

St. Luke's Episcopal Church House Call Newsletter

March 2019

A Note from the Rector



Dear friends,

I've shared with many of you that while planning for my sabbatical this summer, I have been inspired by the four stages of walking the labyrinth. These stages were named and articulated by the fine folks at Veriditas, an organization "dedicated to inspiring personal and planetary change and renewal through the labyrinth experience." (See www.veriditas.org to learn more.)

The stages of walking the labyrinth that they have identified are: **Remember** (before entering), **Release** (walking into the center), **Receive** (stillness at the center), and **Return** (walking back out from the center). These four stages describe very well the shape of my sabbatical and many of the elements I am including in it. They also describe the shape of this year, particularly in these months of preparation.

I'm finding that one theme at a time is coming to the forefront for me as I get ready to go on sabbatical. In February, that theme was definitely "Remember." As I celebrated my seventh anniversary of beginning ministry at St. Luke's, and as we gathered for our annual parish meeting, I did a lot of reflecting on all that has happened and all we've accomplished together in these

years. I shared a number of those accomplishments in the February edition of the House Call.

It was also a month of remembering in other ways that were more personal, including a visit to my aunt Wendy in Florida at the beginning of the month. Her husband Marvin, who died 15 years ago, was an artist and an eclectic mystic. He expressed deep and beautiful spirituality in much of his art, and several of his blockprints hang on the walls in my study at home. He was also a beautiful human being, whom we still miss very much. The visit with my aunt was an opportunity to remember and reconnect with many things about our shared history, including memories of Marvin.

This month, as we enter into the season of Lent, the theme of "Release" seems especially appropriate. Lent is a time of letting go, shedding what is no longer needed, and quieting our minds and our lives in order to prepare ourselves to receive more fully God's grace and forgiveness. As a sign of this, many people choose a Lenten practice that involves giving up something tangible in order to make space for God. Part of my plan for this Lent includes getting one thing out of our house each day. That might mean bringing something back to church that belongs here, or donating an item of clothing that no longer fits me, simply taking out the trash and recycling!

As we walk through this season of Lent together, what might God be calling you to let go of? Are there old hurts, fears, resentments, or shortcomings that you might be ready to stop carrying around? What can you release that might leave your hands and hearts free to receive the love and mercy of God?

Blessings,

Diana+

Congregational Care Network

One of the reasons most of us love St. Luke's is because this small and loving community takes good care of each other. We do this in so many ways: sending greeting cards and notes; visiting the homebound and hospitalized; sharing the altar flowers; transporting members as needed; taking the Eucharist to those who are unable to get to Sunday worship; providing meals when necessary; praying for each other, our friends and loved ones; keeping our members informed by telephone (if not 'connected' by the Internet) and probably many other ways we don't even know. All this love and care takes many of us doing our little part. So that none of us gets left out in our time of need, we would like to compile a list of members who would be willing to step up when necessary.

Would you be available to -

1. Drive members to doctor visits, grocery store or other appointments?
2. Provide meals to those who are ill or recuperating?
3. Take the altar flowers to the homebound and hospitalized?
4. Check in by phone with those who are unable to get to church?

Dianne Crews will coordinate this ministry. When she learns someone is in need, she will call on those who have indicated a desire to help.

If you are interested in helping out in any way or want more information about this ministry, please talk to Dianne at church (or call her 410-268-9741).

Pulpit Exchange and Guest Preachers

St. Luke's will have several opportunities over the next few months to welcome guest preachers for our Sunday morning worship service.

Sunday, March 10, we will welcome the Rev. Lori Babcock for the First Sunday in Lent. Lori+ is a chaplain at the University of Maryland Medical Center. She previously served as rector of St. John's Mt. Washington, where she led the congregation through

the process of leaving their old building and finding a new home at Springwell Senior Living. You can read more about the congregation's journey at stjohnsmtwashington.org. Lori+ will be back with us again on **Sunday, April 28**.

Sunday, March 24, Pastor Diana will participate in a pulpit exchange with the Rev. Timothy Mulder, interim rector of St. Anne's Church Annapolis. Tim+ will be both preacher and celebrant for our service at St. Luke's, and Diana+ will preach at all three morning services at St. Anne's. Over the summer, during Pastor Diana's sabbatical, the associate clergy of St. Anne's, the Rev. Dion Thompson and the Rev. Jess Sexton, will also come to St. Luke's for one Sunday each.

Shrove Tuesday Pancake Supper: March 5, 2019

Our annual Shrove Tuesday Pancake Supper will be on **Tuesday, March 5 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

March 6, 2019



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

7 pm, Choral Eucharist
with Imposition of Ashes

***Childcare Provided at the 12:30 pm Service*

“Are We There Yet?” Pilgrimage in the Season of Lent

Making a pilgrimage, or a sacred journey, is an ancient spiritual practice found in nearly every religious tradition and culture. This summer, Pastor Diana will be taking a pilgrimage to Iona as the centerpiece of her sabbatical, and she has encouraged us all to approach 2019 as a year of pilgrimage for our church community.

During Lent, we will begin reflecting more deeply on the idea of pilgrimage and what role it can play in our own lives. As a guide, we will be using a new booklet of daily readings called "Are We There Yet? Pilgrimage in the Season of Lent." Copies are now available at the church and may be mailed on request.

A series of forum presentations/conversations on Sundays during hospitality hour will explore different aspects of pilgrimage.

March 10: What is Pilgrimage?

Introduction to the practice, including the labyrinth as a pattern of pilgrimage.

The Rev. Diana Carroll, Rector

March 17: Pilgrimage to the Holy Land

Diocese of Maryland pilgrimage to Israel/Palestine.

Anne Arms, St. Luke's Member

March 24: TBD

March 31: A Buddhist Pilgrimage

Immersion in a Tibetan Buddhist monastery in Nepal.

Eve Waldman, St. Luke's Member

April 7: Are We There Yet?

Exploration of our own pilgrimages and where God may be calling each of us to journey next.

The Rev. Diana Carroll, Rector

Lent begins with Ash Wednesday on March 6 and continues until Easter Day on April 21.

Creation Care Calendar

You're invited to join with people of faith throughout our region in taking on a Lenten Creation care practice. Our friends at Interfaith Power &

Light and Interfaith Partners for the Chesapeake have provided a Lenten Creation Care Calendar to help us grow closer to God and to Creation, and have deeper conversations about what it means to faithfully respond to climate change as a church community.

Each day of the calendar calls on us to take a different action, and each of these actions will help to preserve God's great gift of Creation. May this season serve as a wake-up call to be mindful of the ways that our daily choices impact everyone, especially our neighbors throughout the world most impacted by the effects of climate change.

Download the Maryland calendar at ipldmv.org or pick up a copy at the church.

Labyrinth Walk: Forgiveness

Labyrinth walks are held at the Eastport Memorial Labyrinth on the front of St. Luke's grounds on the third 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.

On March 16, our walk will focus on Forgiveness. We will be considering the St. Francis prayer in the spiritual awareness of Forgiveness, recognizing that to be a channel of peace, pardon, hope etc. we must first be able to forgive others and ourselves in a very meaningful way.

Next walk: April 20 - Renewal

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 Kate Porcelli at 202- 617-1546 or joyofkate@gmail.com.

Holy Baptism

According to our *Book of Common Prayer*, the sacrament of Holy Baptism "is full initiation by water and the Holy Spirit into Christ's Body the Church" (pg. 298). In the Episcopal Church, people may be baptized at any age. For children and infants too young to speak for themselves, parents and godparents make promises

on their behalf. Except for rare circumstances, baptism always takes place during a congregation's primary worship service on a Sunday morning.

The next opportunities for Holy Baptism will be **Easter Day (April 21)** and the **Day of Pentecost (June 9)**. The **Easter Vigil service at 7 pm on April 20** is also a particularly suitable date for the baptism of adults. This is a joint service with St. Phillip's Church and will be held at St. Luke's this year.

If you are interested in learning more about baptism for yourself or a child, please contact the rector, the Rev. Diana Carroll, at pastordiana@stlukeeastport.org or 410-921-0157.

ACT for Safe & Affordable Housing

ACT Safe and Affordable Housing county-wide door-knocking campaign is taking place March 30, from 11:00 am to 2:00 pm. Please join Mike and me and about 180 other people for this event. Choose ONE location: One group, which Mike and I are joining, will meet at St. Philip's Episcopal Church, 730 Bestgate Rd., Annapolis. The other group will gather at Ark and Dove Presbyterian Church, 824 Piney Orchard Pkwy, Odenton. We will begin with a training and orientation, after which we will go out to pre-determined public housing sites which community leaders have prepared for us. Wearing yellow ACT tee-shirts, we will go in pairs to knock on doors to hear directly from the people what issues are most concerning to them. After about two hours we will come back to the church where we met and wrap up. Childcare is provided. (RSVP for childcare at aaaciaf@gmail.com) These issues and stories will help determine a specific, win-able ACTION that we will take to the county executive on June 13. (Save the date.) Come and talk to Mike and me for more information. Mike: 757-387-2251, mwaldman@juno.com. Eve: 757-387-2367, evewaldman1@verizon.net.

Eve Waldman
St. Luke's ACT Core Team Co-Coordinator

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 meeting is scheduled for Thursday, March 14 at 7 pm.** For more information, contact environmental chair Betsy Love 917-939-9409 or at truenorthintl@me.com.

Contemplative Prayer Practice

The Contemplative Prayer practice continues to meet weekly at the church on **Wednesdays from 10 to 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.

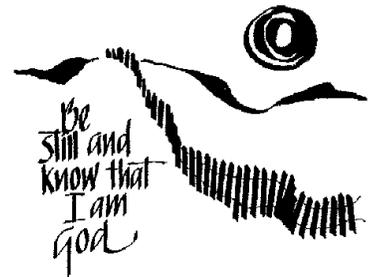
For more information, contact co-facilitators Eve Waldman at eleanoreevewaldman@gmail.com or 757-387-2367 and Chuck Gallegos at gallegoscl@verizon.net or 410-571-0562.

Prayer Shawl Ministry

Our next shawl ministry meeting will be held **Thursday, March 28, at 2:00 pm**, at the home of Sandi Lisko. 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 contact Helen Leitch (410-263-2783) or Eve Waldman (757-387-2367), or Kathy Dinin (914-241-3966). We look forward to seeing you!

Save the Date: Annapolis Pride Parade & Festival

The first ever Annapolis LGBTQ+ Pride Parade and Festival will be held on **Saturday, June 29, 2019** in downtown Annapolis. Save the date for a joyful celebration of inclusion, diversity, and community. The Episcopal churches of our city will be organizing a



presence and hopefully marching (or riding) in the parade, so keep an eye out for more information about how you can be involved. This event will be a wonderful opportunity for St. Luke's to share the good news of God's love with many people in our community who have not always been welcomed or included by religious organizations.

Annapolis Pride was formed in 2018 with a mission to celebrate the LGBTQ+ community, engaging local residents, businesses, and groups to unite in welcoming and embracing diversity in Annapolis. Our rector, Pastor Diana, is a founding board member for the organization, and she has said that the only downside of taking her sabbatical this summer is that she will miss all the fun! Thankfully, the plan is for this to become an annual event.

Rector's Travels

Pastor Diana will be away on a retreat **Monday, April 1 and Tuesday, April 2**. In case of pastoral emergencies, contact Richard Wilson-Smith at 443-822-1978.

Altar Flowers Sign-Up Sheet

The sign-up sheet for 2019 altar flower donations is available on the bulletin board downstairs. We invite you to consider signing up to give flowers in memory or honor of someone special in your life. When you sign up for a date, please take a form to designate in whose honor or memory they are being given. The requested donation amount is \$40. Donations and forms are to be submitted to the office within a week of the service.

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.

Beginners Tai Chi Class

Tai Chi is gentle, meditative movement. It improves balance, core strength, coordination, and flexibility. This class is geared toward beginners and appropriate for all ages. Classes are held **every Thursday from 10 – 11 am**. You are welcome to join at any time. Please use the lower level entrance. For more information call Annette Staubs at 443-235-0065.

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.

Claggett Center

**Women's Retreat
March 15 – 17, 2019**

A bible-based retreat where women of different faiths and generations join together to study and discuss scripture on how we as women can cultivate resilience as a spiritual practice in our lives and in our communities. There will time for worship, reflection, relaxation and time to share, all while enjoying the wonderful view, warm hospitality and comfort of the Claggett Center. 2019 Theme: The Holy Trinity.

Click here for details and registration:
<https://www3.thedatabank.com/dpg/543/donate.asp?formid=WinterRetreats&c=845538>

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
Contemplative Prayer: Wednesday, 10 – 10:45 am
A.M. Song Circle: Wednesday, 11 am – 12 noon
Lunch Bunch: Wednesday, 12:30 at Adam's Ribs
Tai Chi Class: Thursday, 10 – 11 am

House Call Deadline

The deadline for submission of materials to the next House Call is no later than **March 20, 2019** 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).

March Birthdays

6 Mary Beth Dent and Greg Nealy
 7 Teirra Harris-Riley
 20 Tom Dent
 22 Evan Reyes
 27 Richard Wilson-Smith
 30 Alice Hall

March Anniversary

21 Helen and Tom Leitch

Mark Your Calendars

March

5 4:30 – 7 pm, Shrove Tuesday Pancake Supper
 6 12:30 pm, Ash Wednesday Service
 7 pm, Ash Wednesday Service
 9 10 am – 12 pm, Vestry Meeting
 10 Guest Preacher: The Rev. Lori Babcock
 11:45 am – 12:30 pm, Lenten Forum:
 What is Pilgrimage?
 14 7 pm – 8:30 pm, Environmental Committee
 Meeting
 16 9:30 am – 12 pm, Introduction to the Episcopal
 Church (Inquirers' Class)
 12 – 1 pm, Forgiveness Walk
 at Eastport Memorial Labyrinth
 17 11:45 am – 12:30 pm, Lenten Forum:
 Pilgrimage to the Holy Land
 24 Pulpit Exchange with St. Anne's Church:
 The Rev. Tim Mulder, guest preacher
 11:45 am – 12:30 pm, Lenten Forum: TBD
 1:30 pm, Living Water Inclusive Catholic
 Community
 30 9:30 am – 12 pm, Introduction to the Episcopal
 Church (Inquirers' Class)
 31 11:45 am – 12:30 pm, Lenten Forum:
 A Buddhist Pilgrimage

April

6 9 am – 12 pm, Project Clean Stream
 11 7 – 8:30 pm, Environmental Committee
 Meeting
 13 10 am – 12 pm, Vestry Meeting
 14 10 am, Palm Sunday Service
 18 5:45 – 6:45 pm, Choir Rehearsal
 7 pm, Maundy Thursday Service
 19 12 Noon, Liturgy of the Day with Living Water
 Inclusive Catholic Community
 7 pm, Stations of the Cross
 20 9:30 am, Holy Saturday Service
 10 am, Altar Guild Easter Setup
 12 – 1 pm, Renewal Walk
 at Eastport Memorial Labyrinth

- 5:45 – 6:45 pm, Choir Rehearsal
7 pm, Easter Vigil with St. Phillip's Church
21 10 am, Easter Day Service
22 Office Closed for Easter Monday
27 9 am – 3 pm, Annapolis GreenScape
28 United Thank Offering Annual Ingathering
Guest Preacher: The Rev. Lori Babcock

Prayer List

Prayers for Our Church Community

Ongoing Needs: **Connie** Harold; **Sunniah** Ngonzi Magogo; **the Palermo Family**; **Heather** Cook; **Madelaine** Riley; **Linda** Cunningham; **Max** McGregor; **Honora** Karslo; **Vera** McMahan; **Pepe** Grau (cousin of Olgui Zarikian); our seminarian **Tom** Clement & his husband **Ron** Hafliidson; **Jimmy** Riccardi; **Sydney** Ponturo; **Sally & Fred** Sandford; **Nicole** DeVino (friend of Dianne Crews).

Immediate Needs: **Jackie** Allen; **Tom** Leitch; **Lee** Harper; **Kathy** Ward; **Ronnie** Smoot; **Bill & Janet** Starr; **John** Morgan (son-in-law of Holly Every); the **Wang and Leitch families**; **Marie** Rioux (sister-in-law of Sharon Williams); the **Farmer** Family; **Delia** Stark; **Dawn** Moorehead and her family, especially **Joey, Jeremy, Jennifer**, and **Jonathan** Dudley and **Rachel** Brant.

For the departed: **Mitchell Wang** (son-in-law of Helen Leitch); **Sue Farmer**; **Joe Dudley** (brother of Dawn Moorehead); **Louise Wilhelm** (aunt of Gil Gardner)

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

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	Betsy Love 917-939-9409, truenorthintl@me.com
Food Pantry	Dianne Crews 410-268-9741, dmackcrn@verizon.net
Flower Ministry	Anne Arms 707-479-4303, armspna@aol.com
Labyrinth Committee	Kate Porcelli 202-617-1546, joyofkate@gmail.com
Light House Lunches	Robert Abbott 773-606-1808, Robert.abbott@sjc.edu

March 2019 House Call

St. Luke's Episcopal Church
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Annapolis, MD 21403