

St. Luke's Episcopal Church House Call Newsletter

February 2020

A Note from the Rector



Dear friends,

When I was in college, I worked for a couple of summers as the archery directory for the Diocese of Chicago's summer camp. During staff orientation, we learned that in the hot weather, we needed to watch out for signs of dehydration. One of our camp mantras became, "Hydrate, hydrate, hydrate." It was a way of reminding the campers—and ourselves—to have something to drink every time we arrived at a new activity. We were told that by the time we felt thirsty, it meant we were already dehydrated. So we needed to keep drinking water all the time in order to prevent getting to that point.

In this season after Epiphany, many of us are reading our way through the Gospel of John with the Good Book Club. One of the early chapters of John describes an encounter between Jesus and a Samaritan woman at a well. At its heart, this is a story about two people who are thirsty. Jesus and the unnamed woman of Samaria are both there at the well because of their physical thirst. But the woman is also thirsty at a much deeper level. She is spiritually thirsty, perhaps without even being fully aware of it. When Jesus tells her about the

gift of living water and how those who drink it will never be thirsty again, the woman takes him literally at first. Wouldn't it be wonderful, she thinks, not to have to make that long trek to the well each day to draw water.

As their conversation unfolds, however, she realizes that Jesus is offering instead to satisfy her spiritual thirst: her thirst for God, for love, for stability, and even, for eternal life. It is the same offer that Jesus makes to each one of us: the living water of God's Holy Spirit, of God's love. One of the ways that we can receive that gift is through engaging in spiritual practices, such as contemplative prayer, the regular reading of scripture, gathering with others for worship, engaging in service, and honoring a weekly day of rest. All of these represent opportunities to drink deeply of the living water that Jesus offers.

Of course, making spiritual practices a part of our daily lives is easier said than done. It's incredibly common to get caught up in our various tasks and activities and ignore our thirst for God right up to the point when we are spiritually dry. The reality of our human nature is that we need to return to the well of God's love again and again. We need to allow God to renew the gift in us every day, and not wait until we are parched with thirst before going back.

And so, as we used to say at camp: "Hydrate, hydrate, hydrate." God is offering us living water all of the time. Drink up.

Blessings,
Diana+

January Vestry Highlights

Growing Together: St. Luke's Strategic Ministry Plan was adopted. The plan will be shared with the parish at the Annual Meeting on February 23. The vestry expressed appreciation to the committee for their intensive work. The Nominating Committee presented the following slate of candidates for vestry election at the Annual Meeting: Gil Gardner, Amanda Reynolds and Natasia Thompson.

The Finance Committee will be meeting with the Ameriprise financial consultant to review our investment portfolio. The vestry voted to apply for the Diocesan Assistance Plan again to fund the Child Care and Formation Program.

The vestry directed the Junior Warden to thank Joy Phillips for clearing the flower beds by the front porch. The Arlo Camera Security System will be installed. The Executive Committee will be surveying the vestry in preparation for the Rector's Annual Ministry Review. The Rector announced she would be attending the Gathering of Leaders in Albuquerque, New Mexico on Feb. 3-5. This is a peer-led conference, by invitation only. The theme is Money & Mission: The Practice of Stewardship in the Missionary Church.

Next Vestry Meeting is Saturday, February 15 at 10am. All vestry meetings are open to the congregation.

Dianne Crews
Registrar

Treasurer's Report

Treasurer's Report	Dec-19	
<u>01/01-12/31/2019</u>	<u>Actual</u>	<u>Budgeted</u>
Income	101,238	65,985
Pledges	<u>116,804</u>	<u>120,000</u>
Total Income	218,042	185,985
Expenses	214,735	183,316
Net Income (-loss)	<u>3,307</u>	<u>2,669</u>
Assets:		
Cash	28,485	
Investments	<u>78,359</u>	
Total	<u>106,844</u>	

A Note of Gratitude

It is a beautiful tradition here at St. Luke's that each year members contribute toward Christmas gifts for the staff. The love and generosity conveyed by these gifts is truly remarkable and deeply appreciated. On behalf of our entire staff, thank you for these gifts and for all of your support, not only at Christmas but throughout the year.

Diana Carroll+

Thank You From Parish Intern Kris Paul

How to begin to thank a community of people for helping to illuminate the path of Christ for me??? In the four short months I have spent here, at St. Luke's, I have encountered kindness, support, genuine interest in myself and my family, spiritual growth and direction from all, and an overwhelming sense of belonging and community. This has been a tremendous opportunity for me, both spiritually and professionally. Thanks to your wonderful welcoming spirit and offer of inclusion, I have been blessed with many opportunities to seek and find the Holy Spirit, to find grace in the quiet, and to find Christ in a small Eastport community. I have learned to quiet my mind and listen with my heart and have developed an appreciation for act of not-acting, but just being. You have all helped me to develop into a better person and, I hope, a better priest one day.

I would especially like to thank my Discernment Committee members, Ann, Eve, Robert, and Dan for your hours of support, mentorship, encouragement, and time to this process. And, of course, I would be remiss without extending a special note of thanks to Pastor Diana - a mentor who demonstrated incredible grace, quiet leadership, and steadfast faith in God - and, in me! She has shown me how to trust in God's process and how to guide a community, without needing to run everything! I would have been at a great loss to have guidance from anyone else at this time! Overall, I have been tremendously blessed to have had this opportunity to be a part of St. Luke's and I thank you all from the bottom of my heart for helping to bring me closer to Christ. My prayers are with you all and I hope our paths will cross again!

Concert: Goldberg Variations

Dr. Ildar D. Khannanov, musical director for St. Luke's and assistant professor of music theory at Peabody Institute, will perform The Goldberg Variations of Johann Sebastian Bach on **Sunday, February 2 at 4 pm** at St. Luke's.

The Goldberg Variations remain an unchallenged masterpiece of keyboard music of the Baroque period. The program will last about one hour and will include introductions to each variation. A free will offering will be taken.

Scout Sunday

On **February 9**, St. Luke's Eastport will join with other churches across the country to celebrate Scout Sunday. This is an opportunity to give thanks for the positive work that is carried out by various scouting organizations here and around the world, particularly Cub Scout Pack 153, which is chartered by St. Luke's. Current and former scouts are invited to wear their scout uniforms. Following the service, join Pack 153 to celebrate at hospitality hour.

The Good Book Club Epiphany 2020

"In the beginning was the Word..."

Start 2020 in the beginning-with the Good Book Club and the Gospel of John! Each day, from Epiphany on January 6 through Shrove Tuesday on February 25, we are reading a passage from this compelling gospel, inspired by "the disciple whom Jesus loved."

On Wednesday evenings through **February 19 at 7 to 8 pm**, the Rev. Diana Carroll is leading a Bible Study at the church to discuss what we are reading.

An array of resources to help us on the journey is available at www.goodbookclub.org. The first step is easy: Open your Bible and start reading. Find the list of daily readings at www.goodbookclub.org/reading or pick up a printed copy in the foyer at the church.

Annual Meeting & Pot Luck

The Annual Parish Meeting will take place on **Sunday, February 23**, following the worship service. During the meeting, the vestry will present our new Strategic Ministry Plan, which is the culmination of the visioning process we have been engaged in since last fall.

Please plan to stay for a potluck lunch and a time to reflect together on the work of our congregation. **Childcare will be provided.**

At this meeting, we will be electing three members of the vestry to serve three-year terms. **The nominees are Gil Gardner, Amanda Reynolds and Natasia Thompson.**

The written Annual Report includes brief reports from each of our ministry areas, as well as information on finances and budget. The report will be made available to the congregation on **February 16**.

Honoring Family and Friends

St. Luke's is on a pilgrimage. It started with creating the labyrinth, an outward symbol of our faith in God and the journey we are on to strengthen our relationship with God and connect with our community in Eastport. The transformation of the church property into a Restoration of Nature was the next step in our journey, cleaning stormwater runoff and creating a natural oasis in the heart of Eastport. St. Luke's brings environmental stewardship, nature and spirituality together. From the amphitheater, you see the wooden cross at the labyrinth which connects our Christian faith to the Restoration of Nature. This restoration not only serves an important environmental purpose, it also represents St. Luke's response to God's call to be a steward of creation.

The outdoor amphitheater is a space that can be used to hold educational forums about the importance of environmental stewardship. It's also a space to congregate and celebrate the beauty of God's creation. Consider honoring family and friends in a space where the church is nurturing and inspiring environmental stewardship and building community. St. Luke's invites you to prayerfully consider purchasing a bronze memorial plaque to be placed on one of the sixteen natural log benches in the outdoor amphitheater.

Contact Natasia Thompson at nthompson31824@gmail.com or Claire Miller at ctmsailor@gmail.com for more information.

Shrove Tuesday Pancake Supper: February 25, 2020

Our annual Shrove Tuesday Pancake Supper will be on **Tuesday, February 25 from 4:30 to 7 pm**. The cost is \$9 for adults; \$4 for children under 10 and \$20 for families. Donations for our baked goods table are always welcome. Please deliver your baked item(s) on Tuesday morning when the office is open. **We are also in need of volunteers to help serve. If you are interested, please contact Helen Leitch at 410-263-2783.**

Helen Leitch and Sharon Williams

Ash Wednesday Services

February 26, 2020



12:30 pm, Holy Eucharist (said)
with Imposition of Ashes

7 pm, Holy Eucharist with Hymns
with Imposition of Ashes

Lenten Half Day Retreat

All are invited for a Lenten Quiet Day at St. Luke's on **Saturday, February 29 from 9 am to 12 pm**. Together, we will make room for quiet and stillness in this season of Lent. Maintaining silence throughout the morning, periods of Lenten meditations and centering prayer will be interspersed with walking meditation and a time later in the morning for a silent activity such as reading, journaling, coloring, or other meditative handicraft.

Refreshments will be available before we begin and during breaks. Everyone is welcome, and no experience is necessary.

Online Resources

There are so many resources on the Internet to fuel our continuous learning in 2020. The following are some daily meditation resources that you may particularly enjoy having pushed to your Inbox each morning...

The Daily Office:

<https://dailyoffice.wordpress.com/category/daily-office/> (use the "Follow" link to sign up to have this pushed to your inbox every morning).

Center for Action and Contemplation Meditations from Fr. Richard Rohr. <https://cac.org/sign-up/>

"**Brother, Give us a Word**" daily meditations (and more) from the Society of St. John the Evangelist <https://www.ssje.org/subscribe/>

Forward Day-by-Day daily reflection

https://prayer.forwardmovement.org/forward_day_by_day.php (this site does not automatically email to you; you must visit this site to access the content)

Episcopal Advocacy Day

Episcopal Advocacy Day in Annapolis, **Feb. 12, 8:30 AM-2:00 PM**, Miller Senate Office Building. Learn about our legislative priorities, meet your legislators and network with your peers. See our weekly enews for link to online registration.

Holy Baptism

The next opportunities for Holy Baptism will be the joint Easter Vigil at St. Philip's (adult baptism only) on **April 11** and the Easter Day service on **April 12**. Arrangements may also be made for baptism to take place at other times in conversation with the Rector. If you are interested in learning more about the difference baptism could make in your life, or if you would like to discuss baptism for a child, please contact the Rev. Diana Carroll at 410-921-0157 or pastordiana@stlukeseastport.org.

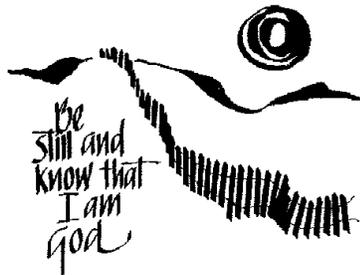
Environmental Committee Meeting

The Environmental Committee at St. Luke's seeks to spread environmental stewardship through education, advocacy, and volunteerism on a teaching campus that heals the human spirit while caring for creation. **The next meetings are scheduled for February 13 at 7 pm.** For more information, contact environmental chairs Anne Arms at armspna@aol.com or Chuck Gallegos at gallegosel@verizon.net

Contemplative Prayer Practice

The Contemplative Prayer practice continues to meet weekly at the church.

Practice is held on **Fridays from 10 am - 10:45 am.**



This practice invites us to experience rest and internal nourishment through silent prayer together. Anyone is welcome to join at any time. No experience necessary. For more information, contact co-facilitators Eve Waldman at eleanoreewaldman@gmail.com or 757-387-2367 and Chuck Gallegos at gallegoscl@verizon.net or 410-571-0562.

Eastport Memorial Labyrinth Walks

Labyrinth walks are held at the Eastport Memorial Labyrinth on the front of St. Luke's grounds on the second Saturday of each month from **noon to 1 pm**. The gatherings include guidance for walking the labyrinth, an introduction to that month's theme, and time for reflection following the walk.

February 8 - Walking Together

*Humbly we walk this ground
with the spirit of blessing in our hearts.
-Laurence Cole*

Labyrinth walks are open to all and take place rain or shine. A hand-held labyrinth is available as an

alternative to walking. For questions, contact the parish office at 410-268-5419 or office@stlukeseastport.org.

Prayer Shawl Ministry

The next prayer shawl ministry meeting will be held on **Thursday, February 20 at 2 pm** the home of Kathryn Dinin. We will be knitting shawls and pocket shawls to give to those in need of comfort and prayers or for those celebrating joyous events. Bring yarn and needles (We do have a small amount of yarn to get started.) All levels of experience are welcome. For more information and location details contact Helen Leitch (410-263-2783) or Eve Waldman (757-387-2367), or Kathy Dinin (914-241-3966). We look forward to seeing you!

The Episcopal Rainbow Welcomes You

Episcopal Rainbow is a new, local group for LGBTQ+ church folks and their families. All Episcopalians and their friends are invited to attend. Upcoming events are listed below. To RSVP for any of these events, or to be added to the Episcopal Rainbow email list, contact Jill Lake at jilllake3@yahoo.com.

Sunday, February 9 at 12:45 pm

Brunch at Harry Browne's in Annapolis

Saturday, February 16 at 6 – 8 pm

Soup and Sounds Party in the Parish House at St. Anne's (199 Duke of Gloucester Street)
Cook your favorite soup recipe and bring it to share with the group. This is a fun and tasty event!
Be sure to RSVP no later than the Friday to Jill Lake St. Anne's Parishioner and Episcopal Rainbow coordinator jilllake3@yahoo.com

Holiday Office Closure

The office will be closed **Monday, February 17** in observance of Presidents Day. In the case of a pastoral emergency please contact the Rector, Rev. Diana Carroll at 410-921-0157.

Invitation to the Lunch Bunch

The Lunch Bunch is a weekly gathering for fellowship through sharing a meal. It takes place **each Wednesday at 12:30 pm** at Adam's Ribs in the Eastport Shopping Center, right next to the church. Who is invited? Everyone! Lunch Bunch is an open event organized by members of St. Luke's. Friends and visitors are always welcome.

Occasionally, the location moves, or Lunch Bunch may be canceled in light of other church activities. Contact Helen Wheeler for the most current information: 410-224-3882.

Tai Chi Class Thursdays

The Tai Chi class will be held in December & January **on Thursdays from 10 – 11 am**. There will be **no class on Thursday, December 26**. You are welcome to join at any time. For more information call Annette Staubs at 443-235-0065.

Claggett Conference Center

A retreat and conference center for adults and youth. Situated on 268 acres in Adamstown, MD with a working farm and fantastic views of Sugarloaf Mountain and the Monocacy River Valley.

2020 Program Calendar:

Feb. 7-9, 2020 Men's Retreat

Join men from around the Diocese for a weekend of fellowship, worship, and prayer at the Claggett Center! Explore the commandment to "love your neighbor as yourself:" recalling God's deep and abiding love for us, we can better equipped to show God's love to others in our lives. Keynote Speaker: The Rev. Matthew Hanisian is rector of St. Martin's-in-the-field in Severna Park, Maryland, a Cincinnati native, and graduate of Indiana University School of Journalism and Virginia Theological Seminary. He has served several churches in Virginia, Washington, D.C., and Maryland. At St. Martin's, he has led parishioners of all ages in mission work in Appalachia, and serves the wider Severna Park community as a mentor for Our Minds Matter, a

student-created organization promoting mental health awareness in schools.

For registration and more information visit:

<https://www.claggettcenter.org/adult-programs>

Amazon Smile

Amazon.com donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Sign in to your account using the link on the church website, stlukeseastport.org, and St. Luke's will receive the donation.

Are you on our email list?

If you have an email address but are not receiving our weekly email newsletters each Wednesday, please let us know by emailing office@stlukeseastport.org. These weekly emails are an important means of communicating information to our community in between editions of the House Call. If you are not on email but would like to have a printout of the weekly "News from St. Luke's" sent to you by hard copy, please contact Dalyn Huntley in the church office: 410-268-5419.

Weekly Activities

Worship: Sunday, 10 am, Holy Eucharist Rite II
Office Hours: Monday - Thursday, 9 am – 12 Noon
Food Pantry: Tuesday, 11 am – 12 Noon
Alcoholics Anonymous: Monday, 5:45 – 6:45 pm
and Wednesday, 5 – 6 pm
The Freedom Choir: Wednesday, 11 am – 12 noon
Lunch Bunch: Wednesday, 12:30 at Adam's Ribs
Tai Chi Class: Thursday, 10 – 11 am
Contemplative Prayer: Friday, 10 – 11 am

House Call Deadline

The deadline for submission of materials to the February edition of House Call is no later than **February 20, 2020**. Submissions may be mailed or delivered to the office or emailed to the office at office@stlukeseastport.org



St. Luke's has a long-standing tradition of remembering the birthdays and anniversaries of our members with a card and in the newsletter, as well as praying for those who are present on the preceding Sunday. If you are new to the St. Luke's community or unsure if we have your birthday/anniversary, please let us know when it is! Send the information to the office by phone or email (410-268-5419 or office@stlukeseastport.org).

February Birthdays

- 2 Joshua Reynolds
- 4 Willa Govoro & Monroe Govoro
- 7 Penelope Reynolds
- 10 Jennifer Brown & Madelaine Riley
- 17 David Dent
- 26 Sally Sandford
- 27 William Huebl & Del Thompson

Mark Your Calendars

February

- 2 4 pm Concert: Goldberg Variations
- 8 12 – 1 pm, Labyrinth Walk: Walking Together,
At Eastport Memorial Labyrinth
- 9 Scout Sunday
- 13 7 – 8 pm, Environmental Committee Meeting
- 15 10 am – 12 pm, Vestry Meeting
- 17 Parish Office Closed – Presidents Day
- 23 11:30 am; Annual Meeting & Potluck
1:30 pm, Living Water Inclusive Catholic
Community
- 25 4:30 – 7 pm, Shrove Tuesday Pancake Supper
- 26 Ash Wednesday
12:30 pm, Holy Eucharist (said)
7pm, Holy Eucharist with Hymns
- 29 9am – 12 pm; Lenten Half-Day
Retreat

March

- 8 Daylight Savings Time Begins: Spring
Forward
- 12 7 – 8 pm, Environmental Committee Meeting

- 14 12 – 1 pm, Walking the Way of the Cross at the
Eastport Memorial Labyrinth
- 21 10 am – 12 pm, Vestry Meeting
- 22 1:30 pm, Living Water Inclusive Catholic
Community

Prayer List

Prayers for Our Church Community

Ongoing Needs: **Connie** Harold; **Sunniah** Ngonzi Magogo; **the Palermo Family**; **Heather** Cook; **Madelaine** Riley; **Linda** Cunningham; **Honora** Karslo; **Pepe** Grau (cousin of Olgui Zarikian); our seminarian **Tom** Clement & his husband **Ron** Hafliadson; **Sydney** Ponturo; **Fred** Sandford; **Lee** Harper; **Sally** Sandford

Immediate Needs: **Hilda** Uribe (friend of Avedis & Olgui Zarikian); **Frank** Cham (brother of Kathryn Dinin); **Patty** Peterson (friend of Helen & Jack Wheeler); **Robert** Tongue; **Evan and Dennis** Defoe (nephew and brother of Bob Deel, neighbor of Mike and Eve Waldman, Dagmar Kohring, and Kathy Kotowski); **Brynn** Brouse (cousin of Diana Carroll); **David** Fogle; **Greg** Neely; **Karen** Fobare (a work colleague of Dan Ramirez); **Dagmar** Kohring; **Bill** Every (Holly Every's husband); **John** Morgan (Holly Every's son-in law); **Nicole** DeVino (friend of Dianne Crews);

For the Departed: **Vera McMahan and Kathy Ward**

St. Luke's Episcopal Church

410-268-5419 ~ office@stlukeseastport.org
www.stlukeseastport.org ~ Tw: [@stlukeseastport](https://twitter.com/stlukeseastport)
www.facebook.com/stlukeseastport

Episcopal Diocese of Maryland

The Rt. Rev. Eugene Taylor Sutton, Bishop
The Rt. Rev. Robert W. Ihloff, Assisting Bishop

Parish Staff

The Rev. Diana E. Carroll, Rector
pastordiana@stlukeseastport.org
Dr. Ildar Khannanov, Director of Music
drkhannanov@gmail.com
Dalyn Huntley, Administrative Assistant
office@stlukeseastport.org
Nadine Barber, Childcare Coordinator
The Rev. Norman Crews, Priest Associate

Parish Officers

Richard Wilson-Smith, Senior Warden
443-822-1978, richard@openpathproducts.com
Helen Leitch, Junior Warden
410-263-2783, leitchhelen@verizon.net
Nancy Jones, Treasurer
410-268-6469, catfancy1@aol.com
Avedis Zarikian, Assistant Treasurer
410-713-7842, avedis3e@outlook.com
Dianne Crews, Registrar
410-268-9741, dmackcrn@verzion.net

Ministry Contacts

Altar Guild	Dawn Moorehead 443-852-0371, dmorehead9@aol.com
Environmental Committee	Chuck Gallegos and Anne Arms 443-758-3036, gallegoscl@verizon.net 707-479-4303, armspna@aol.com
Food Pantry	Dianne Crews 410-268-9741, dmackcrn@verizon.net
Flower Ministry	Anne Arms 707-479-4303, armspna@aol.com
Labyrinth Committee	The Rev. Diana Carroll 410-921-0157, pastordiana@stlukeseastport.org
Light House Lunches	Robert Abbott 773-606-1808, Robert.abbott@sjc.edu

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