

St. Luke the Physician Episcopal Church

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VISION STATEMENT

WE SEE ALL PEOPLE IN RELATIONSHIP WITH GOD, AND THROUGH GOD, WITH EACH OTHER.

February 2009

We Prepare – We Rejoice

Wednesday Feb. 25, 7 p.m.
Ash Wednesday

Sunday Mar. 15, 10:30 am
Shabbot Meal (parish hall)

Sunday, March 29th, 4-8 p.m.
Metro-East Youth

Sat., April 4, 10 am-3 pm
Acolyte Day, Eugene

Sunday Apr. 5, 9 a.m.
Palm Sunday

Thursday Apr. 9, 6 p.m.
Maundy Thursday

Friday Apr. 10, 6 p.m.
Good Friday Service

Saturday Apr. 11, 6 p.m.
Easter Vigil

Sunday Apr. 12, 9 a.m.
Easter

Children of God,

I get so much mail. So many publications. So much to read. And it all comes on a predictable schedule. In the middle of February, my March cooking magazine and my March/April parenting magazine and my other March cooking magazine will show up. Next month I can expect all the quarterly publications-the alumnae magazines from various colleges and seminaries I and I have attended. According to the calendar, the bills come. According to the calendar, the requests for donations come. This is all predictable.

As Christians, as Episcopalians, we straddle two worlds, we live within the bounds of two calendars: the secular calendar and the liturgical calendar. And I appreciate that our St. Luke's newsletter follows the church calendar, not the secular one. The end of February is, by the secular calendar, a few weeks after Valentine's day; almost-the-end-of-winter-but-not-quite; not-yet spring break, etc. In other words, not a significant time. But by the liturgical calendar, the end of February is the beginning of a great season: Lent. And for us, Lent is significant.

Lent is a season for preparation. In Advent, also a season of preparation, we prepare for the complete joy of welcoming Christ at his birth. In Lent, we prepare for the joy of Easter, but not before the pain of Holy Week. In Lent, we have 40 days to prepare, to strengthen and fortify ourselves for the drama, the memory, the sorrow of Holy Week. And beyond Holy Week, Lent prepares us to weather the pain and sorrow of our own lives. Lent strengthens us for the times when betrayal and loss and suffering enter into our own stories. Lent is a time to build

foundations, a time to put down spiritual roots, a time to try the spiritual practices we've always wanted to try but never had time for. Lent gives us permission to take the time.

How will you observe the season of Lent? How will you prepare? How will you dig a deeper foundation? Here are a few suggestions:

- Commit to daily prayer
- Try a practice of centering, or contemplative prayer
- Read scripture every day during Lent
- Commit a specific person, community, or issue to prayer for the season
- Start a new volunteer project
- Try a practice of spiritual journaling
- Read a holy or spiritual book and reflect on it
- Make a commitment to daily or weekly exercise; pray while you work out
- Eat locally for the season, reflect on our connection to the earth where we live
- Eat organic for the season, reflect on our stewardship of natural resources

In Christ,
Rev. Jennifer

Lectionary Groups

Read. Laugh. Pray. Think. Remember. Hope.
It all happens in community.

Monday morning group 9:15 am in the Birch Room; Wednesday evening group 5:30 pm in the Birch Room



YOUTH NEWS

Acolyte Day

St. Mary's, Eugene, 166 E. 13th Ave., Eugene, 97401

Saturday April 4

10:00 a.m. - 3:00 p.m.

Acolytes from congregations throughout the diocese are invited to Acolyte Day 2009, held Saturday, April 4 at St. Mary's, Eugene. Acolytes will lead a procession with their church banners, take part in a Eucharist, enjoy short workshops on acolyting skills, and end the day with a skating session at Lane Ice Center. Cost is \$10/person, which includes lunch, workshop materials, skate rental, and rink time. Scholarships are available. Parents, youth leaders, and acolyte masters are encouraged to attend. For further information, please contact Catherine Healy, Missioner with Youth, Young Adults, and Higher Education, at (971) 204-4109, or catherineh@diocese-oregon.org.

To register acolytes from St. Luke's for Acolyte Day, please speak with coordinator Lisa Dalling.

METRO-EAST YOUTH EVENT

The next M-E Fifth Sunday event is scheduled for Sunday, March 29th, from 4 p.m. to 8 p.m. at the Episcopal Church of St. John the Evangelist and Kellogg Bowl in Milwaukie. Drop off time is 4 p.m. at St. John's and 8 p.m. at Kellogg Bowl.

There will be a door prize. For every canned food donation you bring, you are entered into the drawing for a \$20 gift certificate from Hollywood Video. So, if you bring five donations, you are entered for the drawing five times.

It's going to be a blast so please come!

Labyrinth Guild

We are excited about the new possibilities of our Labyrinth Walks that will coincide with our Friday evening Open Church each month. This will offer broader worship and prayer possibilities to our community and will bring a greater synergy to St. Luke's outreach mission.

We look forward to deepening our Lenten season with a special Labyrinth Walk in the days ahead. Watch for announcements. Also with Spring on the way, we will plan for a Garden Party - (meaning "weeding party!") as soon as the weather allows.

In March, four Labyrinth Guild members will have the privilege to hear Lauren Artress, of Grace Cathedral in S.F., speak and teach at Trinity Cathedral in Portland. There is probably no wiser authority on the spiritual dimensions of the labyrinth in the world. We look forward to expanding our hearts and deepening our knowledge for the work at St. Luke's.

Blessings, The Labyrinth Guild

Lent Schedule at St. Luke's

We Prepare * We Rejoice

Ash Wednesday Service for children and adults	Wednesday Feb. 25, 7:00 p.m.
Model Shabbat Meal with Rabbi Gary Schoenberg	Sunday Mar. 15, 10:30 (parish hall)
Holy Week	
Palm Sunday with procession	Sunday Apr. 5, 9:00 a.m.
Maundy Thursday Meal with foot washing	Thursday Apr. 9, 6:00 p.m.
Good Friday Service	Friday Apr. 10, 6:00 p.m.
Easter Vigil with baptism	Saturday Apr. 11, 6:00 p.m.
Easter Sunday Service	Sunday Apr. 12, 9:00 a.m.

Notes About Lenten and Easter Services

Ash Wednesday We will observe Ash Wednesday with an adaptation of the traditional liturgy (including the imposition of ashes) to make the service especially meaningful for children. The service will include music, and will last approximately ½ an hour. Please arrive early if you have palms from last year that you'd like to add to the ashes. Ashes will be made in the narthex 15 minutes before the service. Do you know children and families who would enjoy this taste of our life in community? Invite them to come.

Model Shabbat Meal Rabbi Gary will preach for us on Sunday March 15. After the service, we will celebrate a meal of simple abundance and hospitality in the parish hall. Shared meals are significant in both Jewish and Christian spirituality. During this meal, we will draw on practices from Christian and Jewish tradition while we eat well and talk comfortably. There will be time during the meal for us to ask Gary questions about his faith and practice, and there will be time for unhurried conversation. Part of the purpose of this meal is to introduce us to the practice of Sabbath. Did you know that keeping the Sabbath is actually one of the 10 commandments? But how often do we set

aside significant time every week to rest and be renewed? This meal will be an example of how we can carve out Sabbath time in our own families or communities. Please sign up for the meal in the parish hall. I encourage everyone to come! If you are able to help with the cooking and meal preparation, please talk to Maryland Stephens (503.254.8366).

Palm Sunday Service The beginning of Holy Week. We will begin the service with the liturgy and blessing of the palms, out on the labyrinth. If you will need assistance walking out to the labyrinth, please let Rev. Jennifer know ahead of time.

Maundy Thursday Meal As we did last year, we will observe Maundy Thursday with a simple Mediterranean meal, a hearty Eucharist. Our meal will be our worship. Over bread and olives, wine and grapes, we will hear scripture interpreted, we will pray, and we will bless the bread and wine together in a remembrance of the Last Supper. The service will include music and foot washing. If you are able to help provide food or be a host during the service, please let Rev. Jennifer know.

Good Friday Service Will be a traditional Anglican observance of this holy day with a reading of the Passion and the stripping of the altar. We leave the church in silence.

Easter Vigil This is one of the most ancient festivals of the Church. The way we celebrate the Easter Vigil is very similar to the way it was celebrated in the first century. At that time, the service would start in the evening before Easter and would keep going through the night and into Easter morning. Now, we celebrate the Vigil on Saturday and come back Sunday morning. If you haven't experienced it before, I encourage you to come to the Vigil. This beautiful liturgy is dramatic, full of symbolism (dark/light, death/life, rebirth and joy), and the perfect preface to Easter morning. The ancient Vigil is also when baptisms typically took place. After several years of preparation, Christians would commit themselves to Christ at the Easter Vigil; dying with Christ and rising again in new life with him. This year, Colin Corrigan, Eileen Dupuis' great-grandson, will be received into the Body of Christ at the Vigil.

Easter Sunday Jesus Christ is Risen Today! Alleluia! Please invite your friends and relatives to join us in our Easter celebration.

Also during Lent...As you come into the church on Sunday mornings, you will find a table laid with rocks, and a bowl in the center. In this season of looking inward and letting go of our burdens, the rocks symbolize the dark places inside ourselves that we need to clear out. Before you go to your pew, please place a rock into the bowl. During the absolution water will be poured over the rocks reminding us of our baptism, and God's cleansing love that welcomes us home, whole and new.

STEWARDSHIP

Is not just a campaign that happens in the church every fall. Stewardship is a way of life. In our program of environmental stewardship, we look at ways we can change our lifestyle to be better ongoing stewards, or caregivers, of the natural world. How can we be faithful caregivers of the gifts of time, talents, and treasure that God has given us? We begin by remembering gratefully that all we

have, and all we are, is a gift from God. Out of our gratitude for this abundance, we return our gifts to God.

Our fall stewardship campaign was an example of generous, sacrificial giving. The people of St. Luke's are committed to serving each other, and the Gresham community, through this church. As we grow, our needs also grow. I don't see our needs growing out of proportion with our giving. That is, I think we have reasonable goals that are within our means to reach. In fact, in this troubled economy, I rejoice that we're doing as well as we are. Here are some areas of growth that I'd still like to see in our giving. Please pray to discern whether any of these needs meet your particular gifts.

- We are still **5% short on our 2009 budget**. This is such a small amount! If you haven't yet pledged to St. Luke's, please consider helping us reach 100%
- **Lent dinner coordinator**. You've said you want to share meals in each other's homes. Here's your chance! This person would gather names of hosts and guests and place people in groups to share a meal or two during Lent. This commitment would last for the season of Lent 2009.
- **Youth group volunteers**. You may be able to contribute a snack to a youth event. You may be able to drive some kids to the bowling alley. You may love being around kids and want to develop relationships with them. You would work with other volunteers to provide as much or as little support to our new youth program as you are able.
- **Child care provider**. This could be an ongoing or one-time commitment. With more children and their parents joining the church, it is an act of welcome and hospitality to provide family-appropriate events at St. Luke's. If parents can't bring their children, it makes it difficult for them to come at all.
- **Lay server scheduler**. Mark Ebberts has been the scheduler until now, and with all his other duties as senior warden, we could give Mark a break by finding a new person to take this job. Time commitment is approximately 1 hour a month.

Don't forget to check our website, www.saintlukesgresham.org for current information about St. Luke's. It has our monthly schedule, sermons, and a fantastic blog (short for web log—an online journal) by parishioners. Meet someone who is interested in St. Luke's? Send them to our website to learn more.

Environmental Stewardship

Hello again from the "Environmental Stewardship" section. Remember, we are always interested in hearing from you about suggested topics! And, we would especially like to have others place their own Environmental Stewardship articles here. The more the merrier!

PLASTIC BAG RECYCLING

Our plastic bag recycling effort is off to a fantastic pace. Pass the word at church and to our neighbors. Bringing plastic bags to church is an easy way to help take care of God's planet in a big way.

"MORE STUFF HERE"

O. K., here are several tid-bits that were collected from "The Oregonian" and on line at "The Green Guide". We hope this is not too much repeat!

FREE RECYCLING: Oregon currently has free recycling of TVs, monitors and computers (both desk tops and laptops). To find a place to drop them off you can call 1-888-532-9253 (M-F, 8-5) or go on line at www.oregoncycles.org. This might be a good time to get rid of that old TV! Here are some

places close to church to drop off TVs, monitors and computers (no other computer-related items, like keyboards, mice, printers or other electronic devices will be accepted for free).

Goodwill, Food 4 less / Powell Valley Junction

Goodwill, Lamb's Thriftway/Troutdale Plaza

Goodwill, Gresham Store

Gresham Sanitary Service Birdsdales Collection Site

REUSE: DEQ officials suggest an old but still-working computer be used to store a digital music collection or other files, freeing up memory on a new machine. Or, give usable electronics to an individual or group who needs it – a student, neighbor, church, school, prison, and charity or reuse center. If you need help just call Mark Ebberts (he is in the directory!).

CEILING FANS are not just for summer time. Your heating system pumps hot air into the room, where it rises, collecting at the ceiling. You can send this hot air back down to your level by reversing your ceiling fan. Your fan should run clockwise looking up. The fan will blow upward at the ceiling, pushing trapped warm air away and downward along the walls. Try it! If you are happier, God is happier.

WIPES: Kitchen wipes, baby wipes, bathroom wipes, are so convenient. Just keep them out of the toilet. No matter if the label says “disposable”, wipes should not be flushed. Another way to save us all money – and keep God pleased with our behavior. Plumbers (also God’s friends) make it simple: If the product doesn’t dissolve as fast as toilet paper, it’s not flushable.

COMPOSTING kitchen food scraps can be as easy as stowing a small container with a snap-shut lid under the sink or next to the garbage can. Empty it once a week into a well-sealed outdoor bin, throw in some dry leaves and sticks, stir it up and forget about it. It’ll save space in your trash can and in the landfill. It’s a little messy (I hear), but it’s no big whoop (I also hear).

BATTERIES are also recyclable. Find a storage container for them and once a year take them to a Metro transfer station, or give them to Mark Ebberts as often as you like and he will recycle them at work. I am sure (given the mess they create) that this will please God.

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