

# The Steeple



## In This Week's Steeple:

- \* Consecration Sunday: Nov. 14<sup>th</sup>
- \* Review Committee Schedule
- \* Shoe Drive! Ends Oct. 25<sup>th</sup>!
- \* Trunk or Treat: Oct. 31
- \* Children's Programming Returns Oct. 24<sup>th</sup>!
- \* Weekly Words of Wellness
- \* Pub Theology at El Maguey!
- \* CONCERN Needs
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- \* Rector's Bible Study



October 20,  
2021

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

### Consecration Sunday is set for November 14th

You know my friends, congregations that approach financial stewardship from a biblical perspective do not view the money Christians give to their church merely as a way to pay its bills. Rather, congregations like St. Luke's, see financial contributions as a way to help people grow spiritually in their relationship with God by supporting their church's mission and ministry with a percentage of their incomes.

This year we have selected the *Consecration Sunday Stewardship Program* as a way to engage with the biblical and spiritual principles of generous giving in our stewardship education emphasis this year.

*Consecration Sunday* is based on the biblical philosophy of the need of the giver to give for his or her own spiritual development, rather than on the need of the church to receive. Consecration Sunday encourages people toward proportionate and systematic giving in response to the question, "What percentage of my income is God calling me to give?"

During morning worship on Consecration Sunday, we are asking everyone to make their financial commitments to St. Luke's and her ministries within Bartlesville as well as around the world.

Every member who completes an *Estimate of Giving Card* does so voluntarily by attending Eucharist on Consecration Sunday. We urge people to attend who feel strongly opposed to completing a card because the procedure is done in such a way that no one feels personal embarrassment if he or she chooses not to fill out a card.

During morning worship, I will conduct a brief period of instruction and collectively we will make our commitments as a confidential act of worship at the offertory. I encourage everyone to participate in Consecration Sunday if you are able, whether here or abroad. Thanks in advance for your enthusiastic participation in Consecration Sunday and in the ministry of St. Luke's Episcopal Church.

With Arms Wide Open,

Fr. Nick+

## **Review Committee Schedule - 2021**

### ***Review Committee***

***(Becky Liehr, Doug McIver, Kris Bonner, Dan Droege, convener)***

#### **Tuesday, Oct 5 – 12 noon-1 pm *(Done)***

First meeting of Review Committee to develop review documents and begin review process. Out of this meeting, three documents developed, based in part from evaluation documents provided by Diocese:

- Review Committee – Rector’s Evaluation
- Rector Review – Self-Evaluation
- Rector Review – Vestry & Congregation Support

#### **Thursday, Oct. 7 *(Done)***

Blank copies of Rector’s Self-Evaluation and Rector’s Evaluation of Vestry & Congregational Support delivered to Fr. Nick. Committee members begin filling out Rector Evaluation forms individually in preparation for second meeting on Oct. 18.

#### **Monday, Oct. 18 – 12 noon-1 pm *(Done)***

Second meeting of Review Committee to coalesce their comments on Rector’s Evaluation. Following meeting, Dan provides Evaluation to committee by email for final signoff before providing to Fr. Nick on Oct. 21.

#### **Thursday, Oct. 21**

Review Committee delivers Rector’s Evaluation to Fr. Nick. Likewise, Fr. Nick delivers to the committee the completed Rector’s Self-Evaluation and the completed Rector’s Evaluation of Vestry/Congregational Support.

#### **Monday, Oct. 25 – 12 noon-1 pm**

Review Committee meets to review all documents.

#### **Friday, Oct 29 – 3 pm-5pm**

Review Committee meets with Fr. Nick to go over all documents. Out of this discussion will come assessments and recommendations to be undertaken over the next 12 months by the rector and by the vestry as representatives of the congregation.

**Tuesday, Nov. 2 – 12 noon-1 pm** – List of assessments and recommendations developed at Oct. 29 meeting provided to Fr. Nick and the Review Committee with opportunity to comment/fine-tune. Finalized list distributed to all parties via email.

**Mon. Nov. 8**– At vestry meeting, convener of the Review Committee (Dan) and Fr. Nick will summarize the above review process and outline major recommendations involving both the rector and the vestry.

# Hurry! Race Ends Oct. 25!

Do you have a pair of shoes that's falling apart?

Or a pair that hurts your feet?

Maybe shoes the kids have outgrown.

Or a dressy pair you wore a few times and they've been sitting idle in a closet ever since.

It's time to kick off the dust and make some good things happen.

St. Luke's Young Disciples are collecting shoes to redistribute to those who can use them right away for everyday use, job interviews, school, sports, church and more.



Those old soles too far gone to wear much longer... you know those favorite, completely thrashed sneakers... YD has a plan for those too.

Instead of throwing them away and creating more waste, why not reduce your carbon footprint and recycle them? Nike Grind takes old, worn-out shoes and turns them into play surfaces, courts, tracks, floor, playgrounds and much more. They even recycle them into new shoes! YD will make sure your big stinkers get to the right place to make this happen.

**So hurry! Run, don't walk, to the YD Shoe Drive. The clock is ticking! [Race ends October 25!](#)**

## Children's Programming is Coming Back!

On October 24, we will begin gathering with children again on Sundays.

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

\*Children will be asked to wear a mask, and all adults working with children will be masked.



# Trunk or Treat – October 31

After the 10:30 service on Halloween, we will be offering a Trunk or Treat for the young (and the young at heart!).

Kids – come to church in your costume!

Adults - come with your trunks decorated, with candy to pass out, and in costume yourself if you'd like!



## *Weekly Words of Wellness*

### Increasing Resilience Through Compassion

Resilience is often defined as the capacity to bounce back. This definition can be helpful for minor kinds of setbacks or disruptions to our lives. For example, I tripped on a tree root while running on a trail a few months ago and broke a bone in my hand. After X-rays, I was fitted with a brace and returned to running in a few days, for example. My hand has healed now, and I am fortunate to have bounced back to where I was before the injury.

Sometimes, though, we experience a loss or disruption in our lives from which we know we will not ever return to where we were previously. A health crisis changes the trajectory of our lives, a relationship ends, a loved one dies, we lose our job, or our lives are turned upside down by a pandemic. In such situations, resilience isn't about bouncing back to the way things were, but rather is more about finding a way to somehow, gradually accept what has happened and to begin to live forward into a new chapter of our lives. In this case, resilience is somehow finding a way to move forward, not about simply bouncing back.

There are many factors that mental health researchers have talked about as the key to being resilient. There is one in particular that I would like to lift up here because I talk about a lot with clients these days, and that is the importance of compassion. The quote at the top of this column from Sharon Salzberg reminds us that, "Resilience is based on compassion for ourselves, as well as compassion for others."

Do you remember how many of us talked about all the things we were going to accomplish when the pandemic first hit, now that we had extra time at home? We were going to clean the closets, learn to speak a new language, make room for doing that hobby we've always

wanted to do, begin a new fitness routine, and learn how to play the piano. For me, it was that I was going to launch a podcast. I immediately invested in some podcast equipment, and then I found that I just couldn't do it. I was exhausted, I was grieving, my life was totally disrupted, and the last thing I had energy for was something like creating a new podcast.

Last week I did launch a new podcast, eighteen months after I bought the equipment. Once I became a little more compassionate toward myself about how long it was taking me, I began to breathe a little easier, and the emotional and mental space I needed to be creative began to open up.

I share this story with you in hopes that it will spark some self-compassion for you. You, too, may have had your life disrupted in ways you could have never imagined. You, too, may have had plans of how things were supposed to go as you tried to "bounce back," only to discover that those plans did not unfold the way you thought they would. Perhaps you could benefit from some self-compassion, or maybe you know someone else who could benefit from some compassion from you. As I experienced, compassion, whether directed toward ourselves or others, creates space for healing, acceptance, and for beginning to plant seeds of what might come next. Seeds don't grow in the soil of judgment and criticism; they only take root in the ground of compassion and patience.

There is no shortage of stress in our lives and the world. What too often is in short supply, though, is compassion. Compassion doesn't magically create resilience, but without it, the seeds of resilience won't grow. So what do you say we all concentrate on creating a little more compassion in our lives and in the lives of people we love?

**Making It Personal:** These prompts are offered to help you reflect on how you might apply the content of this week's column to your own life. You might write your responses to them in a journal, discuss them with someone else or in a group, or simply take a few moments to reflect on your responses.

1. How might you practice more compassion with yourself regarding some stress or setback you are experiencing?
2. Is there someone in your life who could benefit from more compassion from you? Who is it, and how could you show that increased compassion?
3. Wellness has many dimensions\*. How could knowing this help you be more compassionate and patient with yourself or others?

*\*Stress Resilience is one of the eight dimensions of wellness in our Wellness Compass Model for Well-Being. You can learn more about that model [HERE](#).*

This Sunday's altar flowers are given by Brent, Barbara, Katherine & Ruth Todd:  
"In loving memory of James (JC) Casey Todd."

# CONCERN Needs



CONCERN is in need of the following items: Ramen Noodles, Sugar, Tea Bags, Complete Pancake Mix, Jiffy Mix, Toothbrush Kits, and Deodorant.

Also, Thanksgiving is just around the corner.

Please consider offering a contribution towards our annual fundraiser for Thanksgiving Pies.

Make your check out to St. Luke's, and write Thanksgiving Baskets in the memo.

## ***Thanksgiving Coloring Sheets!***

[Click here for printable coloring sheets for your kiddos!](#)

### **Agape Mission Volunteer Schedule**

#### **Thursday, October 28**

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

#### **Thursday, November 11**

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

#### **Bereavement Team 1**

Susie Clark  
Nancy Woods  
Jeanne Julstrom  
Sally Lindsey

#### **Bereavement Team 2**

Laura Birk  
Kris Bonner  
Nancy Megee  
Rita Childers  
Carol Murphy

### **Birthdays and Anniversaries, October 21<sup>st</sup> – 27<sup>th</sup>**

#### **Birthdays**

**Kate Carroll 23<sup>rd</sup>**  
**Ruth Todd 23<sup>rd</sup>**

#### **Anniversaries**

**Frank & Nancy Vanduker 22<sup>nd</sup>**  
**Dan & Linda Maloney 23<sup>rd</sup>**  
**Scott & Jen Peterson 25<sup>th</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!

### ***St. Luke's Prayer List***

The prayer list can be found in the Sunday bulletin and on the St. Luke's website.

Call or email our office with prayer requests at  
918-336-1212 or  
[StLukesBartlesville@outlook.com](mailto:StLukesBartlesville@outlook.com)

# Pub Theology at ¡El Maguey!

Please join us on October 28<sup>th</sup>!

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

**The next meeting will be at 7 p.m. Thursday, October 28<sup>th</sup> 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 faith? Where did you see Jesus this week?

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

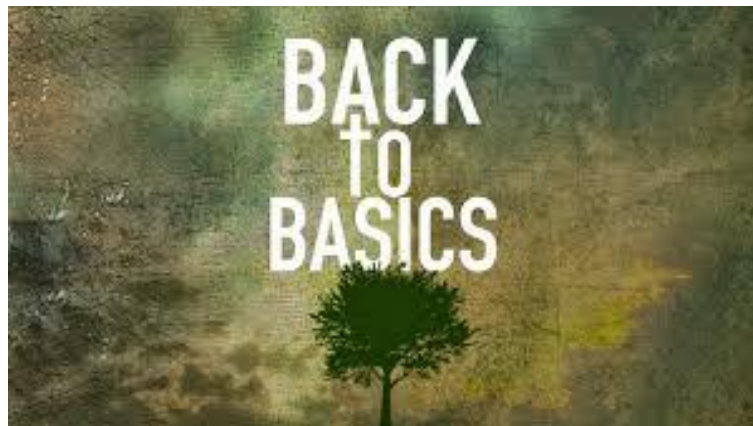
so we can have enough tables set up at El Maguey.

If you have any questions, contact Fr. Nick, Penny Williams, or Nancy Megee.

We will be happy to share. Let's share some theology!



## Faith Forum Series



**Sundays 9:15– 10:15 a.m. in Metcalf Hall**

# Rector's Bible Study



**Thursday October 21<sup>st</sup> 9:00 a.m.**

## St. Luke's Vestry Members

Dan Droege, Sr. Warden – [dbdcomm.2@gmail.com](mailto:dbdcomm.2@gmail.com) 918-331-7936  
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## St. Luke's Episcopal Church Contacts:

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Keeli Droege, Christian Education Coord.; 918-697-8509; [keelidroege@gmail.com](mailto:keelidroege@gmail.com)  
210 East 9<sup>th</sup> St., Bartlesville, OK 74003  
[StLukesBartlesville@outlook.com](mailto:StLukesBartlesville@outlook.com)

## Connecting with St. Luke's

To learn various ways to connect at St. Luke's, visit our website at: <http://episcopalbartlesville.org/>

## 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.



