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The Steeple



Mar 6, 2024



The Weekly Newsletter of St. Luke's Episcopal Church



Laetare Sunday

"Refreshment Sunday," also known as "Laetare Sunday," is this Sunday. In the liturgical calendar Refreshment Sunday occurs on the fourth Sunday of Lent, exactly halfway through the Lenten season. This special Sunday provides a brief respite from the predominantly somber and penitential nature of Lent, allowing for a moment of joy and refreshment in the midst of the fasting and reflections that mark this season of spiritual preparation.

The term "Laetare" comes from the Latin word for "rejoice," and it is taken from the opening words of the traditional entrance antiphon for the Mass on this day: "Laetare Jerusalem" ("Rejoice, O Jerusalem"). For this Sunday is also meant to be a time of spiritual encouragement and renewal, reminding us of the ultimate joy and hope that await us on March 31st.

Refreshment Sunday also serves as a halfway point, signaling that the end of Lent is in sight and is meant to encourage us to persevere in our Lenten observances with renewed vigor and commitment. The liturgical color for this day is often rose or pink, symbolizing joy and anticipation, in contrast to the purple or violet that is typically used during the rest of the Lenten season. However, St. Luke's currently does not own a set of rose-colored vestments so we will continue with purple.

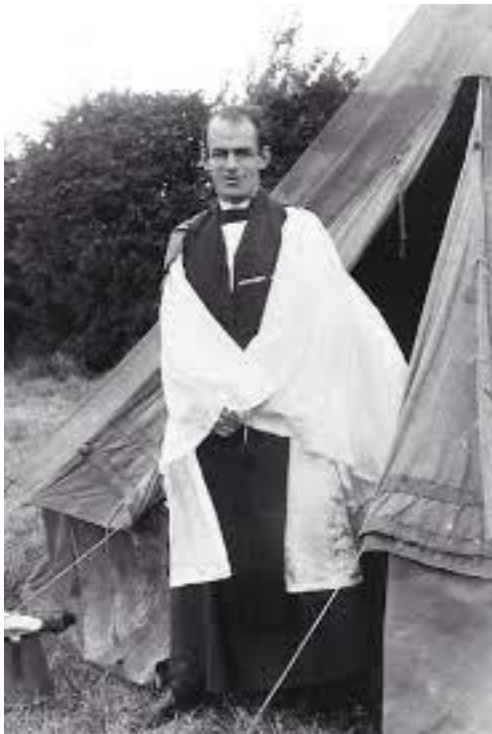
In many churches, Refreshment Sunday is marked by special celebrations and traditions that reflect this theme of joy. Some congregations may incorporate more joyful music into their worship services or introduce flowers and other decorations to brighten the atmosphere. In some traditions, the usual Lenten practices of fasting and abstinence are relaxed on this day, allowing for a temporary indulgence in richer foods or other treats. I'll leave it up to you to make that call.

Beyond the liturgical observances, however, Refreshment Sunday also offers a valuable spiritual lesson for believers. It serves as a reminder that even in the midst of times of trial and self-denial, there is room for joy, hope, and refreshment too. It encourages us to find moments of respite and renewal, even as we continue on our spiritual journey towards Easter.

Overall, the fourth Sunday in Lent is a day of “spiritual” refreshment and encouragement, offering us a brief pause to remind ourselves of the ultimate joy and hope that await us as this month comes to a close and what is promised to us when our life and work here is done. It serves as a timely reminder to persevere in faith, to find moments of joy in the midst of difficulty, and to look forward with hope to the celebration of Easter and the promise of new life in Christ.

Peace,

Nick+



Theologians Corner

Geoffrey Anketell Studdert. Kennedy

G. A. Studdert Kennedy was born in Leeds, England, in 1883, one of nine children. His father, William Studdert Kennedy, was vicar in Leeds. Studdert Kennedy earned a degree in classics and divinity in 1904 at Trinity College, Dublin. After his ordination, he served parishes in Rugby and Worcester.

At the outbreak of the First World War, Studdert Kennedy volunteered as a chaplain to soldiers on the Western Front. Along with the spiritual comfort he gave to the wounded and dying, he was famous for handing out Woodbine cigarettes to the soldiers, who called him “Woodbine Willie.”

He received the Military Cross in 1917 for conspicuous gallantry and devotion to duty during the attack on Messines Ridge on the Somme. He had volunteered for a number of tasks carried out under heavy fire, including bringing in three wounded men from the battlefield. One story re-told by the BBC “tells of him crawling out to a working party putting up wire in front of their trench. A nervous soldier challenged him, asking who he was, and he said ‘The Church.’ When the soldier asked what the Church was doing out there, he replied ‘Its job.’”

Studdert Kennedy’s religious poetry is represented in the lyric of the hymn, “Not here for high and holy things” (The Hymnal 1982, #9). His verse, some based on his experience as war-time military chaplain, was published in the volumes *Rough Rhymes of a Padre* (1918) and *More Rough Rhymes* (1919). He also published a collection of sermons entitled *I Believe: Sermons on the Apostles’ Creed* (1928). His later poems and prose works express the Christian socialism and pacifism he adopted during his war years. He eventually worked for the Industrial Christian Fellowship. On one of his speaking tours on their behalf, he became ill, and he died in Liverpool on March 8, 1929.

Studdert Kennedy remains a powerful influence on the pacifist cause and anti-capitalist critiques, and his many writings have inspired figures such as the former Archbishop of Capetown, South Africa, Desmond Tutu, and the German Reformed theologian, Jürgen Moltmann.

Together we pray: Glorious God, we give thanks for high and holy things as well as the common things of earth: Awaken us to recognize thy presence in each other and in all creation, so that we, like Geoffrey Studdert Kennedy, may love and magnify thee as the holy, undivided Trinity; who liveth and reigneth one God, for ever and ever. Amen.

Please pray for: Liz Green, Michelle Sheffield, Catherine Sheffield, David King, Pris Snow, Ben Baker, Diana Farris, Joel Hahn, Steve McCraw, Josh Harris, David Swindell, Norma Perrier, Connie Finch, Dorothy Buchanan, Peggy Kauffman, Ryan Kiesel, Tony Clapper, Bruce Neiswander, Jack & Karla Stoecker, Joseph, Tim, Shania Smith, Terry Grogan, Tyler Roberson, Jerry Nezam, Jim Brooks, Tom Martin, Don Doty, Luke Karel, Miriam Petrovich, Lynette Beebe, Nancy & Joe Norton, Jack Smith, , Sarah Winn, Danny Clem, David McAtee, Molly Ferguson, Tim Curry, Peggy & Joe Duncan, Shawn, Nancy Bradford, Stephanie Gallegos, Pat Sare, and Sherri & Steve Linn.

Please add the following to your prayers this Third Week in Lent:

Santa Maria Virgen, OKC Santa Marie Mission, Rivera, Uruguay

Concern Needs



Concern's needs for the month of February: canned green beans and peanut butter; homeless needs are single serve oatmeal and cereal.

At Luke's Place Mar 7, 2024 -Mar 13, 2024

- Mar 7th** Men's Breakfast, 6:30 am, Metcalf
Rector's Bible Study, 9:15am, Metcalf
Green Country Eucharist, 1pm, GCV
- Mar 10th** Holy Eucharist Rite I, 8am, Chapel
Faith Forum, 9:15am, Metcalf
Holy Eucharist Rite II, 10:30am
Godly Play, after children's sermon, upstairs
- Mar 11th** Spiritual Discovery, 10am, Library
- Mar 13th** Choir, 5pm, Choir Room
YD, 6pm, Rodgers
Midweek Manna Supper, 6pm, Metcalf

Birthdays and Anniversaries, Mar 10th – Mar 16th, 2024



Birthdays

Judy Chamberlain (3/11)
Jim Lindsey (3/15)



Anniversaries

Steve & Cheryl VanAken (3/13)
Tom & Martha Reyburn (3/13)
Doug Jen McIver (3/3)

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!

Spring Forward



March 10, 2024 • Set your clock ahead!



We will not be meeting for Pub Theology this month due to Holy Week the last of March. Next gathering will be **April 25th** which is also the feast day of St Mark the Evangelist. So study up on St Mark because there may be a quiz on his life, ministry, and gospel- you know how fond Fr Nick is of St Mark! 6:30pm at Tumbleweed's.



St Luke's Bookstore is celebrating St Patrick's
Day March 1st-17th .

Any item with the color "green" any where
on it will be 17% off the price.

Come and get your 'green' on!

And save some green!

Bookstore Hours are: Tues 11:45am-1:45pm,
Thurs 10:30am-12:30pm, and
Sun 11:30am-12:30pm.

March Pack the Backpacks Item!



4 pack or individual PlayDoh



Need individuals of Bright Green,
Blue, Orange, and Green ! Sometimes you
find this item in the the Toy Dept. Let's
try to fill that basket this month!

YD Wednesday Night

After the Midweek Manna meal
the YD relaxed in Rodgers Hall
and watched a 1980's movie
about a Teenage Werewolf.
Good theological discussion
afterward.





Thank Cod it's Friday...

Who would've thought this shenanigan would make it to 3 straight weeks. But, here we are. This past week, I was able to get my concrete and fish sandwich fix, all at the same time. Freddy's is always one of my favorite spots here in town, and Fridays in Lent is no exception. Freddy's has a really solid option for your Fish Fridays. This sandwich is by far the best filet I've found this far. The batter on this thing reminds me of the best deep fried foods at the fair. The fish was flaky and tender. The tartar sauce was a nice added touch, although I added the spicy fry sauce to mix it up. What I think made this sandwich stand out was the vegetables used. Very rarely do I find pickles on a fish sandwich, and if there's one topping Freddy's has that's amazing, are their pickles. They paired very nice with the tartar sauce. Ultimately though, this sandwich is somewhere in the

middle of the pack. A lot of great things about this sandwich, but none that really separated it from the others. I'm giving this one a solid 8 and would eat it again.

Now I'm sure some of you guys are tired of reading about my fish sandwich excursion through Bartlesville, so I'll do you a solid. Come back next week where I'll find a choice south of the border and outside the bun.

Chase

St Luke's Ladies' Prayer Partners

We are organizing an intercessory prayer group here at St. Luke's. If you are interested in participating, please call or text Sandy Whitson 903-748-9401.



Midweek Manna

Dinner & Program Provided,
Donations Accepted
6:00pm on Wednesdays during
Lent, Metcalf Hall
Join us!





Thank you to Nancy Hix, Carol Murphy, and Sherry Deason for volunteering to make prayer shawls! The shawls are such comfort for someone who is in need of peace and to feel God's love embrace them. How does the prayer shawl ministry work? Very simple! You are free to make them at home, any color, any pattern- lap shawls are welcome, too! All shawls that are completed will be blessed and added to the glass case by the Vesting Sacristy. If it's the group's pleasure, they meet at the church once in a while to touch base to see how everyone is doing. If someone would like to lead this group, please let the office know. If you love to crochet or knit, this is the ministry for you!



Concern is doing a fundraiser downtown apartment and loft tour on 4/16, including a reception with light refreshments. Cost for tickets is \$25. Two times available, either 4:30 or 5:30. For more information and tickets go to concerncares.com.



HOW ARE YOU?

When we know someone is hurting, this is one of the questions most of us ask when we see them. When I hear this, before I answer, I remember the 2 rules of being a good boss or supervisor. First, you praise in public and second, discipline in private. Some of you may wonder how this pertains to the question. Let me explain. If you are looking for an honest answer, in public I will always say “I’m fine” because I can’t let my emotions take over. In private, I will let my guard down and answer truthfully and maybe even get emotional. In a small group, I will say, “I have good days and bad days and some days I don’t even remember.” Life gets complicated like that. I have lost some close friends since Janice’s passing. I call them on a regular basis just to check on them. They are out of state but not out of mind or heart. We have a love for each other at St. Luke’s and we show it daily in and out of church in the things we do. One of my favorite lines about Love comes from the movie “The Notebook”. At the end the husband tells his wife, “I think our love can do anything we want it to.” In the morning a nurse finds both had passed away during the night lying in bed together holding hands.

So, getting back to the question, I accept the daily challenge of the day when I wake up. The night before I have already made plans on what I would like to get done. I do what I can and always finish the rest later. You must stay busy to go on without your loved one. This past week marked 6 months since Janice passed. People that you know will be going through these, what I call, “Silent Days”. They may be a little detached and that is going to happen. The best thing to do is call them or better yet, knock on their door and visit for a while. Sometime just going out and sharing a meal is what they need for a little pick-me-up. I have some friends that I am doing with that now. It feels good.

I talked a little about Love. I have found that Grieving is because some of that Love has stopped because it has no where to go. The sudden absence of a loved one brings grieving. To get through this, when I’m alone listening to some music, I feel Janice’s presence and get emotional. This is one of the ways I let some of that Love go. Another thing is talking to people and sharing stories about Janice. This I do especially with other people grieving. When I get at a loss and no where to turn, that’s when I remember Janice’s favorite Psalm, Psalm 23. I think of those green pastures and laugh because I know that’s where the “Rainbow Bridge” is at. So, to answer your question, “How Are You?” Let me just say, “If I arrive at my grave knowing that I have made one person happy, my life has been well lived.”

Peace and Love my friends!

Robert

THE BRUNCH BUNCH
INVITES YOU TO A:

St. Patrick's Day Celebration!

Be ready to feel the Irish spirit!

Sunday, March 17
after the 10:30AM service





St. Luke's Vestry Members

- Nancy Woods, Sr. Warden – Nancywoods120@gmail.com
- Jo Baughman – jybokla@aol.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
- Mark Peterson- markandmarypeterson@gmail.com
- Steve Heidorn- sgheidorn@yahoo.com
- Dolores McCreary – dolomc37@gmail.com
- Steve Roper- sdroper2006@yahoo.com
- Erin Roper-
- Robert Lonski- rjtazski@yahoo.com

Bereavement Team 2

Laura Birk, Nancy Megee, Sandy Whitson, Margo Proctor

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