

The Steeple

January 5,
2022



Happy Epiphany at St. Luke's



The Weekly Newsletter of St. Luke's Episcopal Church

A New Year

As we welcome 2022, I am reminded of the many strides forward we have made as a parish this past year despite the many challenges that we had to face and in some sense face still. I remain filled with gratitude for the year that is past and look forward in hope to the year ahead. 2022 already holds some very special and solemn moments for us and I am ready to walk that road with you all and do the work given us to do together. There is nowhere else I'd rather be.

With the new year comes a new addition to our staff at St. Luke's that I am very excited about. You'll recall this past summer Ms. Roseanne McKee retired from her position as parish administrator. Her departure left a sizable gap in operations and into the breach came one of my heroes, Jeff Birk. My friends, I cannot tell you how blessed we were to have Jeff volunteer his time - doing so in way that made us better - way better! Not only did he enhance our productivity, but he set our new parish administrator up for success. I hope that you all will take some time to give Penny Williams some love as she takes on the responsibility of running the office in 2022. We are blessed to have Penny and we give our thanks to both Jeff and Laura for helping us out in so many ways.

Also, you may or may not remember me mentioning a stained-glass window in the chapel at Green Country Village. Parishioners from St. Luke's had donated funds for its installation years ago and due to an inoperable motorized shade, the window has been covered for almost a decade. This summer we took up a collection to have the shade replaced and after several months the window can now be enjoyed by all the residents there. Thank-you for making that happen St. Luke's! We celebrate Holy Eucharist with our friends at Green Country every Thursday at 1:00 p.m and I hope that you will join us and take in its beauty with our beloved friends.

As I write this, I am reminded that tonight is twelfth night, the final day of Christmas. What a joyous feast it has been. I want to thank Dolores, the Altar Guild, and Keeli and Teresa for their ministry amongst us. "Worship the Lord in the beauty of holiness," takes on whole new meaning with our friends shaping our experience. You have blessed us all this Christmas my friends.

As you enter this new year may you be blessed, beloved. Know that God loves you and desires nothing else than your wholeness. Know that we here at St. Luke's desire to walk the way with you. Every journey is one of return. Come as far as you can, and the Lord will come the rest of the way.

Every Blessing,
Nick+

Dine-Out at Dink's for

PWR!Moves[®]
Parkinson Wellness Recovery

JOIN US

Dink's Pit Barbecue
Thursday, January 13, 2022
4:00 pm – 8:00 pm
Dine in or Carry out



Dink's Pit BBQ will donate 15% of guest receipts to Elder Care to directly impact PWR!Moves participant's cost.



ABOUTELDERCARE.ORG



Please “Dine-Out at Dink’s” on January 13!

Proceeds will defray the cost of Elder Care’s PWR!Moves class for participants in need of financial assistance.

The PWR!Moves class provides beneficial exercises for Parkinson’s patients, improving flexibility and range of motion, and increasing the dopamine the brain uses, all of which are very important for Parkinson’s patients.

Mark your calendars now!

January 13, 4 to 8 pm

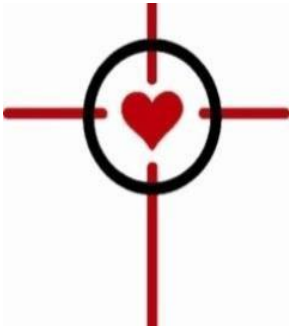
“Dine-Out at Dink’s”

Children’s Programming K-5th grade

Drop your K-5th 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 to sign up!

Please Consider Volunteering 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>

Weekly Words of Wellness

Listening for a Change

By Scott Stoner & Holly Hughes Stoner

Whether or not we make New Year's resolutions, many of us do take stock of our lives this time of year, pausing to reflect on whether there are any changes we want to make. Apart from it being the start of a new year, the pandemic has disrupted all of our lives, sometimes forcing change upon us and other times clarifying for us a change we want or need to make.

"I used to do more _____, and I am missing that. I'm going to find a way to get back to it in the next few months."

"I think the amount of stress in my life is starting to take a toll on me, and I want to do something about it."

"I seem to be drinking more than before, and it's impacting my relationships with others. I want to turn that around before it gets worse."

"I'm not sure I want to stay in this job much longer. I am going to begin taking steps to find a new one."

"I know I'm being called to get more involved in issues facing my community. I'm going to talk to people I know who are doing the kind of things I want to be doing."

"There are issues in our family that can no longer be ignored. I know we could be a stronger family if we were to start having more honest conversations."

"I hear my friends talk about how important meditation is to them and what a positive effect it has on them. I'm going to look into that."

That inner voice, that whisper that something needs to change, is easy to ignore. After all, it's only a whisper. When a whisper is ignored, though, it seldom goes away. The usual progression is that the whisper gets louder, and then gradually our inner voice begins to shout at us. What happens then if even the shout does not get our attention? Something will eventually happen, some negative

consequence, sometimes even a crisis, something so obvious that we can no longer ignore what is going on.

When it comes to our personal and relational wellness, it is essential that we learn to listen to the hints in our lives that tell us when something is out of balance. Healthy individuals, couples, families, leaders, and organizations do this on a regular and proactive basis. They regularly take an honest look in the mirror. And because they know that even then, they can still fool themselves, they regularly seek out honest feedback from others they trust. They build open feedback loops into their lives so that they can adapt and respond to any warning signs that emerge. But it all starts with being willing to let our lives speak to us, and being willing to listen to the messages that announce that something needs to be different.

Family Promise



A workday for 801 Osage, that will largely be clean-up, has been scheduled for this Saturday, Jan 8th from 9:00 a.m. to 12:00 p.m. If you are able, please consider stopping by and lending a hand alongside folks who are passionate about the ministry of Family Promise and outreach in our community. We need you! Bring brooms, dustpans, paper towels, rags, work gloves, or cleaning supplies. If you would like more information, you can reach out to Dan Droege at (918) 331-7936. Every hand is needed!

Agape Mission Volunteer Schedule

Thursday, January 13

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

Thursday, January 27

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

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

Bereavement Team 2

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

St. Luke's Episcopal Church Contacts:

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

Dolores McCreary, Choir Director/Organist
dolomc37@gmail.com 918-397-4828

Keeli Droege, Christian Education Coord.
keelidroege@gmail.com 918-697-8509

Penny Williams, Parish Administrator
stlukesbartlesville@outlook.com
918-766-2157

210 East 9th St., Bartlesville, OK 74003
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/>



Happy New Year Young Disciples! We will be easing into the New Year with a Game night and some Living Compass! The Olsen's are bringing dinner which you know will be good! See you Wednesday, Jan 5 at 6:00 p.m.

**Birthdays and Anniversaries
January 6th-12th**

Birthdays

Gene Holland – Jan 10

Sally Lindsey – Jan 11

Robert Boyle – Jan 12

Anniversaries

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 Vestry Members

Dan Droege, Sr. Warden – 918-331-7936
dbdcomm.2@gmail.com

Doug McIver, Jr. Warden – 785-342-4328
dmciver@susandickcpa.com

Jo Baughman – jybokla@aol.com

Karole Cozby – kscozby916@gmail.com

Chad Ellis – w.chadwick.ellis@gmail.com

Karen Lewey – kgrammy07@yahoo.com

Laura Birk – lpbirk73@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

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 fraudulent. 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