



# Bellringer

## Father Bob's Message

Last weekend I began to work on a list of projects around the house. It was part spring cleaning, annual maintenance, painting, and a variety of items that have come up during the last several months. It's amazing how much we don't notice when things are familiar. All of a sudden scuff marks and hand prints seemed to appear out of nowhere; a project I have been meaning to get around to and can no longer avoid cries out for attention; Patricia reminds me of something I had forgotten, and before I know it a couple of days are spent in good old manual labor.

Often, when I work with my hands I have time to think; time to ponder and reflect. As I worked around the house, I thought about all the maintenance that St. Luke's requires. Each week in our staff meeting there is something new that needs to be taken care of. Even though the buildings are fairly new they require constant

care; something breaks, needs improvement, or cleaning on a regular basis. It's the same as a home. The lists are a continual part of life.

Everything needs some type of maintenance. Human beings themselves need con-



*It is far too easy to take things for granted until a problem is unavoidable.*

stant care. We need to take care of ourselves. Our health is a matter of regular vigilance and requires continuous monitoring. Most of us try to watch our diet, get regular exercise and periodic exams. We listen carefully to new information regarding major illnesses.

Our spiritual life needs the same type of attention. Regular worship, prayer, reading and your ministry are all part of a healthy spirit. Every once in a while, we all need a gentle

### Inside this issue:

<i>Sunday School Party</i>	2
<i>Sarah's Presentation</i>	3
<i>Vestry Report</i>	4
<i>Prayer Concerns</i>	5
<i>Announcements</i>	6
<i>Calendar</i>	7

### Contact Us!

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stlukes@olypen.com

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**Church Office**  
360-683-4862

Hours: 8am—4pm  
Monday through Thursday  
Fridays 9am to noon

**Father Bob Rhoads**  
Cellphone for emergencies  
460-9135  
frbob@olypen.com

### Worship and Study

#### Sunday

8am Holy Eucharist  
10 am Holy Eucharist

Nursery care and Sunday School at 10am service

#### Tuesday

8am Holy Eucharist

#### Wednesday

8am Holy Eucharist, Sermon and Breakfast  
10am Jesus and the Gospels

#### Thursday

8:30am Bible Study  
10:30am Bible Study  
11:30am Centering Prayer

Bellringer July 2010



# Sunday School Pizza Party!



All are Welcome Here



St Luke's Episcopal Church

## Mission Statement

*St. Luke's Parish is an inclusive Christian Community dedicated to spiritual growth, healing and compassion through our worship, hospitality and ministry to the larger community*

## Defrosting the Earth's Freezer: A Scientist's View of Climate Change

On June 5th, hydrologist and climate scientist Sarah Godsey, daughter of parishoners Richard and Pamela Godsey, spoke of her summer mission to study the Alaskan permafrost above the Arctic circle. Sarah, a



recent Ph. D. graduate of UC Berkeley, will join a group of researchers studying Thermokarsts -- instances of ground collapse due to thawing of the permafrost, especially subsurface ice. (Permafrost is ground frozen below 0 degrees Celsius for at least two years.) In her presentation, Sarah described the steadily-mounting body of evidence demonstrating a significant increase in average annual temperatures in the Arctic region. In places, one can even hear the meltwater flowing beneath the Thermokarst gullies.

The implications of warming subsurface temperatures are not yet fully understood, but there are at least a few preliminary concerns: 1) increased phosphate concentrations and their effects upon the food

chain; 2) rapid increases in sediment conveyed to lakes and streams; and 3) carbon decomposition from permafrost degradation, thereby releasing methane, a potent greenhouse gas.

Prompted by a question from her mother in the audience, Sarah assured us that she will be adequately sheltered (in a tent), and well looked-after for meal service. However, she will be on-the-alert for Grizzly bears! She left the next morning after her presentation to us, flying to Fairbanks, followed by a 5 hour ride in a truck on the tundra haul road. She then hiked-in to the field station. Further travel to study sites will be done on foot or in a helicopter.

Sarah's work is part of an on-going project to gather data on the health of the Arctic environment. In September, she will return to her post-doctoral assignment at Penn State University to further assess this data.

We thank the Environmental Study and Action Group for making the St. Luke's community aware of this important work. We in turn wish Sarah a safe journey, and look forward to hearing more about it.

*Temperatures at 20 meters below ground surface are 0.5 to 1.0 degree Celsius higher than they were in 2000.*



Bellringer July 2010

## News and Notes from the Vestry

### Meeting of June 10, 2010

- ◆ The environmental committee recommended actions to save power and improve accessibility in the restrooms; cost estimates will be obtained and discussed at a future Vestry meeting.
- ◆ Fr. Bob will work with the environmental group to locate a place in the parish hall for their book display.
- ◆ Hospitality: Six Foyer Groups have been established. Meetings will begin on July 1.
- ◆ Community-building: trying to get date set up with St. Andrew's for picnic.
- ◆ Roof repair: A contractor has been hired, and will start in the next couple of weeks, weather permitting.
- ◆ Memorial/gifts: A motion was passed to purchase a new Revised Common Lectionary edition at an approximate cost of \$600.
- ◆ Vestry noted that two caregivers must be present in the nursery at all times. When notified, someone needs to step forward to help in an emergency.

### A Report on Stewardship

As you know, our annual budget is developed based almost entirely on the pledges we receive prior to the beginning of the year. If the pledges are not adequate to

Income — year to date	\$127,044
Expenses — year to date	\$138,780
	\$( 11,736)

fund our various ministries, some may not be supported, or their funds may be reduced from that of the previous year. Whether it's paying the electric bill, buying supplies for prayer quilts, food for Light Lunch or paying the rector's salary, it comes from our pledges. Cash and checks collected in the plate on Sunday are important and very much appreciated. However, we can't know ahead of time how much will be received from this source; we rely on pledges for our financial planning.

Since what we are able to do as a church depends so much on pledges, it is important to look periodically at how we are doing:

- ◆ At the end of May, we had 174 families or individual members; of these 138 have signed pledges for 2010 (a little over 79 percent).
- ◆ There were 14 slightly behind in fulfilling their pledges. The monthly financial report, available on the Vestry bulletin board, shows we are behind where we had hoped to be by about 6.4 percent.

While we could be doing better, there is not yet cause for alarm. Our people have a history of honoring their pledges, and there is no reason to assume that this year will be any different.

If you are not sure if you are behind or if you have forgotten what you pledged, please call Diane at 683-4862 or email [stlukes@olyphen.com](mailto:stlukes@olyphen.com).

*Jim Reker*

## Ministries & Ministers of St. Luke's

Rector	Rev. Robert Rhoads	
Senior Warden	Virginia Reker	
Junior Warden	Carl Baker	
Clerk	Jim Aldrich	
Treasurer	Jim Reker	
<b>Vestry</b>	Debby Kubly	Klaus Hintermayr
	Virginia Reker	Tracy Williams
	Peter Loeb III	Ardyth Schaumburg
	Candy Olmer	Carol Francone
<b>Convention Delegates</b>	Sue Clary	Karen Junell
	Peter Loeb	Rob Onnen
<b>Alternates</b>	Carolyn Hemple	
	John Junell	Lynn Cain
Acolytes	Candy Olmer	683-6861
Adult Education	Bob Rhoads	683-4938
Altar Guild	Karen Junell	683-6410
Bazaar Workshop	Robertta Grisct	681-0962
	Kay Schiller	683-0972
Bell Choir	Valarie Lape	
Boar's Head	Valarie Lape	
Bread Ministry	Jean Brown	683-7358
Building Committee	Dick Neal	681-7996
Choir	Lorraine Martin	417-6898
Columbarium	Dean Kennedy	681-3943
Cursillo	Christine Hill	582-0989
	Roger Uhden	681-7450
	Rich Olmer	683-6861
Daughters of the King	Virginia Reker	681-5363
Environmental Concerns	Linda Aldrich	582-3038
Flower Ministry	Susan Ayer	681-8528
Garden Project	Rich Olmer	683-6861
Helping Hands	Jean Hicks	681-3248
Light Lunch	Kara Selby	683-2895
Library	Nancy Jones	582-0900
	J Baker	452-4902
Little Sisters of St. Clare	Sister Mary Agnes	683-7048
Military Quilts	Barbara McCauley	797-2106
Men's Club	Roger Uhden	681-7450
Music Live with Lunch	Carolyn Braun	452-0495
Newcomers	Peter Loeb & Laura Lanka	504-2247
Organist	Lorraine Martin	417-6898
Outreach	Candy Olmer	683-6861
Prayer Chain	Dottie Nicassio	681-8048
Publicity	Candy Olmer	683-6861
Quilt Ministry	Tracy Williams	461-1483
Sunday School	Ted Bedford	683-6376
Stewardship	Jim Reker	681-5363
Taize	Pam Bedford	683-6376
Ushers	8 am	Jim Grau
	10 am	Rich Olmer
Women's Spiritual Group	Sue Clary	683-3552
Worship	Sally Sue Barry	683-6151

## St. Luke's Parishioners who need our prayers:

Belinda Auld	Frank & Jean Greenwell
Maxwell Anderson	Petie McCrudden
Jim Boone	Don Newberg
Sheila Cope	Tom Santos
Cory Gallafant	Cathy Sneath
Richard Godfrey	Hardyn Soule
Charlie Gott	Glen Terrell

## Prayer Concerns, Family & Friends of St. Luke's

Mary Marzke (Braun)	Bob MacDonald, Faye
Bea Jackson, Al Rector,	Moynier, Suzanne
Nancye, (Round)	Simmons (Greenwell)
Josh, Leslie, Erin, Rebelah	Pari Gill
(Schmidt)	Dotti Haidal
Paul Pederson, Mary Bo-	Joe Nicassio (Dottie's son)
gart,	Elizabeth Cisneros
Dan & Jan Heming, Anne	Phil Howell
Kernott (MacDonald)	Ray & Jane Apple
Kave & Joyce Sauers	Michael Mullins
Bob (Jane)	Sasha Kelly (Bridget
Lorraine LeGlaire	Moore)
Kevin Neilson	Malcolm & Priscilla Dunn
Harry & Mary Jo Gold-	Nelson Davis
smith	Jenny Steelquist (M Platt)
Kyla Burt	Carl Pearson, Kathy Sands
Colin, Pat Gamwell, Philip	(Evans)
(McCrudden)	Barbara Crandell
Pam Sekaros & Bill Hoxsie;	Jennis & John Thomas
Jay and family (Sell-Lee)	(Klaus)
Kit Moore	Robert Sherrrod
Brigitte Buckley	Katrina Howell (Slyh)
Arlene Brewer	Barbara Crandell
Lorna, Carole (Sally Sue)	Victoria Martin Moran &
Shirley Kitpatrick	Wayne Hamilton Martin
Vicki Rynd & family	(Martin)
Michael Kamaka (Grau)	Yolanda Brandon
Melinda Nobe	Bob Rae
Charla Sowden	Matt Neal
Mary Waite	Sally Wells (Paula Slyh)
Holly Pierce	Kim (Whiteside)
Phyllis Bailey	Ann Hood
Edith & Susan (Godsey)	Christine (Everett)
Larry Watters	
Penny Tremlin (J Shell)	
Sue Petrie	
Judy Easley	
Deven (Chisham)	

*If there are names that can be taken off this list, please let Diane know. We would like to keep it up to date*

Bellringer July 2010

## Announcements, Events and Reminders

### The Rummage Sale is Coming — August 13 & 14!

Have you started cleaning out those closets, shelves, drawers, attics and garages yet? There is still time. Please start bringing you're your items to the parish hall on August 2. The library will be closed temporarily from 8am—2pm until after the Rummage Sale, so please check out anything you might need beforehand. As always, we will need, and happily accept, all the help we can get: setting-up, working the sale, and cleanup. More information, along with volunteer sign-up sheets, will appear as the dates approach. In the meantime, Sandy Holbrook (681-4769) or J. Baker (452-4902) will be glad to answer your questions.



#### Birthdays in July:

- 1 Ron Raven
- 2 Bridget Moore
- 3 Elizabeth Platt  
Jan Hintermayr
- 4 Evelyn Lyons  
Donna Standerwick
- 5 Ann Gregory
- 8 Kate Dean
- 10 Jerry Oden  
Mary Perry
- 12 Dan Michalski
- 13 Judith Palumbo-Gates  
Don Freeman
- 16 Leroy Martin  
William Evans
- 18 Don Newberg  
Marilyn Freeman  
Larry Martin  
Robert Loeb III
- 21 Candy Olmer
- 22 Rob Robie
- 24 Carla Morton
- 25 Diana Tillotson
- 28 Richard Hempel
- 29 Ruth Otis

back to hand out for next month. If anyone finds one hiding at home, please help it find its way back to St. Luke's so that we can send it out again.

### Choir Potluck—August 20th at 4pm

St. Luke's Choir will be having a summer Pot Luck at Chris and Pat Andrews house. Choir members and spouses or significant others will dine outside. Drinks will be provided. We look forward to having the Season Kickoff in our BIG yard and small house —1433 Port Williams RD in Sequim (about a mile from the water on Port Williams Road.) Bring picnic 'fixin's' of any kind. Please call Pat at 683-5540 and let her know if you will attend!

### Church picnic is August 29th

... following the main Eucharist, starting about noon. The fare is Santa Maria Barbecue; the men will do the meat, accompanied by a potluck of main dish, salad or dessert. Bring your own table service. Mark your calendars now!

### Please Return Your Food Bag!

Thanks to all in the St. Luke's family who support the Food Bank so generously and consistently. We started out with 80 refillable food bags, but we are now down to 35 bags. Many of them are sitting out there in closets, cars and garages. We need them

## Events at St. Luke's

- ◆ ALL Saturdays 11:30am Light Lunch
- ◆ July 1 3pm Little Sisters of St Clare
- ◆ July 4 9am Pancake breakfast; Military Quilt Sunday
- ◆ July 5 Office closed
  - 8am Men's Spirituality
  - 10am Bazaar Workshop
- ◆ July 6 11am Environmental Study Group
  - 1pm Daughters of the King
- ◆ July 7 1:30pm Bread Brigade
- ◆ July 11 Food Bank Sunday
- ◆ July 12 3:30pm Bell Choir
- ◆ July 16-17 Bonsai Show
- ◆ July 19 10am Bazaar Workshop
- ◆ July 22 11:30am Military Quilts
- ◆ July 26 9:30am Pastoral Care Helping Hands
  - 10am Bazaar Workshop
  - 3:30pm Bell Choir
- ◆ July 27 9am Women's Spirituality
- ◆ July 28 4pm Taize Service

## JULY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Do you wonder if "**Light**" **Lunch** makes a difference to those we serve? The following poem gives new meaning to the expression '*God Speaks in Mysterious Ways.*' The poem was handed to one of our volunteers during one of our weekly Saturday lunches and gave us all pause for reflection. How about you?

*Kara Selby, "Light Lunch" Coordinator*

### **Renewing Hope**

My prayer for you today, is to give you hope in every-way.

Remember that the Lord is with you, each and every day, within your heart he wants to stay.

There are times in life, that things occur, of which we do not understand;

the trials that come in our direction, feeling that there is no connection,

always be assured that the Lord is with you, staying close beside you, in everything you do.

When the pressures of life is in demand, the Lord will stand, beside you, at his command.

Take time to sit and listen, and start to see things really glisten.

Soon, you will begin to cope, and discover that there is hope;

There's no reason that we have to mope.

There is a lesson up in the air, knowing for a fact that the Lord is there, realizing that he really does care.

Looking to the sky above, seeing the beauty of his love, knowing full well what we are made of.

As we travel to our destination, we will find our restoration.

It is time for reflection, remembering that we are not a deflection.

As we recover from this endeavor, we shall discover, that there is hope;

We are not tied up in a rope.

We will have encouragement, instead of discouragement.

Hang in there, do not despair, God is always there.

*Anna Marie Carlson*



*Continued from Page 1*

reminder not to neglect this vital aspect of our interior life. It is far too easy to take things for granted until a problem is unavoidable.

There are lots of resources at St. Luke's to help you in your relationship with God; but it's up to you to call upon them.

We have opportunities for worship, study, ministry, spiritual direction, outreach, and fellowship which are all available to help you build a healthy spiritual life. If there is something that you would like to explore, we'll try and expand our list to include that also. The primary function of this community and the foundation for all that we do is found in our commitment to this basic relationship.

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