In this week's Steeple >>>

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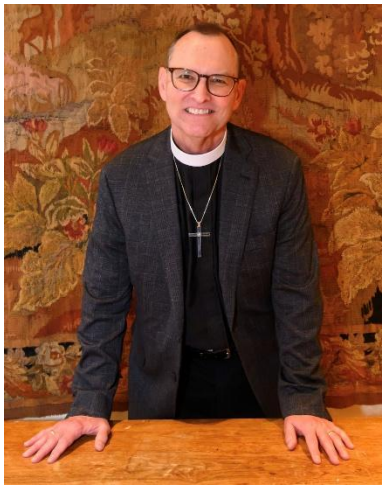
The Steeple

Feb 5, 2026

The Weekly Newsletter of St. Luke's Episcopal Church



Team Pancake! Team Waffle!

While in San Diego years ago, Laura and I happened upon the self-proclaimed "Original Pancake House". Wisely, Laura ordered pancakes. Rebel that I am, I ordered a waffle. ... The waitress paused, looked at me, and somewhat sternly began really talking down this waffle. In no uncertain terms, she wanted me to know that the waffle would be nothing like what I probably expected. ... Not a light, fluffy, Belgian waffle generously adorned with fresh fruit, powdered sugar, and whipped cream. ... She continued warning me about this waffle for a while, concluding with, "Now, I'm telling you all this because I'm tired of taking these things back to the kitchen!!!" ... I assured her the waffle would be just fine, and it was. It provided the nourishment I needed at the time.

This brings me to our Young Disciples' "Breakfast of Champions" food drive. ... Regardless of whether you vote for Team Pancake or Team Waffle, your generous donations of shelf-stable breakfast food items will be greatly appreciated by our youth group, and even more appreciated by CONCERN, its management, its volunteers, and especially by the less-fortunate Washington County families for whom your donations will provide much-needed nourishment. ... Thank you for your generosity.

Click here for more information about CONCERN.

Blessings and peace, Jeff+

At Luke's Place: Feb 6th – Feb 12th

Feb 6th	Rob Dahlgren's Memorial Service, 11:00am
Feb 8th	Holy Eucharist, Rite I, 8:00am, Chapel
	Faith Forum, 9:15am, Vestry Room
	Holy Eucharist, Rite II, 10:30am, Nave
	Annual Parish Meeting, 11:30am, Metcalf
Feb 9th	Ladies Prayer Partners, 11:30am, Metcalf
	Finance Committee, noon, Vestry Room
	Vestry , 5:30pm, Vestry Room
Feb 10th	City Bond Election
	Spiritual Discovery, 9:30am, Library
	Altar Guild, 5:00pm, Chapel & Vestry Room
	Discussion Group, 6:30pm, Rodgers
Feb 11th	Choir, 5pm, Choir Room
	YD, 6pm, Rodgers
Feb 12th	Men's Group, 7am, Metcalf
	Bible Study, 9"15am, Metcalf
	Green Country Morning Prayer, 1pm, GCV

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 Fourth Week after Epiphany:

Christ Memorial, El Reno **The Church of England**

Lenten Program Begins February 25th 6pm.

More information coming

Theologian's Corner

The Presentation
The Feast of the Purification of the Virgin Mary or Candlemass

Counting forward from December 25 as Day One, we find that Day Forty is February 2. According to custom a Jewish woman is in semi-seclusion for 40 days after giving birth to a son, and accordingly it is on February 2 that we celebrate the coming of Mary and Joseph with the infant Jesus to the Temple at Jerusalem to offer sacrifice on behalf of Mary to mark the end of her seclusion (see Le 12:1-8), and to ransom or redeem (buy back) Jesus as a first-born male (see Ex 13:11-13; 22:29; Nu 18:15-16; Dt 15:19). As they did so, they were greeted by the aged Simeon.

Because an old reading for this festival contains the line (Zephaniah 1:12), "I will search Jerusalem with candles," the day is also known as Candlemas, and sometimes observed with a candle-lit procession. On the other hand, Groundhog Day is on 2 February too, unfortunately there will be six more weeks of winter I'm afraid.

But let us end on a more celebratory note. It was also on February 2nd 1992, that our own Fr. Lee Stephens was ordained to the priesthood in the Episcopal Church. Let us all give thanks for his ministry to the Church and especially, St. Luke's.

Together we pray: Almighty and everliving God, we humbly beseech thee that, as thy only-begotten Son was this day presented in the temple, so we may be presented unto thee with pure and clean hearts by the same thy Son Jesus Christ our Lord; who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. Amen.

Discussion Group

The Tuesday Discussion Group will meet February 10,at 6:30pm in Rodgers Hall. Topic of discussion will be "Why did Jesus say My God why have you forsaken me?"

Birthdays & Anniversaries for Feb 8th- 14th,2026

Birthdays		Anniversaries
Patty Vail	(2/8)	
Nancy Woods	(2/12)	

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.

February requested Item:

8 or 16 Watercolors, Crayola preferred but any brand

February 10th , 2026 City Bond Election

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.

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!

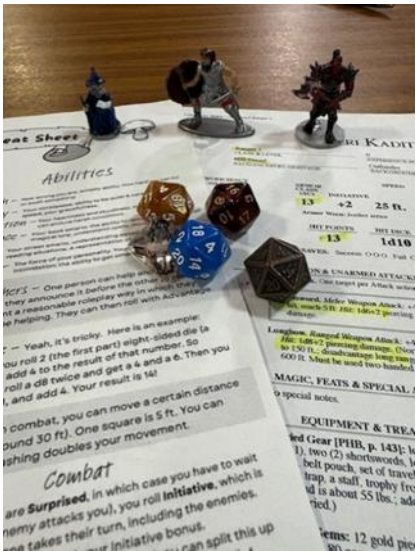
If you are interested, (click here to register). Answer a few basic questions by Sunday, February 22. Groups will be notified in early March, and each group will plan their own schedule to meet quarterly during 2026.

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

Souper Bowl Challenge

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. Leave your donations under the coat rack by Metcalf and select Team Pancakes or Team Waffles

YD Game Night



Office will be closed February 16th for the holiday

Pancake Supper, February 17th
4:00pm-6:00pm
Metcalf Hall
Donations will be taken to benefit our YD's trip to Colorado this summer.

Come and enjoy pancakes with our YD during the Fat Tuesday celebration

Come and go event

Youth will be serving

February 18th, 2026

Services are : Noon and 6:00 pm

In 2026, like in every year, Ash Wednesday is the first day of the liturgical season of Lent. It always falls six and half weeks before Easter, beginning the Lenten season of preparation for Christ's Resurrection on Easter Sunday.

According to the Episcopal Church, Lent is a 40-day penitential season (excluding Sundays) of fasting, prayer, and self-denial, lasting from Ash Wednesday through Holy Saturday. It prepares Christians for Easter by encouraging self-examination, repentance, and reflection on Jesus' 40 days in the wilderness.

Key aspects of Lent in the Episcopal Church include:

- **Purpose:** A time for spiritual focus, focusing on deepening relationships with God, and preparing for the Paschal feast.
- **Duration:** The period starts on Ash Wednesday and concludes on Holy Saturday, lasting 40 days (not counting Sundays).
- **Observances:** Episcopalians are invited to observe a "Holy Lent" through repentance, prayer, fasting, self-denial, and reading/meditating on scripture.
- **Significance:** The word originates from Old English for "spring" or "lengthening days," symbolizing a time for spiritual renewal.
- **Focus:** It is not merely about giving things up, but rather a time to identify what separates individuals from God and to return to Him.

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
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- Fred Whitson- sandyswhit@gmail.com
- Robert Lonski- rjtazski@yahoo.com

Bereavement Team 3

Becky Liehr, Cathy Perrier, Kris Bonner, Mary Jo Peterson

St. Luke's Episcopal Church Contacts:

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