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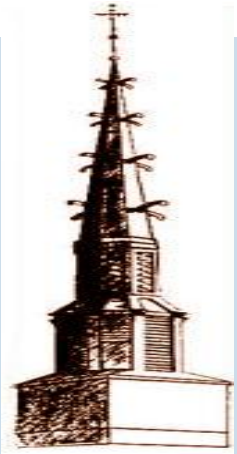
The Steeple



Jan 29, 2026

The Weekly Newsletter of St. Luke's Episcopal Church

A New Season of Forks & Fellowship is Around the Corner!

One of the great joys of parish life is discovering how faith is deepened not only in worship, but around shared tables through conversation, laughter, stories, and the simple gift of hospitality.

Over the past year, Forks & Fellowship has been a beautiful example of that kind of community at work. Small groups gathered in homes, shared meals, and formed new friendships that are already strengthening the fabric of our parish. The feedback has been overwhelmingly positive, and many participants are eager to continue.

As we look ahead to this year, we'd love to invite more of you to prayerfully consider joining Forks & Fellowship. Whether you've participated before or are brand new to the experience, this is a wonderful, low-pressure way to connect more deeply with one another and grow in fellowship beyond Sunday mornings.

In the coming weeks you'll see sign-up information in the bulletin, hear brief announcements during worship, and have opportunities to learn more in Faith Forum. We'll also be sharing some photos and stories from last year so you can get a sense of how meaningful these gatherings have been.

Forks & Fellowship continues to evolve based on participant ideas and experiences and that's part of what makes it so life-giving. While it begins with shared meals in homes it might just turn into fostering creative ideas for congregational gatherings. Truly it's a ministry shaped by the people of St. Luke's.

If you've been hoping for a simple way to build relationships, meet new folks, and experience the warmth of Christian community, I encourage you to give Forks & Fellowship a try this year. Find Steve

More details coming soon and as always, thank you for being the kind of parish that shows up for one another with open hearts and open tables.

Peace,
Nick+

At Luke's Place: Jan 30th – Feb 5th

Feb 1st	**Holy Eucharist, Rite I, 8:00am, Chapel**
	Faith Forum, 9:15am, Metcalf
	Holy Eucharist, Rite II, 10:30am, Nave or Metcalf
Feb 2nd	**Ladies Prayer Partners, 11:30am, Metcalf**
Feb 3rd	**Spiritual Discovery, 9:30am, Library**
	Discussion Group, 6:30pm, Rodgers
Feb 4th	**Choir, 5pm, Choir Room**
	YD, 6pm, Rodgers
Feb 5th	**Men's Group, 7am, Metcalf**
	Green Country Morning Prayer, 1pm, GCV
Feb 6th	**Rob Dahlgren Service, 11:00am**

Prayer List

Please pray for: Ben Baker, **Steve** McCraw, **Josh** Harris, **David** Swindell, **Connie** Finch, **Terry** Grogan, **Tyler** Roberson, **Jerry** Nezam**, Lynette** Beebe, **Jack** Smith, **Danny** Clem, **David** McAtee, **Shawn**, **Stephanie** Gallegos, **Pat** Sare, **Steve** Linn, **Jean** Mason, **Adam** Thomas, **Tom** Oakes, **Bill** Pendley, **Mary** Wallace, **Lynda** Stephens, **Marcie** Zervas, **Audrey** Harris, **Peggy** Rockey, **Ken** Harvey, **Nan** Buhlinger, **Bill** Birk, **Carol** McSpadden, **Dionna** Cameron, **Betty** Rogers, **Dan** & **JoAnn** Gallery, **Freda** Bretz, **Kathleen** Turner, **Steve** Clark, **Lauren** Gandy, **Susan** Brooks, **Dea**n Zervas, **Frank** Molina, **Diane** Mitchell, **Frank** Traylor, **Steve** Hand, **Donna** Steward, **Clay** Smith, **Penny** Johnson, **Kim** Shipman, and **Matt** Clark.

Please add the following to your prayers for the Third Week after Epiphany:

Trinity, Guthrie **Iglesia Anglicana de Chile**

Theologians Corner: Andrei Rublev

Monk and Iconographer, 1430

Andrei Rublev, born in the 1360s, died between 1427 and 1430, is considered to be the greatest medieval Russian painter of Orthodox icons and frescoes.

There is little information about his life. It is not known where he was born. Andrei Rublev probably lived in the Trinity-St. Sergius Lavra monastery near Moscow.

The first mention of Rublev is in 1405 when he decorated icons and frescos for the Cathedral of the Annunciation of the Moscow Kremlin in company with Theophanes the Greek and Prokhor of Gorodets. His name was the last of the list of masters as the junior both by rank and by age. Theophanes was an important Byzantine master who moved to Russia, and is considered to have trained Rublev.

Chronicles tell us that in 1408 he painted (together with Daniil Cherni) the Assumption Cathedral in Vladimir and in 1425–1427 the Cathedral of St. Trinity in the Trinity-St. Sergius Lavra. After Daniil's death Andrei came to Moscow's Andronikov Monastery where he painted his last work, the frescoes of the Savior Cathedral.

He is also believed to have painted at least one of the miniatures in the Khitrovo Gospels.

The only work authenticated as entirely his is the icon of the Trinity, ca. 1410, currently in the Tretyakov Gallery, Moscow. It is based upon an earlier icon known as the "Hospitality of Abraham" (illustrating Genesis 18). Rublev removed the figures of Abraham and Sarah from the scene, and through a subtle use of composition and symbolism changed the subject to focus on the Mystery of the Trinity.

In Rublev's art, two traditions are combined: the highest asceticism and the classic harmony of Byzantine mannerism. The characters of his paintings are always peaceful and calm. After some time his art came to be perceived as the ideal of Church painting and of Orthodox iconography.

Andrei died at Andronikov Monastery on between 1427 and 1430 (the traditional date is January 29, 1430). He was canonized a saint in 1988 by the Russian Orthodox Church. The church celebrates his feast day on January 29 and July 4.

Since 1959 the Andrei Rublev Museum has been open at the Andronnikov Monastery, displaying the art of his works and his epoch.

Together we pray: Holy God, we bless you for the gift of your monk and icon writer Andrei Rublev, who, inspired by the Holy Spirit, provided a window into heaven for generations to come, revealing the majesty and mystery of the holy and blessed Trinity; who lives and reigns through ages of ages. Amen.

Birthdays & Anniversaries for Feb 1st- 7th,2026

Birthdays		Anniversaries
Linda Huffman	(2/3)	
Emily Droege	(2/5)	
Marcie Zervas	(2/5)	

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

January requested Item:

Pack the Backpacks

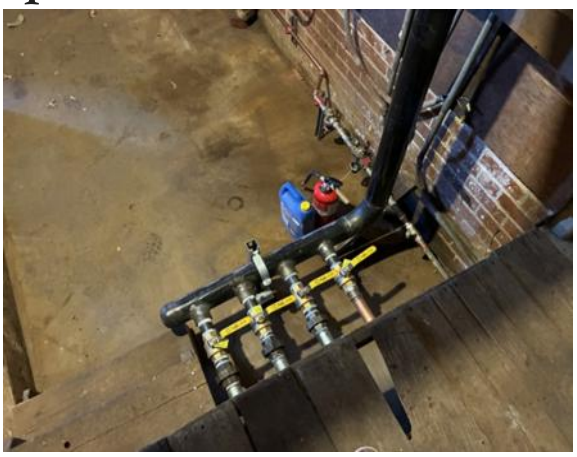
Discussion Group

The Tuesday Discussion Group will meet February 3,at 6:30pm in Rodgers Hall. Topic of discussion will be **"Mary, the Holy Mother"**

Sunday, February 8th, 11:30am, Metcalf Hall. Lunch is provided. We will vote on new vestry members, convention delegates, and nominating committee members. Reports on various ministries will be available and we will also vote on the budget for this coming year. Please attend the meeting, hear the goals for the coming year, attend to our business, and enjoy fellowship within the parish.

Please note: No Faith Forum or Bible Study in the coming week.

New Pipes



Sunday, February 1, 2026

Last year St. Luke's Fellowship announced the start of Forks & Fellowship, an opportunity to share a meal with others in our church family in an informal and relaxed setting. In 2025, sixteen single adults and married couples of all ages were put into 4 groups that shared stories and developed deeper friendships in small dinner groups that met at least four times throughout the year. Most of these same people are signing up for 2026 and will be put into new groups that will include church members that are up for the challenge! Wanting new people to join in on this fun way to get together and that is where you sign up.

The Fellowship team creates small groups of no more than eight people per group and assigns a leader for each group. Then it's up to your group to schedule dinners or activities to get to know each of your members. You can have dinner at your home, you can go to brunch after church or choose to meet at a local restaurant/coffee shop/gathering place. The purpose of this fellowship opportunity is to develop relationships with folks of all ages in the church. These times can foster opportunities to make friends outside of our usual social circles, getting to know new people in our church family.

If you are interested, you can register on-line (click here to register) or drop by the office. Answer a few basic questions by Sunday, February 22. Groups will be notified in early March, and each group will plan their own schedule to meet at least 4 times during the year.

What is Forks and Fellowship?

Forks and Fellowship is an opportunity to share a meal with others in our church family in an informal and relaxed setting, either in restaurants or homes. It's great for newcomers and long-timers! This is not a bible study group but another way to fellowship with those within the church.

What are we eating?

When we say "meal," we mean just about anything – coffee before/after work, dinner, dessert on Friday nights, lunch after church on Sunday, etc. Part of how groups will be put together is based

on your input on preferred days/times. This is about fellowship and not how fancy a spread you can create.

Where are we eating?

Again, it's up to your group! You can rotate hosting in homes, meet at coffee shops, eat at restaurants, get takeout and meet at the park, etc.! Even meeting at the church for pizza and salad is an option if arrangements are made with the church office.

What's the agenda?

The only agenda is to get to know one another better and share food and fellowship. There is no program – just a meal, hospitality, and conversation.

Who can participate?

Everyone! Couples, singles, and families are all invited to participate. Anyone can be part of a group, and our sign up is designed to help put you in just the right spot. This will be an adults-only fellowship activity as alcohol may be served.

How does it work?

Everyone is assigned to a group of up to 8 other adults. The goal is for each group to get together quarterly, as schedules permit.

Who figures out when and where our group will gather?

When you sign up, there is a place to indicate which days work best for you. There is also a place to indicate if you are willing to help organize the first meeting. This person will gently encourage the host to organize dinner/activity, if needed. There are some online sites, such as Perfect Potluck or 5 ingredients 15 minutes , which might be helpful tools for those looking for ideas for dinners.

How are the groups organized? Can I choose my group?

Your registration information will be used to help us create groups to consistently get a good mix of people. Because we want everyone to make some new friendships and connections, we will place people in groups intentionally, rather than having you select your own group members.

What if I have questions?

Steve Heidorn can be contacted if there are additional questions as well as the following members of the Forks & Fellowship committee.

Steve Heidorn 918-914-1412

Pam Hansen 608-797-1747

Margo Proctor 918-914-3911

Penny will have copies of the forms to complete if there are issues with online registration.

Register today!

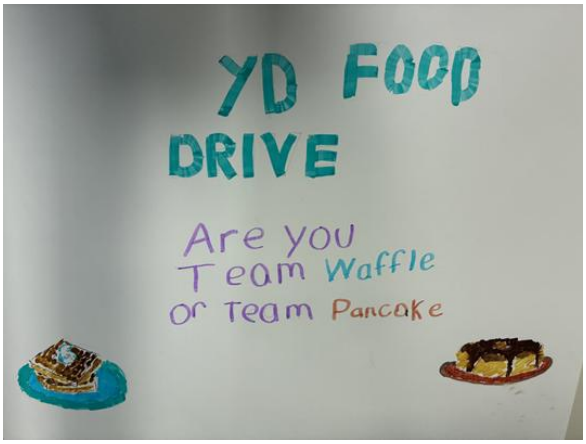
If you are interested, (click here to register). Answer a few basic questions by Sunday, February 22. Groups will be notified in early March, and each group will plan their own schedule to meet quarterly during 2026.

Remember ... the BEST conversations happen around the table! We are looking forward to talking with you!

Souper Bowl Challenge

Last Wednesday, we enjoyed soup from the Ryal Family while the kiddos prepared this year's food drive to benefit Concern. Thanks everyone for some great poster-making! We're focusing on shelf-stable breakfast foods this year with our "Breakfast of Champions" theme, so pick up a few boxes of "just add water" pancake mix, oatmeal packets, peanut butter, and breakfast bars to bring in next time you're at the store.

Drop your donations HERE:



Thank you!

Thank you all for your encouragement, support, and prayers during my journey toward ordination to the Diaconate. Although our paths seldom crossed during 2025, whenever I happened upon anyone from St. Luke's out-and-about, you always generously offered kind words, handshakes, hugs, best wishes ... that is to say, you showed and shared the love of Christ.

I will begin serving at St. Luke's worship services this week, and I very much look forward to doing so.

Although I've been ordained, my formation classes will continue until mid-June. Bishop Poulson has also asked me to continue serving a bit at Espíritu Santo in Tulsa for several months. So, other than during worship services, my immersion into the Diaconal role at St. Luke's will be gradual.

Again, I thank you all. And I especially want to thank my wife, Laura, who has been supportive, patient, loving and understanding throughout. -- I love you, Laura.

Blessings and peace to all. -- Jeff+

To Karen and the Dahlgren family for the loss of Rob.

Rob's service will be at St Luke's on Feb 6th, 11:00am.

Rest in peace and rise in glory.

Update for this Sunday

Barring any more bad weather, we will be open for business this Sunday in our normal space. The heat is up and running. The parking lot is cleared as are the sidewalks. The Nave is warm and cozy and the rest of the building is back to its usual chill in the hallways but comfortable in our study rooms. Fr Nick and Teresa will be out of town and we have Mother Andrea celebrating with assistance from our Deacon, Jeff.

February Dates to remember:

Feb 6th - Rob Dahlgren Service, 11:00am
Feb 8th - Annual Parish Meeting, 11:30am, Metcalf
Feb 10th – City Bond election- Vote
Feb 17th - Shrove Tuesday Pancake Supper in Metcalf Hall 4pm-6pm
Feb 18th – Ash Wednesday services, 12:00pm & 6pm
Feb 24th – Feast Day of St Matthias, 12:15pm, Chapel
Feb 25th – Lenten Program begins, info to come

St. Luke's Vestry Members

- Nancy Woods, Sr. Warden – Nancywoods120@gmail.com
- Karole Cozby, Jr Warden – kscozby916@gmail.com
- Chad Ellis – w.chadwick.ellis@gmail.com
- Karen Lewey – kgrammy07@yahoo.com
- Laura Birk – lpbirk73@gmail.com
- Steve Heidorn- sgheidorn@yahoo.com
- Dolores McCreary –dolomc37@gmail.com
- Steve Roper- sdroper2006@yahoo.com
- Fred Whitson- sandyswhit@gmail.com
- Robert Lonski- rjtazski@yahoo.com

Bereavement Team 2
Laura Birk, Nancy Megee, Wendy Hall, Karen Lewey, Debbie Mueggenborg

St. Luke's Episcopal Church Contacts:

The Reverend Nick Phares, Rector
269-788-7063; RevPhares@outlook.com

Keeli Droege, Choir Director/Organist
918-697-8509 keelidroege@gmail.com

St. Luke's Episcopal Church
210 East 9th St., Bartlesville, OK 74003
Office Hours: 9am-4pm, M-F
Email: StLukesBartlesville@outlook.com
918-336-1212
Or contact
Penny Williams, secretary 918-766-2157