

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

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# *The Steeple*



January  
26, 2022

The Weekly Newsletter of St. Luke's Episcopal Church



## Our Annual Meeting Set for February 6<sup>th</sup>

My friends, it is hard to believe that I've already been with you a year. January 17<sup>th</sup> marked that special day and as I continue to reflect on the movement of the Spirit within our community I give thanks to God.

As many of you know, the by-laws of our parish require an annual meeting and Diocesan canons state the requirements concerning these meetings. For new members of St. Luke's, the annual parish meeting typically elects vestry members, and it may elect vestry officers. Delegates to diocesan convention and representatives to other diocesan, deanery, or parish entities may also be elected at this meeting. Customarily, the budget of the parish is presented and approved at this meeting and the rector, vestry officers, music director, and other parish or program leaders make presentations as well.

This year we will continue to offer the annual meeting virtually as well as in person. The meeting will begin in Metcalf Hall promptly after the 10:30 am service. Since the meeting will take place right after our mid-morning service there will a light lunch provided. Please contact Ms. Penny by **Tuesday February 1<sup>st</sup>** to RSVP so, we can get a good idea of how much food to prepare for our time together.

In anticipation of our gathering, I have spent some time in the archives of our church and the Thomas Beard Library learning about where we've been. St. Luke's truly has a hallowed history, and I am so honored to call Luke's Place home. The time that I've spent going through photo albums, scrap books, and reports has been truly edifying and very special to me.

I love to hear your stories. I hold the names you mention close because they are part of your memories. Now, when I read reports from 70's and 80's I can put faces with names and memories with the letters that those we love and see no longer spent time crafting. It helps me connect to them and it helps me to love what you love and so love you better.

For instance, 1997 was one year into Fr. Lee's ministry here at St. Luke's. Do you know who was senior warden that year? Steve Van Aken. It makes me smile when I think about how Steve also serves now on the vestry and as a member of the finance committee one year into my ministry.

Connections like this are important for us to remember. Because while some may say not much has changed, we know that in reality, a great deal has. And yet, despite what some may see as “cyclical leadership,” I see one of the most steadfast characteristics of loving with arms wide open – and that is stability. Communities of faith need that.

And communities of faith need to be reminded of their relevance, worth, and purpose too. After a year with you, I have some thoughts on that and I hope that you will make every effort to attend our annual meeting this year.

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](mailto:tphares@epiok.org)

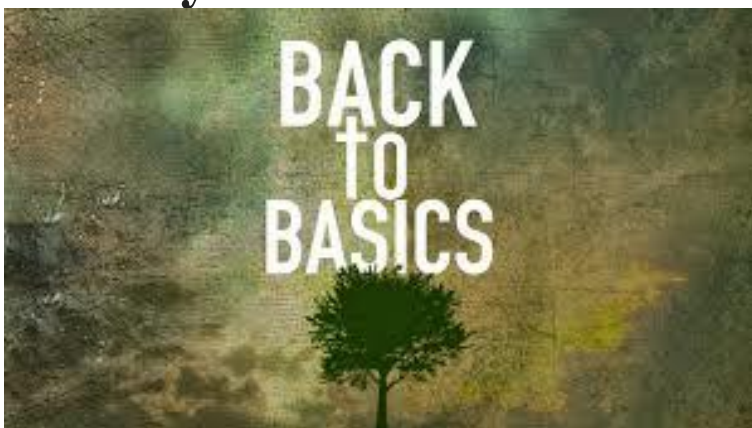




### **YD At Play!**

**See back page for more!**

## **Sunday Faith Forum Series**



**0915– 1015 in Metcalf Hall**

## **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.

Let the church office know if you are coming so we can have enough tables reserved!



# Rector's Bible Study



**Thursdays 9:15 a.m. in Metcalf Hall**  
**This Week - Mark:12**

**At Luke's Place Jan 27<sup>th</sup>-Feb 2<sup>nd</sup> , 2022**

**Jan 27<sup>th</sup> - Men's Breakfast, 7-8:30am Metcalf Hall**

**Rector's Bible Study, 9:15- 10:15am Metcalf Hall**

**Green Country Village Eucharist, 1:00pm**

**Pub Theology 7pm El Maguey**

**Jan 30<sup>th</sup> - 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**

**Feb 2<sup>nd</sup> - The Presentation of Our Lord Jesus Christ in the Temple- Eucharist 12:15 pm**

**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*

### **Comfort Zone, Growth Zone, Panic Zone**

*By D. Scott Stoner and Holly Hughes Stoner*

(This is the fourth column in our six-part series on *Understanding the Process of Growth and Change*.)

In early 2020 I, (Scott) distinctly remember saying to my work team that I could not ever see myself embracing the idea of working remotely. Being together at the office every day was my comfort zone. It was how I had worked for over thirty years, and therefore it was the only way I could imagine continuing to function. The thought of working remotely was way outside of my comfort zone at that time, and I saw no reason to change.

Then the pandemic came, and there went my work comfort zone. No longer able to continue my old familiar patterns, I had no choice except to grow and change. With the help of our open-minded and flexible team, I am happy to say that I have come to enjoy working remotely and have embraced my new online world. I have also learned that some of the things we do, such as training others to use our materials, actually work better online.

I love the statement, "Resisting change is like holding your breath; if you succeed, it usually doesn't end well." I like it because it describes how I initially responded to the work disruptions caused by COVID. I held my breath and said to myself, "This can't last very long. Surely I can hold my breath until we return to normal." Obviously, that plan didn't work out so well. I'm breathing easier these days and am grateful that my willingness to step out of my comfort zone regarding work gradually changed, and now I'm luckily breathing more easily while working from home. (In sharing this, I certainly realize how fortunate I am to have a job that could adapt to being online. And my heart goes out to those who have lost their jobs or had to work in extremely trying conditions because of COVID).

In our Wellness Compass resources, we teach a model of change that includes three concentric circles. The inner circle is the Comfort Zone, the middle circle is the Growth Zone, and the outermost ring is the Panic Zone. This model reminds us that all growth is, by definition, uncomfortable because it is outside of our current Comfort Zone. It also shows us that sometimes we are thrown out of our Comfort Zone and land in the Panic Zone. That's where I was in terms of my work when the pandemic hit. With time, effort, and support, I eventually moved into the Growth Zone.

Growth and change are uncomfortable. Sometimes they can even create feelings of panic. We hope this series on growth and change will help you breathe a little easier the next time you need to adapt to or make a significant change.

**Making It Personal:**

1. When life invites you to change, how do you typically react?
2. Are you in a Panic Zone or Growth Zone right now in your life? Or do you know someone who is?
3. If you answered yes to question two, either for yourself or someone you know, what support do you or they need in order to breathe more easily in the midst of the change?

**Save the Date! Annual Meeting Feb 6<sup>th</sup>, 2022**  
**Annual Reports- Please turn in!**

*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 27<sup>th</sup>-Feb 2<sup>nd</sup>, 2022**

Birthdays		Anniversaries
Scott Williams	29 <sup>th</sup>	
Evan Mitchell	31 <sup>st</sup>	

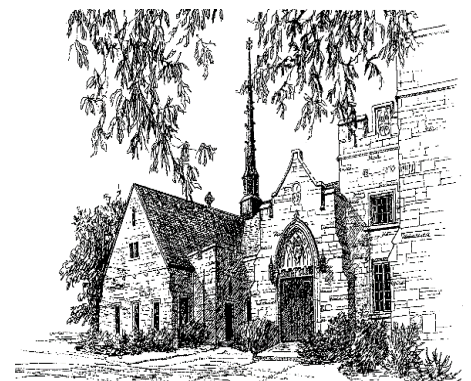
**Dear Friends:**

Miriam Petrovich	27 <sup>th</sup>
Ada Grillot	31 <sup>st</sup>

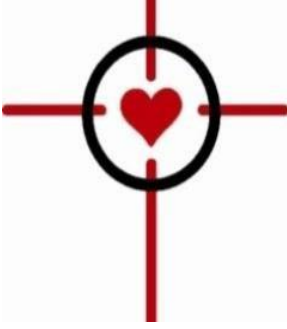
If your or a loved one’s name doesn’t appear on the list, please email or call the office, and we will add your birthday or anniversary!

**Bereavement Team 2**

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



# 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](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 – [lpbirk73@gmail.com](mailto:lpbirk73@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 **Karen Lewey:**  
In Thanksgiving for the gift of my grandchildren: **Emma, Sam, Dax, and Drew.**

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

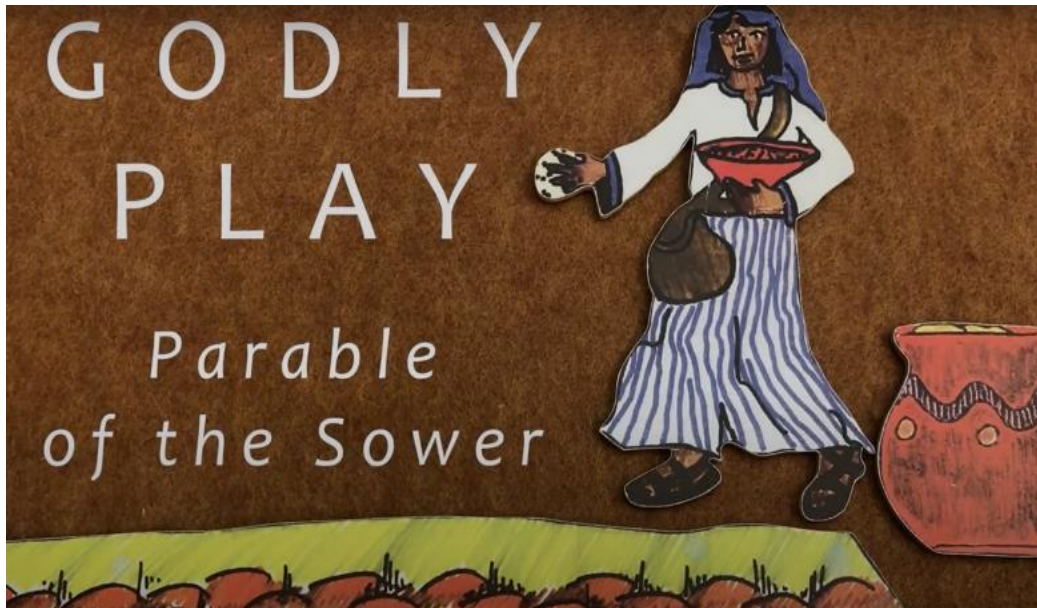
The Reverend Nick Phares, Rector  
269-788-7063; [RevPhares@outlook.com](mailto:RevPhares@outlook.com)  
Dolores McCreary, Choir Director/Organist  
918-397-4828 [dolomc37@gmail.com](mailto:dolomc37@gmail.com)  
Keeli Droege, Christian Education Coord.;  
918-697-8509; [keelidroege@gmail.com](mailto:keelidroege@gmail.com)

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  
Or contact  
Penny Williams, secretary 918-766-2157

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



This Sunday, January 30, we will meet in the Godly Play room upstairs at 10:15 am to hear the story The Parable of the Sower. If you miss church on Sunday or you would like to watch the story together as a family, [here](#) is a link to the Godly Play Foundation's YouTube video. This video also gives you a glimpse of a full session, which looks very similar to what we do in Godly Play together at St. Luke's!

As you discuss the story with your children over the next week, you might want to use these wondering questions to start the conversation.

- I wonder which part of the story you like the best?
- I wonder what part of the story is the most important? Why?
- I wonder which part of the story is especially for you?
- I wonder if we could leave out part of the story and still have all we need?

Wondering together with these questions can become a simple family ritual. You could even try using these same questions to wonder together about other topics!

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**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. Please contact Keeli Droege: [keelidroege@gmail.com](mailto:keelidroege@gmail.com)**



## YD at Play! (con't)

