

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

# *The Steeple*

- Message from Fr Nick
- Concern needs
- Birthdays & Anniversaries
- Mary Martha Outreach
- An Evening in Metcalf
- Choir Rehearsals
- Concern Fundraiser
- Guest Organist
- Water damage repair
- Walk the Mourner's Path



August 7, 2024



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



### **Walking the Mourner's Path is Stepping Up and Stepping Out This Fall**

This week our facilitators began reaching out to local hospice agencies and mental health advocates in hopes of casting our net wide in order to form our next group for our fall offering here at St. Luke's. We know that in times of loss, finding a path toward healing can be challenging and this makes it even harder to take the first step. Would you be willing to help us get the word out? If yes, here is some background.

Walking the Mourner's Path at St. Luke's offers a unique and supportive way for individuals to navigate their grief. This program originated in the Episcopal Church and is now widely adopted by various denominations and communities seeking to provide comfort and understanding to those mourning a loved one.

Walking the Mourner's Path is an eight-week program designed to help participants through their grief journey with the support of trained facilitators and a small group of peers. Each session combines prayer, reflection, and discussion, creating a safe space for participants to share their experiences and emotions. The program emphasizes that grief is a personal journey, but it does not have to be traveled alone.

The core of the program lies in its structured approach, guiding participants through different stages of grief and healing. Topics range from understanding the nature of grief to finding ways to honor and remember the loved one who has passed. By fostering an environment of compassion and empathy, Walking the Mourner's Path encourages participants to explore their feelings, confront their pain, and ultimately find hope and renewal.

It has been reported that churches and communities that have implemented the program report significant positive impacts on participants. Many have found a renewed sense of peace and a deeper connection to their faith. Facilitators, such as those here, who have been previous

participants themselves, play a crucial role in providing guidance and support, drawing from their own experiences of loss and healing.

As grief is a universal experience, Walking the Mourner's Path extends beyond religious boundaries, offering solace to anyone seeking to navigate the complexities of mourning. While the program is unabashedly Christian, it also serves as a testament to the power of community and shared experiences in the journey toward healing.

My friends, this is a ministry that is truly “arms wide open.” If you can pass the word along, I would be grateful.

Nick+

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### *Prayer List*

**Please pray for:** Liz Green, Michelle Sheffield, Catherine Sheffield, Ben Baker, Diana Farris, Steve McCraw, Josh Harris, David Swindell, Norma Perrier, Connie Finch, Peggy Kauffman, Tony Clapper, Terry Grogan, Tyler Roberson, Jerry Nezam, Jim Brooks, Luke Karel, Miriam Petrovich, Lynette Beebe, Joe Norton, Jack Smith, Danny Clem, David McAtee, Shawn, Nancy Bradford, Stephanie Gallegos, Pat Sare, Jim Carroll, Steve Linn, Chuck McCarty, Bob Baughman, Jean Mason, Estelle Sams, Ron Adams, Brian Jones, Adam Thomas, Bob Lambert, Carla Curry, Jack Bridendolph, Tom Oakes, and Bill Pendley.

**Please add the following to your prayers this Eleventh Week after Pentecost**  
**St Luke's, Tulsa    Espiritu Santo, Tulsa**

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**At Luke's Place : Aug 8<sup>th</sup> – Aug 14<sup>th</sup> , 2024**

**Aug 8<sup>th</sup> Men's Breakfast, 7am, Metcalf**  
**Bible Study, 9:15am, Vestry Room**  
**Green Country Eucharist, 1pm, GCV**  
**Aug 10<sup>th</sup> An Evening in Metcalf, 7:30pm, Metcalf Hall**  
**Aug 11<sup>th</sup> Eucharist, Rite I, 8:00am, Chapel**  
**Eucharist, Rite II, 10:30am, Nave**

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Concern's current needs are: cereal and canned beans; and homeless - toothbrushes and toothpaste  
Concern appreciates your continued support.

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Birthdays and Anniversaries, Aug 11<sup>th</sup> – Aug 17<sup>th</sup>, 2024



Birthdays

Evan Tedstrom 8/11  
Tim Hanson 8/11  
Gretchen Matthews 8/12  
David Hall 8/14  
Juanita Green 8/16



Anniversaries

Robert & Gretchen Matthews 8/11

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!

an  
*Evening*  
in Metcalf

8 10 2024 7:30 - 9:30 PM

RSVP BY 8/2 - CATHY PERRIER - 918-336-7974 NANCY BRADFORD 214-725-4055

*cocktail attire adults only*



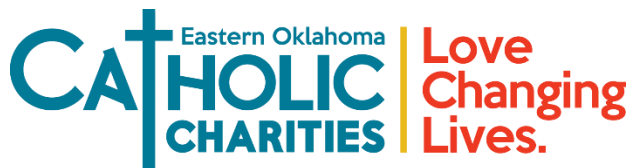
## Chancel Choir News



### Choir Rehearsals Resume

In a couple of weeks it's back-to-school for the kiddos and that means that choir will gather once again! We have a slightly later schedule with regular rehearsals from 5:30-6:30 pm on Wednesday evenings starting Aug. 21st. For those who want a little extra help with vocal parts, come at 5:00 pm on Wednesdays for pre-rehearsal vocal sectionals.

Do you love singing but aren't a choir member? We would love for you to join us! Call or email Keeli Droege at 918-697-8509 or [keelidroege@gmail.com](mailto:keelidroege@gmail.com).



Mary Martha Outreach is looking for a few volunteers with a service heart to join our volunteer team. If you have just a couple of hours a day that needs to be filled, we would love to help you fill that void. Our team enjoys

coming in every day, doing God's work in feeding the disadvantaged and hungry. You will leave with a happy heart and know you have made a difference in many lives in your community. For more information, contact Judy DuVall at: [jduvall@cceok.org](mailto:jduvall@cceok.org)



## WALKING THE MOURNER'S PATH

*A Christ-Centered Grief Ministry*

SEPTEMBER 10<sup>TH</sup> - OCTOBER 22<sup>ND</sup>

The ministry of Walking the Mourner's Path seeks to serve individuals who are in grief through a series of Eight Weekly Workshops.

Together in the small group workshops individuals:

- Acknowledge the pain and brokenness
- Recognize that each journey through grief is unique
- Share stories
- Experience both tears and laughter
- Help each other in a safe environment to continue healing

Walking the Mourner's Path is a transformative eight-week journey that reflects on where God is in our grief and loss. If you are interested in finding out more or joining our next workshop, please contact Karole Cozby or Nancy Woods for more information.

*"come to me all who are heavy laden and I will give you rest" Matthew 11:28-29*

3RD ANNUAL  
LIP SYNC  
**BATTLE IN  
BARTLESVILLE**

September 21 | 2024  
Hilton Garden Inn | 6 pm

What a fun night  
out this is! If you  
need some laughs,  
this is your event!

*Ann-Janette Webster*

**WATCH LOCAL CELEBRITIES  
BATTLE HUNGER**

Admission of \$75 includes the  
Battle, a festival style buffet and  
2 adult drinks.

**PROCEEDS BENEFIT CONCERN**

[www.concerncares.com](http://www.concerncares.com)

918-336-4693

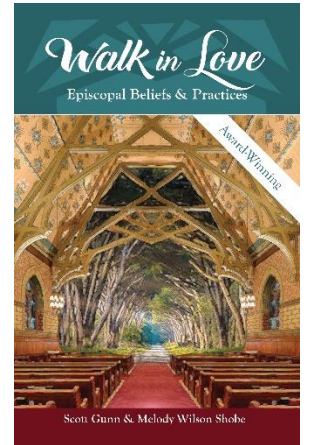


Concern is also looking for contestants for the Lip Sync Battle. If you would like to enter and represent St Luke's, please check the Concern website.

## Faith Forum Will Begin soon!



Faith Forum will be back August 25<sup>th</sup> at 9:15 am in Metcalf Hall. The class is titled "Practicing our Faith". We will be studying the book: Walk In Love. Everyone is welcome to join in on the discussion.



## Guest Organist this Sunday

Keeli and family are on a well-deserved vacation before school starts, so we will have a guest organist this coming Sunday. When you see her on Sunday, please thank Lesa Steele for filling in so Keeli can have some down time.



The drywall, painting, and new floor coverings are well underway! It will be a mess for about 2 weeks or longer but will look so great when it's all done. Please be patient with us as we navigate the mess along the way. Things will be back to normal by September. In the meantime, know that Fr Nick and staff are here for you. We are still available for anyone who needs us.

## St. Luke's Vestry Members

- Nancy Woods, Sr. Warden – [Nancywoods120@gmail.com](mailto:Nancywoods120@gmail.com)
- Jo Baughman – [jbokla@aol.com](mailto:jbokla@aol.com)
- Karole Cozby, Jr Warden – [kscozby916@gmail.com](mailto:kscozby916@gmail.com)
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- Steve Roper- [sdroper2006@yahoo.com](mailto:sdroper2006@yahoo.com)
- Erin Roper-
- Robert Lonski- [rjtazski@yahoo.com](mailto:rjtazski@yahoo.com)

### **Bereavement Team 3**

Wendy Hall, Darian Kedy, Kris Bonner, Debbie Mueggenborg, Mary Jo Peterson

#### St. Luke's Episcopal Church Contacts:

The Reverend Nick Phares, Rector  
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Keeli Droege, Choir Director/Organist  
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