

THE ANGELUS

THE NEWSLETTER OF ST. LUKE'S EPISCOPAL CHURCH, LEBANON, PA

Volume 11 No. 2

Do Justice. Love Mercy. Walk humbly with God

February 2021

Rector's Corner: "You'll never repent a Lent well-spent"

Dear Brothers and Sisters in Christ,

That little aphorism ("You'll never repent . . .") is not original. Rather, it came from the first pastor for which I worked as a curate right out of seminary. Father John Ryan had many of these little sayings – almost all of which held keys to certain wisdom about our life as a community of faith. The reality is that the holy season of Lent is just around the corner. As we make our sojourn through the season, we will mark our one-year anniversary of our response to the COVID-19 pandemic. There is no denying the extent of the crisis that we are living through. The response to COVID-19 has restricted movement, reduced work opportunities, and given us all a lot of time at home. Everyone is feeling the pressure of "COVID Fatigue." Not being able to get out to do what was normal and (in many cases expected) has been tough – this has included having to refrain from gathering as community to worship God in our beautiful liturgies. This is especially tough for us Episcopalians, since, as Anglican Christians, we define who we are by the way we pray – together. Without that special dimension, we may just begin to forget who we are within the family of Christian Churches.



During this time, we have managed to transfer a lot of our work onto electronic media with teleconference tools like ZOOM. But our spiritual lives include so much more than meetings about boilers, stewardship campaigns, and the daily business of the parish. It must address our emotions and our ability to keep focused on what is crucial for our spiritual lives. This is the importance of Lent this year: to help us focus – or re-focus as necessary – on those things essential for our continuing life in Christ.

I hope that this Lent, as a community, we will be able to find true spiritual freedom not despite, but because of the challenges posed to us by the pandemic.

True freedom is less a matter of removing physical constraints and more a matter of the heart. At the outset of his mission in the gospel of Luke, Jesus quotes the prophet Isaiah and declares that he comes "to proclaim freedom for prisoners and recovery of sight for the blind, to set the oppressed free, and to proclaim the year of the Lord's favor." (Luke 4:18-19). Some have interpreted this quite literally thinking that Jesus would lead a rebellion that would break open prison gates and let the imprisoned run free. We certainly would like it to be literally true to bring an end to quarantines and social distancing and the like.

On the other hand, we have come to understand that the imprisonment and blindness to which Jesus refers are matters of the heart – matters over which God exercises great power. We realize that despite physical barriers to our freedom, we can be truly free, and we can have clear vision as we discover the courage and strength given by the Spirit of God. The Spirit empowers us to roll with difficult situations and find a way through without getting caught in expectations always wanting to be in control.

During the coming season of Lent, we will find our movements restricted and continue to experience a lack of social contact. These are the very elements that can help to induce an intense spiritual awareness. So, in a real way, Lent could not come at a better time. As we enter another year of COVID response, the long-haul that it has turned out to be can help lead us to a quiet acceptance of new realities and encourage us to move forward but at a slower pace. It can make us very conscious of the suffering that others endure and give us the time and energy we need to pray in solidarity with them. It is the perfect time to begin again with an old spiritual discipline: the Examen (described in more detail elsewhere in this issue). It provides us a time of extended reflection on the occurrences of our day, large and small, significant and insignificant, to see just how God is speaking to us in and through our experience. Lent, during the COVID-19 crisis can also become a time for our community to review, to remember, to allow things to surface, and to look back over the past so we can see more clearly in the future. God is close by me in these days, especially when we need help. This is a time of different experiences, some exceedingly difficult, and our prayer can be about trying to process them all. In other words, Lent gives us a time to try and see the world as God sees it and then to respond.

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(Continued from page 1 "Rector's Corner")

We may look back on this time and marvel at how we managed to keep everything going despite all the obstacles, especially how we were able to pray and worship without the usual supports. May this Lent be one of the best we have experienced. May it provide us the strength and the power we need truly to BEGIN AGAIN!

With you as a companion on The Way, I wish you a Lent well spent!

A Note from Father Zwifka

I would like to extend my deepest gratitude to everyone who helped to make our 2021 Annual Meeting a great success. Despite the challenges presented by our inability to meet in person.



February is Black History Month

This year, Black History Month returns to its roots with a new focus on black family ties. The theme for 2021, The Black Family: Representation, Identity, and Diversity, seeks to explore the diversity of black family life – from single to two-parent households to nuclear, to extended and blended families, and, more recently, to bi-racial households. Throughout black history, factors such as slavery, inequality, and poverty have put pressure on family ties, especially when it meant that a better life meant traveling far from home. This may certainly be a reason why family reunions have remained so popular among members of the African American community, as meetings of far-flung relations take place each year with a joyful exchange of memories, photos, and storytelling.

Paradoxically, economic pressures that may pull black families apart also often unite them. Many black families seek to pool resources, find job opportunities, or simply find emotional comfort within their own micro-community to avoid the bigotry and prejudice experienced in the wider community. In that respect, "brothers" or "aunties" may be good friends or neighbors who simply qualify for the title.

Throughout American history, the black community has always exhibited an unwavering understanding of the value of family – as an incomparable source of comfort, strength, and even survival.



Here are links to some resources to understand this phenomenon better:

[PBS.org - The Slave Experience](https://www.thirteen.org/wnet/slavery/experience/family/history.html)

(<https://www.thirteen.org/wnet/slavery/experience/family/history.html>)

[FAMILY Encyclopedia.com—"African American Families"](https://www.encyclopedia.com/reference/encyclopedias-almanacs-transcripts-and-maps/african-american-families)

(<https://www.encyclopedia.com/reference/encyclopedias-almanacs-transcripts-and-maps/african-american-families>)

And about Black History Month itself:

[Black History Poems, Quotes](http://www.chiff.com/home_life/holiday/black-history-poems.htm)

(http://www.chiff.com/home_life/holiday/black-history-poems.htm)

[Black History Lesson Plans](http://www.chiff.com/home_life/holiday/black-history-lessons.htm)

(http://www.chiff.com/home_life/holiday/black-history-lessons.htm)

[Juneteenth](http://www.chiff.com/home_life/holiday/juneteenth.htm)

(http://www.chiff.com/home_life/holiday/juneteenth.htm)

[Black History Resources](http://www.chiff.com/home_life/holiday/black-history-resources.htm)

(http://www.chiff.com/home_life/holiday/black-history-resources.htm)

[Famous African Americans](http://www.chiff.com/home_life/holiday/black-history-people.htm)

(http://www.chiff.com/home_life/holiday/black-history-people.htm)

[Martin Luther King, Jr. Day](http://www.chiff.com/home_life/holiday/Martin-Luther-King.htm)

(http://www.chiff.com/home_life/holiday/Martin-Luther-King.htm)

Black History Month first originated as part of an initiative by writer and educator Dr. Carter G. Woodson, who launched Negro History Week in 1926. Woodson proclaimed that [Negro History Week](https://www.freemaninstitute.com/woodson.htm) (<https://www.freemaninstitute.com/woodson.htm>) should always occur in the second week of February – between the birthdays of Frederick Douglass and Abraham Lincoln. Since 1976, every American president has proclaimed February as Black History Month. Today, other countries like Canada and the United Kingdom also devote an entire month to celebrating black history. The Web is a great place to find out more about that history – in poetry, literature, the arts, sciences, sports, and entertainment – making Black History Month a perfect time to learn more about our African American neighbors.

The Episcopal Diocese of Bethlehem has established the [Racial Justice and Reconciliation Task Force](#) to assist the church develop both awareness of the implications of our baptismal covenant. Several events have been scheduled:

A Black History Month Series (Zoom) on February 6, 13, 20, 27 and a special Absalom Jones Celebration (Virtual) on February 28. Watch the bulletin and the website for more log-on information. You can also find this on these events and more resources on the diocesan website (www.diobeth.org) under the "Racial Justice and Reconciliation" tab.

Music Notes: Hymns of the Transfiguration

by Terry Heisey

Of all the seasons of the church year, the Epiphany season may have benefited most from the reforms initiated by Vatican II. Previously an amorphous remnant of ordinary time, the revised season received seasonal themes and bookend festivals celebrating the manifestations (epiphanies) of Jesus' divinity at his Baptism (based on the most ancient celebrations of Epiphany) and his Transfiguration (according to St. Thomas Aquinas "the greatest miracle" that complemented the Baptism as the two greatest epiphanies of Jesus' as the Son of God).

The revised calendar demanded a revised hymnal with music to support it. The older Hymnal 1940 did not include any hymns on Jesus' baptism; the Hymnal 1982 added 4 such hymns. Because older church calendars included an annual celebration of the Transfiguration on August 6, the Hymnal 1940 included one Transfiguration hymn ("O Wondrous Type! O Vision Fair"), but the Hymnal 1982 includes 6 (3 texts each paired with 2 tunes).

"O Wondrous Type!" remains from Hymnal 1892 and Hymnal 1940 with WAREHAM, its traditional 18-century tune by William Knapp. In addition, Hymnal 1982 also pairs the English translation of the 15th-century Latin hymn with a medieval tune (AETERNE REX ALTISSIME) more in keeping with the Latin text.

"O Light of Light, Love Given Birth" is a translation of an anonymous Latin hymn dating no later than the 10th century. Hymnal 1982 pairs it with a medieval tune (JESU DULCIS MEMORIA) originally used with a text attributed to St. Bernard of Clairvaux for the Feast of the Holy Name of Jesus and a contemporary tune (ELMHURST) written by Cary Ratcliff for a 1982 American Guild of Organists Hymn Tune Composition.

"Christ Upon the Mountain Peak" was written by Brian Wren for a conference of the same name. Wren is one of the seminal writers of the late 20th-century hymn explosion, having authored influential books on the topic of worship and published 7 collections totaling 250 hymns now used in hymnals of many denominations. In Hymnal 1982 the text is paired with the tune SHILLINGFORD written for it by another import figure in 20th-century hymnody, Peter Cutts, and also another contemporary tune (MOWSLEY) by one of England's most beloved clergy, hymnal editors, and composers, the Rev. Canon Cyril Taylor. It also appears in Hymnal 1982 with the text "Jesus Lives! Thy Terrors Now" for which it was written.



History Notes: The Architects of St. Luke's

by Terry Heisey

As soon as the parish was organized in 1858, William Coleman began urging the construction of a church building for it. In fact, he did more than that, subscribing money for its construction and donating land. In July 1859 the

Vestry authorized him to contact Scottish-born Philadelphia architect John Notman (1810-1865) for a design like the church he had recently built in Savannah, the home of Coleman's wife Sue Ellen Habersham Coleman, but when the Vestry received the plans the overly-cautious group rejected them as too expensive. Given Notman's monumental successes with St. Mark's, St. Clement's, and Trinity churches in Philadelphia, one can only imagine what he would have built in Lebanon.

It was not until 1863 that Vestry appointed a committee to erect a more modest church according to plans by another Scottish-born Philadelphia architect, John McArthur Jr. (1823-1890). McArthur, already noted for the tower of his home church, Tenth Presbyterian in Philadelphia, would go on to design many banks, hotels, and hospitals in a career culminating in Philadelphia's monumental City Hall, still the world's largest free-standing masonry building.

In 1880 William Coleman's son, Robert Habersham Coleman, determined to build a new church for St. Luke's. In a process probably influenced by the rector, Chandler Hare, the building committee chose as architect Henry Martyn Congdon (1834-1922), a noted Episcopal ecclesiastical architect from New York City. Congdon's father, Charles Congdon, was one of the founders of the American branch of the Ecclesiological Society, which promulgated a return to medieval Christian forms of architecture and worship in Anglican churches. The Society almost single-handedly reinvented the architectural design of the parish church, creating the "Gothic" style of church architecture that was normative in all mainstream Protestant churches from 1850-1950. After graduation from Columbia College in 1854 the younger Congdon apprenticed himself to architect John Priest, a friend of his father's who was also a founding member of the Ecclesiological Society. In later years Congdon designed numerous Episcopal churches in both Gothic ("high church") and Byzantine ("low church") styles. St. Luke's is one of his "high church" designs.



The Parish House given by Margaret Coleman Freeman Buckingham and Isabel Coleman Freeman in 1901 and built by local contractor John Stoeber was designed by Alexis Reed McIlvaine (1866-1904) of the New York firm of McIlvaine & Tucker. McIlvaine was an 1888 graduate of the Columbia University School of Architecture.

Finally, the eastern wing of the Parish House containing the kitchen, Fellowship Hall, and Sunday School rooms was constructed in 1915 through the initiative of the St. Luke's Men's Club. It was built by local contractor Harry Buffamoyer to designs by the Philadelphia firm of Bissell, Sinkler & Tilden. Partners in this firm were Elliston Perot Bissell (1872-1944), John Penn Brock Sinkler (1875-1959), and Marmaduke Tilden (1883-1957). Sinkler was a nephew of former St. Luke's Senior Warden Horace Brock and first cousin of Horace's son by Deborah Norris Coleman Brock, John Penn Brock, member of St. Luke's Vestry from 1907 until his death in 1928 and Senior Warden from 1920 to 1928. Bissell & Sinkler went on to lead historical preservation in Philadelphia, including Independence Hall.

CHRISTIAN FORMATION

by Mother Mary Kisner

Real People:

Absalom Jones

February 13

Absalom Jones was born a house slave in 1746 in Delaware. He taught himself to read out of the New Testament, among other books. At sixteen, he was sold to a store owner in Philadelphia. There he attended a night school for Blacks, operated by Quakers. At twenty, he married another slave, and purchased her freedom with his earnings. Jones bought his own freedom in 1784.

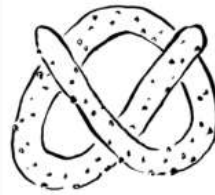


At St. George's Methodist Episcopal Church, he served as lay minister for its Black membership. The active evangelism of Jones and that of his friend, Richard Allen, greatly increased Black membership at St. George's. The alarmed vestry decided to segregate Blacks into an upstairs gallery, without notifying them. During a Sunday service when ushers attempted to remove them, the Blacks indignantly walked out in a body.

In 1787, Black Christians organized the Free African Society, the first organized Afro-American society, and Absalom Jones and Richard Allen were elected overseers. Members of the Society paid monthly dues for the benefit of those in need. The Society established communication with similar Black groups in other cities. In 1792, the Society began to build a church, which was dedicated on July 17, 1794.

The African Church applied for membership in the Episcopal Diocese of Pennsylvania on the following conditions: 1, that they be received as an organized body; 2, that they have control over their local affairs; 3, that Absalom Jones be licensed as lay reader, and, if qualified, be ordained as minister. In October 1794 it was admitted as St. Thomas African Episcopal Church. Bishop White ordained Jones as deacon in 1795 and as priest on September 21, 1802.

Jones was an earnest preacher. He denounced slavery, and warned the oppressors to "clean their hands of slaves." To him, God was the Father, who always acted on "behalf of the oppressed and distressed." But it was his constant visiting and mild manner that made him beloved by his own flock and by the community. St. Thomas Church grew to over 500 members during its first year. Known as "the Black Bishop of the Episcopal Church," Jones was an example of persistent faith in God and in the Church as God's instrument.



ZOOM Feast for Godly Play Students - SUNDAY, FEBRUARY - 14 11:00 AM

We've been enjoying this monthly get-together with our young ones and their families online. Once a month our teachers prepare a treat bag for each child, and deliver it on the Friday before. Then we send out the special link so you can join in.

This month Mother Mary will be making pretzels (both regular and gluten free) for everyone. The special shape of a pretzel reminds us of one way to pray - with our arms crossed over our hearts.

There is always room for one more, so if you haven't joined us yet, email Mother Mary and let us know you are coming. You can always reach her at youth@stlukeslebanon.org (If you want her recipes for pretzels, you can email her for those, too.)



Godly Play Stories Continue

Every Sunday we have stories on tap for children and families. During the next several weeks we will be presenting six familiar parables. The interesting thing about parables is - they are always new every time you visit with them. Sometimes they are hard to open, other times they are full of surprises. Join us for these stories that fascinate children and adults alike. Stories are added every Sunday.

To find these resources- go to our parish webpage stlukeslebanon.org. Under "Virtual Resources" scroll down to "St. Luke's Youth Resources" and click on it. You will have reached the page with a wealth of resources for families - Godly Play stories, children's bulletins, family activities, and videos of that Sunday's Gospel lesson.



Bible Study

10 AM Thursdays

in our ZOOM room at

<https://zoom.us/j/190727051>

Find the readings for each Sunday at

<http://www.journeyinfaith-stlukeslebanon.org/lectionary-texts-for-this-sunday.html>

Christian Formation - Meditations for Lent

This year we will be offering two cycles for meditation during Lent.

Lenten Meditations 2021 - from Episcopal Relief and Development



This booklet features 40 meditations written by 10 different people from throughout the church. Each writer addresses the four steps to lament - *Rest*, take Sabbath time to be present to our current situation; *Reflect* on that which has been lost; *Repent* for the sufferings and loss we have caused or overlooked; make *Restitution* and *be Restored* to God and to one another.

Copies of this booklet will be offered through our office.

Lent "To Go" - a series of weekly meditations which include a small bag of items to aid in meditating, a booklet with short prayer services, and a chance to hear Mother Mary's reflection for each week online. They will premier each week on Sundays at 6 pm - there will also be one on Ash Wednesday at the same time. Check www.stlukeslebanon.org for links. (I will also feature them on my Facebook page - Mary Kisner.) The bags with the booklet and prayer items will be available through the office by Monday, February 8.

Episcopal Relief and Development Coloring Books



A 32 page booklet which highlights the work of our national church through ERD. Their topics of special concern are Children, Women, and the Climate.

If you wish us to send any of these Lenten helps to you, please call the office and we will post them in the mail. Otherwise, you may stop in during office hours and pick them up. [All our church school families will receive *Lent "To Go"* packets and *Episcopal Relief and Development Coloring Books* sent to their homes.]



Online Worship becomes our Main Worship Opportunity

Because of the restrictions of our response to the spike in COVID-19 infections in the region, most of our worship will be online, most likely through the end of the calendar year. The Holy Eucharist for each Sunday will be webcast at 10 AM on both our YouTube channel and on Facebook. Once the service has been webcast, it can be viewed again (or for the first time) at another time. One advantage of webcasting it at a set time in that those watching can participate by using the "chat" feature available for both YouTube and Facebook. You can use this feature to ask for prayers – to respond to prayers – to comment to others about what just occurred (a thought you had during the sermon. Such interaction isn't usually possible (or desirable) during in-person worship, but it is possible and may enhance our online experience. Links to all online opportunities are available on the parish website homepage – in the box "This Week's Schedule." Just click on the link listed there to go to the livestream. You may always wish to "subscribe" to our YouTube channel to get notices of newly uploaded videos at any time.



Do We Have Your Most Current Information?

by Parish Office

Address, phone numbers, birthdates, anniversary date. Please contact the parish office at 717-272-8251 or email admin@stlukeslebanon.org with any updates so we can keep our databases current.

Mailing Lists

by Parish Office

CD/DVD Ministry CD (audio) and DVD (video) recordings of the Sunday service are available each week. All you need to do is to contact Lisa at the parish office to get on our mailing list.

If you would like a printed copy of the weekly bulletin and announcements mailed to you, please contact Lisa at the Parish Office to get on the mailing list.

The February – March – April edition of FORWARD DAY by DAY is now available. If you are not already on the mailing list just contact Lisa at the Parish Office to be added.

Christian Formation Website

www.journeyinfaith-stlukeslebanon.org

We continue to post new resources and information for our spiritual growth on our website, dedicated to Christian formation. Especially helpful is the page [For Children and their Parents](#). There are also resources [For Adults](#): access links to the Presiding Bishop's podcasts on [The Way of Love](#). Links to the [weekly bible study](#) and more!

Offering Envelopes

by Parish Office

Offering envelopes are ready for pick-up. Stop in the office Monday through Friday between the hours of 9 AM and Noon to pick-up your envelopes. Help us save the cost of mailing the envelopes by picking them up for your family, friends, or neighbors.

Feed the hungry.
Give drink to the thirsty
Clothe the naked.
Shelter the homeless
Visit the sick
Visit the imprisoned
Grieve the dead.

MercyWorks

Outreach Ministries at St. Luke's Episcopal Church

Share the faith
Counsel the troubled
Admonish the sinner
Suffer wrongs patiently
Reconcile others
Comfort the afflicted
Pray for all

Pastoral Care: Have you done your homework?

by Soon Slayman

Sixteen months ago I wrote:

At defining moments in my life, I have been brought face to face with the end of life of a person I deeply love. How much did I know about that person's wishes? Too often, not enough.

This text was the basis for an invitation for people to gather at St. Luke's for lunch and to begin to think about planning "living wills" or "advance care directives."

Now because of the change that COVID-19 has made to our lives, we should see even more clearly the need to make these plans and to do our homework. Also, in light of our experience during this past year those of us who have already prepared living wills may have new understanding of what we want and may want to review them.

With Christ's death and resurrection as focal points of our faith, we need to think of our own death as part of this story. In order to live fully we should plan for our inevitable death. Our lives will be fuller for sharing our thoughts with those who love us. There will be tears but there also will be comfort.

There are documents that greatly help to define these wishes however to be truly meaningful the decisions they contain should be discussed and shared with those we ask to help carry them out. An opportunity to have a conversation about our future wishes is a threshold that once crossed can open the door to a healthy, sometimes funny, often difficult but ultimately reassuring new relationship with family, friends and clergy.

Once the church building is open we can plan another luncheon and conversation to talk and answer questions. In the meantime you may be interested in the Lebanon County Age Wave on line Seminar: The Gift of Conversation on Feb. 23 from 6-8PM Details below.

If you have Wi-Fi access I suggest you sign up. The Mayo Clinic article on Living Wills provides the best information I have found on medical procedures. <https://www.mayoclinic.org/healthy-lifestyle/consumerhealth/in-depth/living-wills/art-20046303> Please contact me if you want further information. Soon Slayman-soon.slayman@gmail.com or 717-838-9612

The Gift of Conversation

a free virtual seminar presented by
Age Wave Initiative of Lebanon County

February 23rd
from 6pm-8pm

via Zoom
(Registration Required
to receive link)



Will Your Voice Be Heard?

90% of Americans say that it's important to talk about their end-of-life care wishes

YET FEWER THAN 30% have had those conversations

The Age Wave Initiative's Advance Care Planning Coalition invites you to learn more about Advance Care Planning and how to have your own conversations.

What role can you play to help have the conversation?

Register by calling
717.274.1495



Lebanon County Christian Ministries

by Bryan Smith, Executive Director, LCCM



WOW! What a year 2020 was. I am not about to talk about the new catch phrase words 2020 brought us, but rather

reflect on the blessings that were found in a year that saw so much hurt, despair, divide, and anger. While it wasn't easy, our community lifted up – placing our hands on each other's backs to say I am here to support you. And support us is what you have done.

LCCM was blessed by many in 2020. In this past year, we have invested over \$140,000 in hotel spending to provide shelter for our homeless guests. It provided a safe and effective housing solution during the pandemic and continues to be our saving grace currently. We handled a spike of food distribution, which saw a 300% growth in demand in a three-week period. We handled a doubling of demand for the free noon meal, seeing 250 plus individuals per day AND we transitioned from a congregate meal setting to a takeout meal.

Please pray for our Homebound

Barbara Bross, Joe Dowhower, and Joan Miller

Recently the message at our church involved a simple mirror. Our pastor shared the question, “What does God think of when he is thinking of you?” When we go about our day, what is on our mind? Are we worried about what others think of us? Really, we should be living our lives only concerned about what God is thinking of us. Hold your mirror to the skies and not to those you surround yourself. Let us refocus our lives on seeking Christ. Let us seek the truth and the only place to find the truth is in Christ.

Thank you for everything you have done to support LCCM while we provide emergency food, clothing and shelter to those in need. And thank you for your support and your desire to serve Christ by partnering with LCCM! We look forward to many opportunities in 2021. The future is bright!



LCCM WISH LIST

- **Food Needs**—Peanut Butter & Canned Soups, Meats, and Meals
- **Personal Care Item Needs**—deodorant, body wash, toothpaste, shampoo etc.

Special Note: Vestry determined that St. Luke’s should take an active role in supporting LCCM during the COVID-19 health crisis. Funds were appropriated from various sources to assist in their critical ministry. Beyond the monthly Free Noon Meal, LCCM has undertaken to continue housing those in need through their *Fresh Start* program. Individuals are being housed at a motel to keep them and others safe from infection. This is increasing costs substantially. St. Luke’s hopes to help in any way we can. Other donations are gratefully accepted.

Alter Flowers & Candles

by Parish Office

The altar flowers and candles that beautify our worship every Sunday are given to the glory of God by St. Luke’s parishioners. You may give flowers in memory or honor of loved ones on a Sunday of your choice, with an acknowledgment printed in the weekly announcements. (Flower donation is unavailable during the season of Lent, and Palm Sunday.) To give all parishioners the opportunity to choose dates that are meaningful for them, multiple acknowledgments may appear in the bulletins on any given Sunday. Each year there is a new sign-up sheet to sponsor flowers and candles. Your name will not automatically be carried over to the next year, you must contact the Parish Office every year to be added to the list.

To sign up for altar flowers or candles please contact Lisa at the Parish Office 717.272.8251 or admin@stlukeslebanon.org

The suggested donation for flowers is \$35 per Sunday and candles is \$20 for one month.

ECW

by Eileen Sidelnick

ECW will meet on Zoom on Tuesday, February 9 at 6:30 pm. We will be discussing the annual Easter Egg Sale and also program ideas for our spring meetings. All women of the church are invited to join us. A zoom link to our meeting will be included in St. Luke’s Email Announcements on Friday, February 5.



Easter Egg Candy Sale

by Laurie Daub

Plans are underway to continue the annual ECW candy egg sale. Due to pandemic restrictions and precautions, our sale for this year will be somewhat different. Beginning in February we will be taking online and telephone orders for one pound boxes ONLY of our delicious handmade eggs. There will be a ONE DAY ONLY PICKUP of preordered candy boxes, on Palm Sunday weekend. (The March Angelus will detailed the exact date, time, and location for pickup.

- Box cost is \$10.00
- Flavors Available:
 - * Peanut Butter
 - * Butter Cream
 - * Coconut Cream
 - * Salted Caramel
 - * Sampler Box (2 each of the 4 different flavors)



Each box will contain 8 - 2oz dark chocolate coated eggs. The boxes will be packaged with a colorful bow that completes a perfect Easter gift for someone special!

Coming Soon to our Bazaar Website: You will be able to submit your orders on line at www.stlukesbazaar.org or by submitting your “low-tech” order to the parish office.



St. Luke’s Holiday Bazaar (Items Still Available)

COVID-19 can’t keep St. Luke’s down! Enjoy some of the most popular features of our annual Holiday Bazaar! You can submit your orders on line at www.stlukesbazaar.org or by submitting your “low-tech” order to the parish office.

Liturgy and Life : : *The Examen*

The Examen, as Mark E. Thibodeaux, says, “brings my nitty-gritty to God and God to my nitty gritty.” St. Ignatius of Loyola advised praying the Examen every day, no matter what else was happening. This daily prayer invites us to look back on the day to see where God was clearly present or where things didn’t go so well and to ask God for help in the future. It’s actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life.

The traditional Examen has five steps:

1. Ask God for light. I want to look at my day with God’s eyes, not merely my own.
2. Give thanks. The day I have just lived is a gift from God. Be grateful for it.
3. Review the day. I carefully look back on the day just completed, being guided by the Holy Spirit.
4. Face your shortcomings. I face up to what is wrong—in my life and in me.
5. Look toward the day to come. I ask where I need God in the day to come.

This spiritual practice usually takes 15 to 20 minutes per day but can be the source a great insight and great strength. We will offer more on this important practice in one of our Lenten offerings. Look for more information soon!

About Town . . .



This space is used for news and updates about parishioners, their families, and friends of St. Luke’s. If you have any news to share (like a new member of the family, a change in employment, retirement, or the like) please send that information to admin@stlukeslebanon.org



Mr. James C. & Mrs. Helen Bowers Sr.—February 21
Mr. Adam & Mrs. Amanda Brossman—February 19
Mr. Stephen & Mrs. Debra Harris—February 13
Mr. Stanley & Mrs. Linda Sandoe—February 14



To Our Parishioners

Bryan Houser—February 1
Rebecca Gilbert—February 1
John Gragson—February 2
Matthew Baker—February 2
Elizabeth Nazeeri—February 3
Jason Reilly—February 4
Alexandra Hockley—February 4
Trey Kalbach—February 4
Judah Centeno—February 5
Margaret Gross—February 5
John Tylwalk—February 6
Nicholas Maria—February 7
Adam Bentz—February 8
Joe Dellaquila—February 8
John Drenning Jr.—February 8
James Allen—February 9
Bryan Bowser—February 10
Camden Kilmoyer—February 10
Karen Allen—February 10
Michael Kane—February 10
Sharon Warner—February 10
Robert Sullivan III—February 11
Debra Drum—February 13
Linda Arguedas—February 13
Katelyn Baker—February 13
Cynthia Wenger—February 15
Edwin Keath—February 15
Tim Nieman—February 15
Irwin Katzmann I—February 17
Rachael Dechert—February 18
Robert Daub Sr.—February 20
Dante Cook—February 22
Bruce Kilmoyer—February 23
Sean Hackett—February 23
Cheryl Feeman—February 25
Elizabeth Drenning—February 25
Dolores Coleman—February 26
Zachary Boehler—February 28
Elaine Feather—February 29