

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

- Message from Fr Nick
- St Crispin Summer Camp
- Sunday Faith Forum
- Annual Meeting this Sunday
- Schedule of activities
- Weekly Words of Wellness
- Souper Bowl Donations

# The Steeple



February  
2, 2022

The Weekly Newsletter of St. Luke's Episcopal Church



## Lord Give Us Shelter From the Storm

As we prepare for the winter storm ahead, I wanted to pause and give thanks for the good work of our sisters and brothers of Disciples Christian Church and Agape Mission of Bartlesville who will be offering emergency shelter to anyone who needs it beginning Wednesday the 2<sup>nd</sup> of February. Dubbed "Home for the Night Emergency Warming Shelters," our friends will remain open until temperatures reach above 15 degrees. Disciples Christian Church is located at 5800 Douglas Ave. and Agape's shelter is located behind, "For Your Convenience" Gas Station at 409 W. 13<sup>th</sup> St.

As I drove into Church today, it took me a minute to figure out how to drive on ice again. Growing up in Michigan this kind of driving becomes a survival skill and one never truly forgets how – it's kind of like riding a bike as the saying goes. The same happens to be true if one finds oneself in a grocery store right before a storm. You have to prepare yourself for such things.

Homeland was packed last night. Folks set to buying milk, toilet paper, and canned goods as if we might all have to shelter in place for weeks. We are going to be okay my friends. Nevertheless, if you need assistance in the next few days do not hesitate to reach out to the church office. Keep Penny and I on speed dial. If something happens, we are just a phone call away. You are not alone.

While inclement weather has led us to cancel Young Disciples this week, I do not foresee us having to postpone our annual meeting this Sunday. Penny has already got us on the schedule for snow removal and the vestry is planning on laying out quite a feast for lunch. You won't want to miss it – so please ensure that you give the office a ring or send Penny or I an email to let us know if you are coming if you haven't already.

Yesterday I received a call from Judith Rodriguez the administrative assistant to Canon Eric Cooter. Canon Eric, you'll recall, is the Canon to the Ordinary for the Diocese of Oklahoma and he wishes to visit St. Luke's in the near future in hopes of catching up with us. Unfortunately, the Diocesan office is closed for the rest of the week due to the storm, so I cannot give you a "save the date" quite yet, but I will be able to soon. We look forward to welcoming Canon Eric back to Bartlesville.

Friends, please be safe out there. Take caution. Know that you have people, and that help - should you need it - is only a phone call away. "God of the present moment, God who in Jesus stills the storm and soothes the frantic heart; bring hope and courage to all who wait or work in uncertainty. Bring hope that you will make us equal of whatever lies ahead. Bring us courage to endure what cannot be avoided, for your will is health and wholeness; you are God, and we trust in you. Amen."

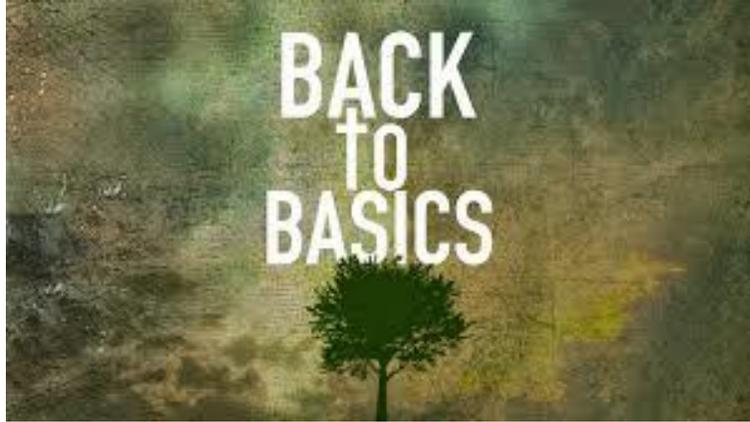
Peace my friends,  
Fr. Nick

## 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)



## Sunday Faith Forum Series



**0915– 1015 in Metcalf Hall**

Remember your Souper Bowl Donations!

## 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, February 24th Location TBA.**

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**

**Remember Your Souper Bowl Donations!**

**At Luke's Place Feb 3<sup>rd</sup> -Feb 9<sup>th</sup> , 2022**

**Feb 3<sup>rd</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**

**Feb 6<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**

**Immediately after the 10:30 service: Annual Meeting in Metcalf Hall**

**Feb 9<sup>th</sup> - YD 6pm in Rodgers Hall**

## **Bereavement Team 2**

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

**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, 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

### **Thursday, February 24**

10:45am- 1pm: Jeff Birk, Darian Kedy, Becky Olsen, Dan Droege, Jo  
Baughman

12:45-2pm: Steve Clark, Steve VanAken, Carol Murphy

# Weekly Words of Wellness

## The Wisdom of the J Curve

(This is the fifth column in our six-part series on *Understanding the Process of Growth and Change*. If you missed one, you can find all of them [HERE](#).)

All change is destabilizing and inevitably feels hard before it becomes more familiar. Sometimes the period of difficulty and instability that comes with change can last much longer than we expect or desire. We know this to be true when the change is something we didn't plan for or want. Changes like this include a health crisis, the ending of a relationship, the death of someone we love, the loss of a job. The numerous losses we all have experienced due to the pandemic also fall into this category.

We know from experience that when a loss occurs in our life, we will most often struggle emotionally as we work through it. However, we may be surprised to learn that *even if we plan for and choose to make a change in our lives*, it will also initially feel destabilizing and emotionally challenging. Suppose we decide to move, get married, start a new job or volunteer activity, begin an exercise program, add a child to our life, go back to school, choose to retire, or make a proactive New Year's resolution. We may mistakenly think we will feel good right away in any of these situations. We may be surprised to learn that it is also normal to struggle even with these self-initiated changes and perhaps, even to second guess our choices regarding the change. When things start to feel difficult, some people may even consider giving up the change or wish they could return to their old life.

A phenomenon known as the J Curve explains why both planned and unplanned changes are initially challenging and destabilizing. In the graphic of the J Curve, which appears above, you can see that the vertical axis is stability, and the horizontal axis is resilience/growth. All significant changes follow the pattern of the J Curve. Typically, the more significant the change, the deeper the J Curve.

Due to the pandemic, the entire world has been in a J Curve together for almost two years. This is why we are all exhausted. The instability continues to be overwhelming for many. And this is why requests for mental health care are at a record high right now. Just when we think we are coming up the right side of the J Curve, another variant emerges. And then we find ourselves faced with a new J Curve within the larger J Curve of the pandemic, testing and challenging our ability to bounce back.

Research shows that three factors are essential for enhancing our capacity for resilience when we are walking through the valley of a J Curve. It is common to think we "should" be able to move through J Curves much faster than we actually are able. We may become impatient with ourselves. So the first thing we all need is self-compassion. Be gentle with yourself if you are

worn out right now by the pandemic. Be gentle with yourself if you are in the midst of any other kind of significant change—whether a move, retirement, a job loss or change, or you recently brought a new child into your life. Or if it is just plain hard right now. Patience may be in short supply just when we need it most, including patience with ourselves.

The second factor that enhances resilience in the midst of loss or change is the support of others. One clever way to remember this is to note that the word “wellness” starts with “we,” acknowledging that wellness is strengthened in community. Sometimes, when we are going through a J Curve, our natural tendency is to either pull away from others or turn against them. Families, for example, are most likely to experience conflict when individuals within the family, or the whole family itself, are experiencing a J Curve. When we feel most vulnerable is when we most need to turn to others for support.

Spirituality is the third factor that predicts a positive and resilient outcome for those experiencing loss or change. Spirituality gives us hope, meaning, and a broader perspective on life. Strengthening one’s spirituality (for example, by starting or strengthening a meditation, mindfulness, or prayer practice) may be difficult in the midst of a J Curve, but it will gradually enhance one’s capacity for resilience. If you look back over your life, you may notice that your spirituality deepened and grew most when you were going through some experience of profound change, which gave you a new perspective on what matters most in life.

Change is hard. Especially changes we have not asked for or wanted. And it turns out that even changes we plan and initiate can also at times be emotionally exhausting. Early in the pandemic, there was a great deal of talk about “flattening the curve.” While we can’t prevent J Curves, we can flatten them and enhance our capacity to move through them with resilience if we remember to practice self-compassion, reach out to others for support, and strengthen our spirituality.

### **Making It Personal:**

1. Looking back on any J Curves you have navigated in the past, what did you learn from those experiences?
2. Are you in the midst of a J Curve right now, or perhaps more than one J Curve?
3. How might the recommendation of self-compassion, support from others, and nurturing your spirituality help you if you are in a J Curve right now? Can you think of what else you may need right now to help you be resilient?

**-Remember your Souper Bowl Donations!-**

**Annual Parish Meeting Feb 6<sup>th</sup>, 2022**  
**Immediately following the 10:30 service**  
**Lunch provided- Call the office to RSVP**  
**918-336-1212 or email [StLukesBartlesville@outlook.com](mailto:StLukesBartlesville@outlook.com)**

## Birthdays and Anniversaries, -February 3<sup>rd</sup>- 9<sup>th</sup>, 2022

Birthdays	Anniversaries
Marcia Zervas	5 <sup>th</sup>
Maxwell Stuart	5 <sup>th</sup>
Dorsie Bjornson	6 <sup>th</sup>
Patty Vail	8 <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

Our Prayer List can be found in the Sunday bulletin and on our website.

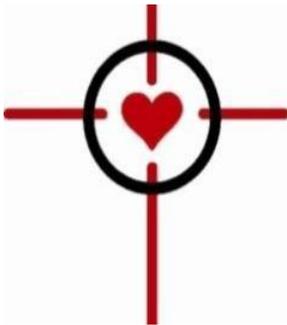
Call or email our office with prayer requests.

918-336-1212 or  
StLukesBartlesville@outlook.com

## Bereavement Team 2

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

## 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)

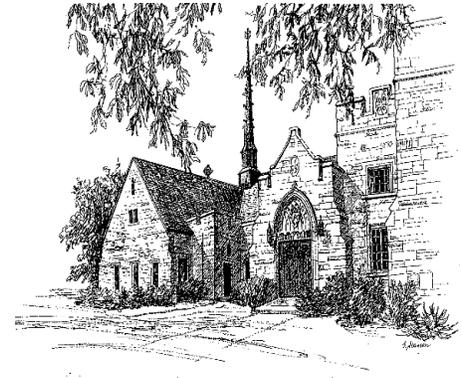
# Children's Programming K-5<sup>th</sup> grade

Kids: Music this week!!

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)

## 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.



## Remember Your Souper Bowl Donations !

Sunday's altar flowers are given by **Karole Cozby** to the Glory of God, and in Thanksgiving for and in Honor of Cary's wife, **Staci**, who is celebrating her 50<sup>th</sup> birthday this month.

*During the inclement weather, if you are in need of anything, please call the church office. Your church family cares about YOU!*

St. Luke's Episcopal Church Contacts:

The Reverend Nick Phares, Rector  
269-788-7063; [RevPhares@outlook.com](mailto:RevPhares@outlook.com)

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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