

THE TRUMPETER

St. Luke's Parish



June 2020

From your Vicar

We have celebrated Pentecost as a church family, and now we move into the longest season of the church year, Ordinary Time. This season of the church year takes us the whole way through the summer, into the fall and up to Advent.

As you know, in Maryland we are moving into a phase of expanding our opportunities to move about in our communities. This is also happening in our church community. Our regathering committee has been working hard at coming up with guidelines for us at St. Luke's. We are moving slowly and thoughtfully with this, with the support of the Diocese, to first and foremost keep everyone safe.

It is a time of great turmoil in our world right now, with continued threats of Covid 19 and reminders of the racism that still infects our society. We continue to feel the stress of the world and of our nation and of our individual communities. I find it important to stay grounded in faith. This Celtic Blessing is meaningful to me right now and I hope will be to you too.



*May the strength of the wind and
the light of the sun,
the softness of the rain and
the mystery of the moon
Reach you and fill you.
May the beauty delight you
And happiness uplift you,
May wonder fulfill you and
Love surround you.
May your step be steady and
Your arm be strong.
May your heart be peaceful and
Your word be true.
May you seek to learn,
May you learn to live,
May you live to love, and
May you love—always.*

My love to you all, Loretta

Honoring St. Luke's Parish Graduates

St. Luke's Parish would like to honor and celebrate the excitement and promise of several young people who have either grown up in the parish or who are related to parishioners as they graduate from high school or college. We could not be more proud of these young adults and their accomplishments.

Jane Godfrey and Emily Godfrey, twin daughters of Lisa and Tom Godfrey, have been an integral part of the landscape at both St. Andrew's and St. Luke's since they were infants! We have watched them grow in physical stature as well as have listened to the tremendous growth in their musical skills. Jane has been our pianist/organist for several years and Emily has delighted us with music and song while playing the guitar. Jane also treated us to music on her fiddle as she and Emily would play a duet together. Since graduating high school they both decided to attend Colorado State University in the fall. This is very special since their parents met at this university and we know the rest of the story! Jane will be majoring in Piano Performance while Emily has chosen Business Administration with a minor in Marketing.

I asked both girls a couple of questions to ponder: 1.) What are two favorite memories you hold dear about growing up in St. Luke's Parish? 2.) What do you want people to remember about you?

Emily's responses: I really enjoyed performing, "Wade In The Water" as well as all of the opportunities I have had to perform during services. I also remember when Jane and I would help Pa ring the bell at St. Andrew's. I would like to say that I am an upbeat and optimistic person!

Jane's responses: She has a special memory of bringing crickets to a "Blessing Of The Animals" Sunday service years ago! Jane describes herself as a passionate and hard-working person!

Lisa and Tom are very proud parents!

Ben Everett, son of Beth and Chip Everett, has just received a Master's Degree in Public Administration with a concentration in Tribal People from Evergreen College in Olympia, Washington. He plans to remain there for a couple of years and has marriage plans in the not too distant future! Ben grew up in the church and after turning 12, became a dependable acolyte for St. Luke's. He recalls the first time serving as an acolyte and Bishop Shand was the Celebrant at the St. Luke's service. He wasn't used to using the candle snuffer and in trying to extinguish the candle, almost set the bishop on fire! Ben performed with his banjo and guitar many times and I recall practicing hard with him to perform "I The Lord Of Sea And Sky" on our guitars.

Will Everett, Ben's brother has also graduated recently in December of 2019 from Towson University. He now has a Bachelor's Degree in Surveying with a minor in Engineering. He was also a devoted acolyte for St. Luke's Church for many years.

Beth and Chip are very proud parents!

Sue Elter, a long time parishioner of St. Luke's Parish, is also very proud of her two grandchildren! We want to congratulate her granddaughter, Rebecca Bosanko, who has recently graduated Summa Cum Laude from Lafayette College in Easton, Pennsylvania. Sue's grandson, Ryan Sauer, will graduate high school in July. He lives in Florida.

We wish these sons, daughters, granddaughters and grandsons of the parishioners of St. Luke's Parish, the very best in their future endeavors and may their hard work and perseverance continue to inspire others.

Covid 19– Update

It is hard to imagine that our world has been plagued by this virus for months. Now, as many Americans begin to move about to resume a few essential errands, especially trimming our “out of control hair,” there is so much for us to contemplate. It is a departure from staying at home as more people return to their jobs. However, many of us still wonder: Is it safe to move about more? How can we protect ourselves? Health experts are trying to find a vaccine as quickly and safely as possible. Most states are ramping up their supply of supplies for another possible go-round with the virus and are busy training people to track those who may have come into contact with infected people. Patients who have had the disease are lining up to donate blood plasma which is proving to help others still battling the disease. The uncharted future is still very scary and unsure. I saw an interesting poem for all to consider when trying to stay out of the path of this virus.

“Time, Space, People, Place”

Consider the amount of time you are spending with others; the distancing space between you and others; who you are spending time with and finally, where are you when you interact with others? Outside seems to be preferable to more crowded indoor areas. Don't forget to wear a mask in public places and keep the six foot distance as best you can!

Even the birds are social distancing now!



Scouts Celebrate Transition

For two years St. Luke's Parish has been the Charter Organization for Cub Scout Pack 175 in Queen Anne's County. Dean Lewis is the Cubmaster and Vicar Loretta Collins is the Charter Organization Representative. Other leaders include Robert Bishop, Mike Osborn, Dawn Linz, Don Paul, Jenny Paul, and Paul Simonetti. Many Sunday afternoons and evenings our St. Luke's Parish Hall is the site for cub scout meetings and get-togethers.

Each February the Scouts hold the Blue and Gold Banquet. This is the time awards are handed out and advancements are celebrated. This year the 2020 program featured the Arrows of Light ceremony. Two young men, Mark Gabriel, and Howard Paul, were advanced to the next level to a Boy Scout Troop. This is a meaningful rite of passage in the scouting world. The scouts who advance walk over the bridge to meet their new scouting troop.

St. Luke's has been privileged to work in collaboration with Cub Scout Pack 175! We look forward to the time when our parish hall is open again for groups and they can return to their meetings. We thank them for their help in picking up sticks and small branches to improve the appearance of our grounds.

BOY SCOUT LAW
A Scout is:
Trustworthy, Loyal,
Friendly, Helpful,
Courteous, Kind,
Obedient, CHEERFUL,
Thrifty, BRAVE,
Clean, & Reverent.



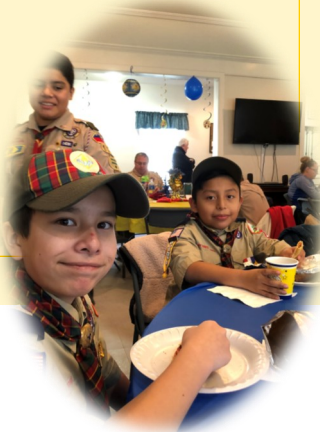
Doubt sees the obstacles, faith sees the way.

Doubt sees the darkest night, faith sees the day.

Doubt dreads to take a step, faith soars on high.

Doubt questions, "Who believes?"

Faith answers, "I."



If These Walls Could Talk.....

What's new with our building and grounds?

As was mentioned in an earlier Trumpeter, a very generous and kind parishioner gave the funds to have the brick steps leading into St. Luke's Church refurbished. They are finished and look stunning! They will provide a safe entrance for all who enter this beautiful church for years to come. The work was done by master craftsman, Steve Johnson of Grasonville, Maryland. Heartfelt appreciation goes out to this supportive church member for this meaningful contribution.

Another generous parishioner will provide the funds to repoint the bricks on the Academy over the next three years. Mr. Johnson and his crew will be in charge of completing this very labor-intensive work.

The grounds at St. Andrew's Church and St. Luke's Church are lush and green. Thanks go to Derrick Albers and his crew for their hard work with the upkeep of the grounds and to Molly Lukehart for constantly and diligently checking the grounds and removing sticks and branches!



A Wealth of Health

During the covid-19 crisis, and actually at any time, health professionals encourage us to take care of ourselves and to do all that we can to improve and boost our immune system. As you might guess, exercise (at least 30 minutes of exercise five times per week) is the foremost way to achieve this goal. Getting ample rest and trying to destress your life are also key. Eating well and following nutritional guidelines is also very important. I compiled a list of foods which are highly recommended. They include: citrus fruits, bell peppers, especially red ones, broccoli, spinach, garlic, yogurt, almonds, sunflower seeds, green tea, shellfish , papaya, kiwi and poultry. Tumeric is a wonderful spice that has many benefits. It can help fight inflammation which is a bad culprit when it becomes chronic. Use with black pepper when cooking with it for better absorption. Ginger is also a great spice to use when cooking and has many health benefits. Oh! I almost forgot, blueberries provide many healthy benefits including helping to enhance memory. Oops... I guess I need to eat more of them!

St. Luke's Episcopal Parish

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Officers, Vestry and other Lay Leaders

Mr. Tom Godfrey
Mrs. Sammie Crossley
Mr. Bob Campbell
Mrs. Sandy Hartmann
Senior Warden
Ms. Molly Lukehart
Junior Warden
Mr. Bill Walmsley
Treasurer
Mrs. Lisa Godfrey
Registrar
Mrs. Carolyn MacGlashan
Bookkeeper
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