**

By Scott Stoner & Holly Hughes Stoner

This week's column is part two of a six-part series on growth and change. While the timing of these columns is related to the beginning of a new year—a time when many people take stock and seek to make a change—what we are writing about here is timeless and applies to any kind of change, whether personal, relational, or organizational.

Most attempts to make a change will fail if they are not connected to a clear "why," or reason for making the change. On this week's episode of our [Wellness Compass podcast](#), Holly shared a personal story of a change she started making about a year ago. She came to the awareness that our grandchildren are getting older and much more active, and she needed to make some changes to keep up with their abundant energy. She changed her eating habits and started a disciplined routine of working out that now has her feeling much more strength and stamina. As she says on the podcast, "I didn't want to watch my grandkids be active from sitting in my rocking chair." She is more able than ever now to be physically active with them.

On the podcast, she talks about how there are certainly days when she doesn't feel like working out or eating well, but then she remembers her "why"—the reason she is making the change, and when she does that, her resolve stays strong.

Author Simon Sinek writes a great deal about change. He says that most people only focus on the "what" and "how" of a change they want to make, and forget the most essential part—connecting with their "why." For example, a person might decide they want to spend less time on their screens. That is their "what." They may have a "how," a plan about how they will do this. But unless they articulate the deeper "why," their attempt to limit their screen time will likely be short-lived. If, however, they can identify that they want to spend less time on screen so that they can spend more quality time connecting with others, or pursuing other meaningful activities, or getting more sleep, then there is a greater chance they will be able to make a lasting change in their relationship with screens.

All great leaders inspire with a clear "why." Desmond Tutu, who recently passed away, received the Nobel Peace Prize for his tireless work to end apartheid in South Africa. His "why" that kept him going even when facing seemingly insurmountable barriers was deeply grounded in his faith, which taught him that all people are created equal and that the freedom and dignity of every individual must be affirmed and honored. "What" he did, and "how" he did it may have evolved and adapted to changing circumstances, but his "why" never wavered, and it was what sustained him his entire life. Such is the power of knowing and connecting with our deeper "why."

We all see numerous Christmas trees lying by the street this time of year, waiting to get picked up and recycled. These trees are dry and withered at this point because they were cut off from the root system that nourished them a few months ago. Our desires to change and grow will have the same fate if they are not rooted in a clear and compelling "why."

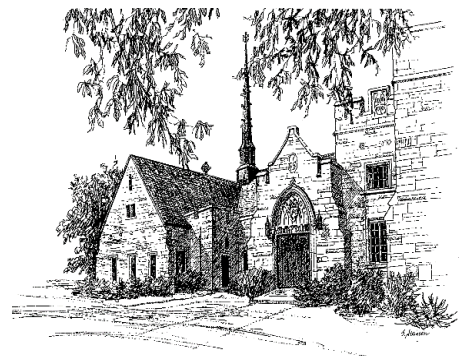
### **Making It Personal**

1. What do you think about the quote "Find your why and you'll find your way?"
2. Can you think of a change you made in your life in the past that was fueled by a clear "why"?
3. Is there a change you are making now or want to make that would be strengthened by connecting it more clearly to a "why?"

**Save the Date! Annual Meeting Feb 6<sup>th</sup>, 2022**  
**More to follow.....**

## *Alert on solicitations...*

Be aware – No one from St. Luke's will request gift cards or other monetary support through email. If you receive such a message in your email, it is spam. All financial requests/special appeals at St. Luke's go through normal channels and any special requests will be made by phone or in person.



### **Birthdays and Anniversaries, January 13<sup>th</sup>-19<sup>th</sup>, 2022**

<b>Birthdays</b>	
<b>Charlie Olsen,</b>	<b>14<sup>th</sup></b>
<b>Fr Lee Stephens,</b>	<b>14<sup>th</sup></b>
<b>Karen Lewey,</b>	<b>15<sup>th</sup></b>
<b>Dean Zervas,</b>	<b>16<sup>th</sup></b>
<b>Frank VanDuker,</b>	<b>16<sup>th</sup></b>

### **Anniversaries**

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

The Reverend Nick Phares, Rector  
269-788-7063; [RevPhares@outlook.com](mailto:RevPhares@outlook.com)  
Dolores McCreary, Choir Director/Organist  
918-397-4828 [dolomc37@gmail.com](mailto:dolomc37@gmail.com)  
Keeli Droege, Christian Education Coord.;  
918-697-8509; [keelidroege@gmail.com](mailto:keelidroege@gmail.com)

### **Bereavement Team 2**

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

St. Luke's Episcopal Church  
210 East 9<sup>th</sup> St., Bartlesville, OK 74003

Email: [StLukesBartlesville@outlook.com](mailto:StLukesBartlesville@outlook.com)

918-336-1212

### **St. Luke's Vestry Members**

- Dan Droege, Sr. Warden – [dbdcomm.2@gmail.com](mailto:dbdcomm.2@gmail.com) 918-331-7936
- Doug McIver, Jr. Warden – [dmciver@susandickcpa.com](mailto:dmciver@susandickcpa.com) 785-342-4328
- 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)
- Laura Birk – [lpbirk@gmail.com](mailto:lpbirk@gmail.com)
- Nancy Woods – [Nancywoods120@gmail.com](mailto:Nancywoods120@gmail.com)
- Steve Van Aken – [scvanaken@sbcglobal.net](mailto:scvanaken@sbcglobal.net)
- Nancy Warring – [newarring@cityofbartlesville.org](mailto:newarring@cityofbartlesville.org)
- Katherine Powell – [kmpbmp48@gmail.com](mailto:kmpbmp48@gmail.com)
- Nancy Megee – [sc4me81@yahoo.com](mailto:sc4me81@yahoo.com)

Sunday's altar flowers are given by **Derrick & Monica Jackson:**

“In loving memory of Donald Jackson”

Sunday, January 9<sup>th</sup> altar flowers were given by **Sandra Dale:**

“In loving memory of A .M. Dale”