

In this week's Steeple >>>

- Message from Fr Nick
- St Crispin Summer Camp
- Faith Forum/ Rector's Bible Study
- Schedule for coming week
- Pub Theology – Jan 27, 7pm
- Weekly Words of Wellness
- Birthdays & Anniversaries

The Steeple



January
19, 2022

The Weekly Newsletter of St. Luke's Episcopal Church

Y.D. Sets Sights on D.C. this Summer



While mission and service work remain hallmarks of the Young Disciples program here at St. Luke's, the practice of pilgrimage has had to be postponed recently due to a host of factors. 2022 promises to be a little bit different, however, as we have decided to set our sights on Washington D.C. this coming summer. Our nation's capital is home to some of the most iconic Episcopal communities in the country and this summer our kids will get to see and learn about those places firsthand.

The decision to travel to D.C. was not made arbitrarily. In recent months the National Cathedral has offered space to two high profile funerals, that of Senator Bob Dole and General Colin Powell. Both funerals were televised as you recall and because of that, questions have arisen about the "place" of the National Cathedral in the landscape of our denomination. For instance, "Is the National Cathedral an Episcopal Church?" has been one of the most frequently asked questions as of late, which has sparked some lively discussion between us.

More to heart of the matter, however, is the decision to take a pilgrimage to D.C. in memory of Paul "Chip" Friley whose life continues bless us all. Chip called D.C. home, it's where he lived, worked, and ministered with his family and because of that it calls to us. It calls to us to see and to touch the places where he has trod as the good hymn reminds us in hopes that his life and memory remain embodied just as they are cherished.

In the coming months we will be working out logistics as well as asking for volunteers to chaperone. If this pilgrimage interests you and you are feeling called to serve our youth in this way please don't hesitate to reach out to Jennifer McIver, Tom Droege, Brad Borg, or myself. This is a wonderful way to support our youth, walk alongside them, and be in community with them outside of the church. I commend that good work whole heartedly.

As we plan so we pray, "God of Journeys, as you led and nourished your ancient people though the wilderness, give us the courage to set off on pilgrimage to seek the forms and styles of life and ministry you have prepared for us. You call us to leave familiar things and leave our "comfort zones." Guide our footsteps, open our eyes to new experiences, open our ears to hear you speaking to us, touch our imaginations, and clear our vision that we may become the people you would have us to be. We ask this in the name of Jesus, who travels always with us. Amen."

Every Blessing,
Nick+

St Crispin's is Calling ALL Campers!

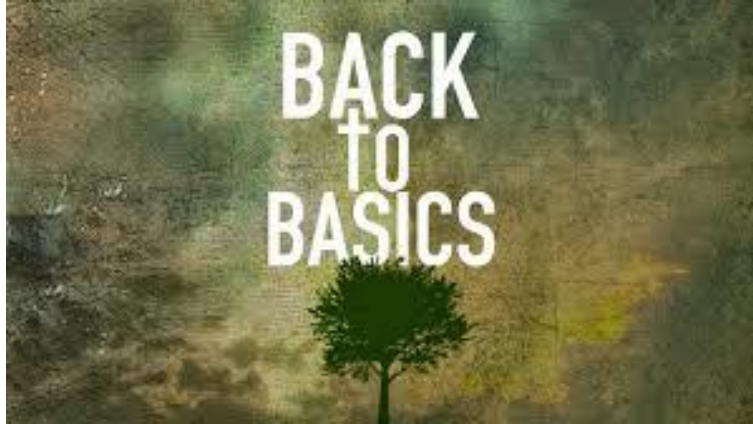
Registration is now open for Summer Camp 2022 at St. Crispin's! Click [this link](#) to find out more and to register your campers. Counselor, CIT (counselors-in-training), and Medical Staff applications are also open. We can't wait to see you there! Questions? Email Teresa Phares at tphares@epiok.org



Children's Programming K-5th grade

Drop your K-5th 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. Please contact Keeli Droege: keelidroege@gmail.com

Sunday Faith Forum Series



0915– 1015 in Metcalf Hall

Pub Theology

Pub Theology is scheduled for the 4th 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). 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.



Rector's Bible Study



Thursdays 9:15 a.m. in Metcalf Hall
This Week - Mark:11

At Luke's Place Jan 20th-26th, 2022

Jan 20th- 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 23rd - 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 25th- The Conversion of St Paul the Apostle- Eucharist 12:00 noon

Jan 26th- YD 6pm in 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 27

10:45am- 1pm: Jeff Birk, Darian Kedy, Becky Olsen, Dan Droege, Jo Baughman

12:45-2pm: Steve Clark, Steve VanAken, Carol Murphy

Thursday, February 10

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

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

Weekly Words of Wellness

Stages of Change (Part 3 of a 6-Part Series on Growth & Change)

Have you ever been unsuccessful in an attempt to create some kind of change in your life? Have you ever been frustrated in your attempt to lead a group of people through a process of change? If you are like us, you can think of many times when your answer to these questions would be, “Of course!”

If you, too, have been disappointed in your ability to create or lead change, you may be interested in learning that a theory of change known as the “Stages of Change Model” could explain why it was such a challenge. This helpful model is based on the foundational truth that change doesn’t just happen because we want it to; it happens instead when we remember that it is a process and not simply an event.

We typically think of change as an action, such as “Last year I changed my diet,” “I retired recently,” or “I moved to a new city.” While change does include doing something different, the wisdom of the Stages of Change Model is that before there is action, there are preliminary steps everyone takes before they actually take the action we think of as change.

Here, in summary, are descriptions of the five stages of change we all go through regularly, regarding both big and small things. At the end of each description, we provide an example of that stage as it applies to a hypothetical person wanting to begin a walking program. While reading, think about some change you have either recently made, or are in the midst of making right now.



Pre-contemplation. This means that the person has not, or is not even considering making a change. They may have not yet considered the prospect, seen a need for change, or may even have decided against the idea altogether. At this stage, they are not likely to respond positively to suggestions to change.

Example: “I’ve never been a person who has exercised, and I have no desire to start now.”

Contemplation. This is where a person first senses that there is something they want to change and that they would benefit from doing things differently. At this stage, a person has some initial awareness or hears some whisper for a need or desire to change or grow.

Example: “I’ve never exercised, but as I get older, I’m starting to think I could benefit from being more active. I might even want to walk a 5K someday.”

Preparation. Here the focus begins to change from the need or problem the person wants to address to considering possible solutions. People at this stage begin to gather information about what could help support their desire to live differently, and will start seeking the resources they will need to help support their efforts.

Example: “I’m going to talk to my friend who walks in 5K fundraisers, and find out when the next one is, and how best to prepare for it, and then buy some walking shoes.”

Action. Here people have begun to take concrete steps to make the change a reality. The actions taken are focused and support the changes they envision for themselves. (This is what most people think of as change, not realizing that real change is actually a long, thoughtful process.)

Example: “I bought some walking shoes over the weekend, and this week I walked before work three different mornings..”

Maintenance. Having maintained the desired change and growth for an extended period of time (somewhere in the range of three to six months), there is good evidence that the change will be a lasting one. The new way of doing things has become a new habit, something that doesn’t require a great deal of conscious thought and energy.

Example: “I can’t believe how much more energy I have now that I walk so often, and I’m so proud of myself since I have completed my first two 5K walks.”

Many of us made New Years Resolutions a few weeks ago, and some of us have even given up on them already. A primary reason that change plans, like resolutions, fail is that we move too quickly to Action. In order for our plans to be successful, we have to honor the fact that before we attempt a change, we need to allow enough time to think through all its aspects and ramifications, and prepare for it adequately. Taking time for the Contemplation and Preparation stages allows for a greater chance of success. In fact, a significant change might require six months, a year, or longer to work thoughtfully through the first two stages, before we are ready to take Action.

As life is full of constant decisions and possibilities for change, it is helpful to understand all that is involved in making a significant change, and give ourselves the time to acknowledge and honor the entire process we are always going through. We hope this brief introduction to the Stages of Change Theory is helpful as you think about the changes you are in the midst of, or are considering making in the future.

Please listen to this week's episode of our Wellness Compass podcast for a more in-depth discussion of The Stages of Change, and how it can help you be kind to yourself during the inevitable changes in your life. You can find it [HERE](#) or by following the links below.

Making It Personal:

1. What do you think of the idea that change is a process, not an event?
2. Have you ever moved too quickly to the Action stage of change without giving adequate time to Contemplation and Preparation? What happened?
3. How does the Stages of Change Theory help you understand a change that you are in the process of considering right now?

Save the Date! Annual Meeting Feb 6th, 2022
Annual Reports deadline Jan 25th

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.

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

Birthdays and Anniversaries, January 20th-26th, 2022

Birthdays	Anniversaries
Correction- Dean Zervas 15th	D J & Jerry Nezam
Glenn Bonner 20th	25th
Mac Taylor 24th	
Ryan McIver 25th	

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!

Flower Fund Request

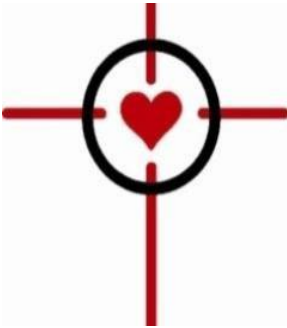
Special thanks to the St. Luke's Family and Friends who gave such generous contributions for the decorating of the church at Christmas. We could not have done so many of the beautiful poinsettias, roping and wreaths without your donations. The church looked gorgeous to celebrate the Birth of our Savior, Jesus.

We are blessed to have High Altar flowers remembrances for the month of January. However, we are asking if February 6th, 13th or 27th have special meaning to you and your family, please consider donating for these dates. We ask for \$50 (or more if you wish) to assist in payment to the florist. Ash Wednesday is March 2nd, so there will not be any flowers on the altar until Easter, April 17th.

Please let me or Penny in the office know the date you select and the exact wording you choose for the Sunday bulletin. Thank you very much for supporting the Altar Guild Flower Fund.

Jo Baughman, Flower Chairman jybokla@aol.com

Volunteer Opportunities 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>

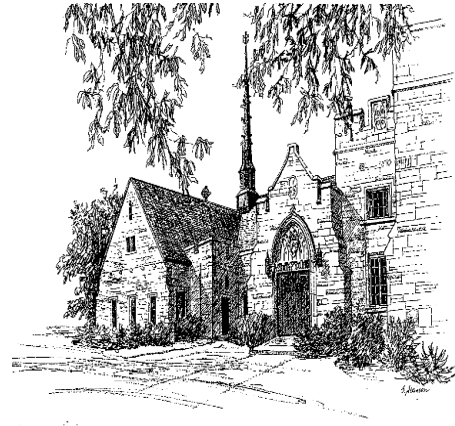
St. Luke's Vestry Members

- Dan Droege, Sr. Warden – dbdcomm.2@gmail.com 918-331-7936
- Doug McIver, Jr. Warden – dmciver@susandickcpa.com 785-342-4328
- Jo Baughman – jybokla@aol.com
- Karole Cozby – kscozby916@gmail.com
- Chad Ellis – w.chadwick.ellis@gmail.com
- Karen Lewey – kgrammy07@yahoo.com
- Laura Birk – lpbirk@gmail.com
- Nancy Woods – Nancywoods120@gmail.com
- Steve Van Aken – scvanaken@sbcglobal.net
- Nancy Warring – newarring@cityofbartlesville.org
- Katherine Powell – kmpbmp48@gmail.com
- Nancy Megee – sc4me81@yahoo.com

Sunday's altar flowers are given by **Nancy Woods:**
In Thanksgiving for the gift of God's Love, for this Church Family and for my love **Craig**, always
and forever

Bereavement Team 2

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



St. Luke's Episcopal Church Contacts:

The Reverend Nick Phares, Rector
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Dolores McCreary, Choir Director/Organist
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Keeli Droege, Christian Education Coord.;
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St. Luke's Episcopal Church
210 East 9th St., Bartlesville, OK 74003

Email: StLukesBartlesville@outlook.com

918-336-1212

Or contact

Penny Williams, secretary 918-766-2157



Look out DC, here we come!