

St. Luke's Episcopal Church Weekly Newsletter
January 26, 2024



You Are Invited to the
St. Luke's
In-Person
Sunday Morning Service
Sunday morning
at 9:00am

If you are unable or prefer to join us
on Zoom, we will send you a Zoom
invitation through email. If you are
not receiving the email, please send
the office an email.

LINKS TO ALL SERVICES ARE ON OUR WEBSITE
stlukesatascadero.org



ST. LUKE'S WEEKLY SERVICES

Sundays	Morning Prayer at 9 AM
Tuesdays	Evening Prayer at 5 PM
Wednesdays	Bible Study at 10 AM
Thursdays	Evening Prayer 5PM



SUNDAY SERVICE SCHEDULE
THANK YOU FOR SERVING

THANK YOU TO THOSE WHO ARE SERVING
ON SUNDAY, JANUARY 28

PRESIDER: THE REV. RICHARD ROLLEFSON
FIRST LESSON AND PSALM: LEANN BROOKS
SECOND LESSON: KATHY HANSEN
USHER GREETERS: LEANN BROOKS & COLTON

THANK YOU TO THOSE WHO ARE SERVING
ON SUNDAY, FEBRUARY 4

PRESIDER: THE REV. KAREN SIEGFRIEDT
MUSICIAN: LAURA DELOYE
FIRST LESSON AND PSALM: ANN HOLLEY
SECOND LESSON: MARY GRUBER
USHER GREETERS: MARY GRUBER & ANN HOLLEY

St. Luke's Episcopal Church Weekly Newsletter
January 26, 2024



ST. LUKE'S WINTER CALENDAR

January 25, 2024	Rev. Richard Rollefson, Presiding
February 4, 2024	Rev. Karen Siegfriedt, Presiding
February 11, 2024	TBA
February 18, 2024	Rev. Caro Hall, Presiding
February 25, 2024	Rev. Richard Rollefson, Presiding

EVENING PRAYER HAS RESUMED



We have resumed Evening Prayer. This is a wonderful way to bookend your day with a varied and brief service every Tuesday and Thursday at 5:00 PM. You may use the link available on the St. Luke's website (www.stlukesatascadero.com) or use any Zoom Evening Prayer invite you have on file. We welcome you to join us.

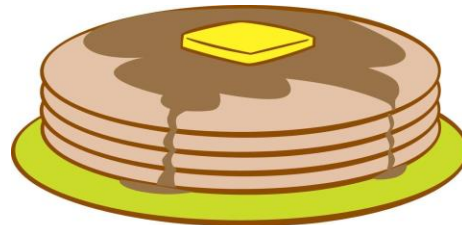
Got Newsletter Articles?

Please send them to Kathy Hansen

Rubykat710@att.net

Put "Newsletter" in the subject line.

The deadline for each week is Tuesday evening.



SHROVE TUESDAY

Shrove Tuesday Pancake Dinner: Tuesday, February 13

5-7 p.m. in the Parish Hall!

Feast on Pancakes, Sausage, Bacon!

Buy decadent items at the Silent Auction!

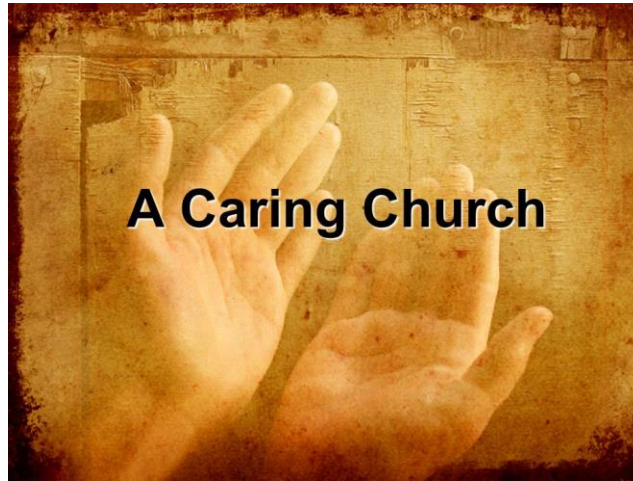
See the Burning of the Ashes at 6 p.m.!

Friends and Family Welcome!

Pop in and Out!

St. Luke's Episcopal Church Weekly Newsletter
January 26, 2024

CARING PARISH MINISTRY FOR ST. LUKE'S



We need another member to help contact church members monthly and Friends of St. Luke's quarterly. Our goal is to identify needs and give support as needed. Also to keep church members informed of activities. We meet the 2nd Monday of the month at 11:00.



Daughters of the King will be starting a new orientation class within the next couple of weeks. Our mission and vows are prayers, service and evangelism. There is a 3 month discernment period along with a 6-13 week class. If you are interested in either the Caring Parish ministry or becoming a Daughter of The King please call Mary Gruber 805 5389728.

St. Luke's Episcopal Church Weekly Newsletter
January 26, 2024

LEARNING AT HOME



Digital Workshops are being offered by Episcopal Parish Network to build and strengthen congregations. The workshops are free of charge but one must register to attend. You can register by visiting [Episcopalparishes.org/digital-workshops/](https://episcopalparishes.org/digital-workshops/) And clicking on the “register here” link for each workshop.

Upcoming workshops include:

- Ethical Investing: The Church’s Responsibility to the Greater 1/29, 2024 3 pm EST

THE STAR WORDS ARE UP!



Epiphany is officially here and with it the opportunity to pick a star word from the wall to meditate on throughout the year. The church is always open from around 8:15 to 10 am on Sunday mornings. Join us for church or arrange to meet someone with a key during the week. Remember the only rules are; you can’t peek before you choose a star and you can’t exchange the word you pick for a more comfortable word later on. A kindly elf has constructed some star shaped envelopes to mail the words to your friends. Look for them at the back of the church. Be quick because they are going fast. (When you pick a word for a friend or loved one, think of them while you are picking. Pick as you feel inclined and DON’T PEEK!)



St. Luke's Episcopal Church Weekly Newsletter
January 26, 2024

OUTREACH COMMITTEE MEETING JAN 7, 2024

The Outreach Committee was well attended on Sunday, Jan 7. Our major agenda items were; deciding our recommendations to the Vestry of the Whole for the budgeted monthly outreach giving, and the Fundraiser tithe, and whether to recommend having another Agape feast.

We decided to recommend that the **budgeted monthly outreach** be sent to the Community of Divine Love, a prison ministry in SLO, which has been represented to St. Luke's several times by Sr. Greta Ronningen.

We will recommend that the **Fundraiser Tithe** which is up to 50% of the proceeds from fundraisers during the year now, be divided equally between ALF Food Pantry and The Center for Community Strengthening. The Center for Community Strengthening is the umbrella organization that currently administers the Transitional Food and Shelter program that we have supported for several years. It was felt that ALF (formerly known as Loaves and Fishes) is very successful in helping families and individuals to stay in their homes by allowing people to concentrate on paying rent and utilities while ALF provides food. Some members of St. Luke's may not be aware that Loaves and Fishes began in our undercroft with freezers and pantry shelves sharing space with choir robes and altar hangings and interviews sometimes happening in the midst of Vacation Bible School decorations.

It was felt that the Agape feast did not really reach the homeless and hungry as well as expected last year but it did do a great deal to build a hopeful and outward looking community spirit among the congregation. With that in mind, we are going to recommend that a Community Building Feast be held on June 1 or 2 at St Luke's with enough food being prepared that we can bring takeout boxes to the neighbors and others who might be pleased to have it. ECHO and ALF will again be notified that we are offering free lunch on that day. And all extra food will be taken to ECHO.

In looking at the schedule for the rest of the year 2024, we are hoping to have the following outreach opportunities:

- Continued suppling of one meal a month at ECHO as well as regular collections of coats and clothing.
- Early June – Community Building Feast
- June – August - A school backpack project to provide backpacks, and school supplies for kids in need distributed probably by ECHO or ALF.
- July - August - Farmers Market with proceeds going to ALF
- November - Mountain of Food offering with cash and food going to ALF
- December - Salvation Army Bell Ringing two days.

There was quite a bit of discussion of wanting to know more about some of the organizations that we are supporting and those that we are not supporting. We hope to be able to schedule regular Mission speakers in the coming months of 2024 to further inform ourselves as to opportunities for outreach during the year.

Kathy Hansen, for the Outreach Committee

St. Luke's Episcopal Church Weekly Newsletter

January 26, 2024



VESTRY OF THE WHOLE CONGREGATION MEETING HIGHLIGHTS

December 10, 2023

Members present: Sam Agbo, Leann Brooks, Holly Cooper, Mike Ferree, Mary Gruber, Jan Hickok, Ann Holley, Judy Lewis, Brooks Measures and Kathryn Showers **On Zoom:** Alice Baker-Taber, Chuck Burkhardt and Marnie Burkhardt, and Jeanne Owen.

The Vestry Meeting of the Whole Congregation was called to order by Ann Holey at 10:11am

Adoption of the modified Agenda

Written Reports were accepted with thanks.

Minutes of November 12th meeting approved with exceptions.

Reaffirmation of the Vestry Covenant by those members present.

Reports:

- **Informational reports:**

- #1. Mary Gruber read the letter drafted to Canon Martha by Alice Baker-Taber, Mary, and Judy Lewis requesting her assistance in improving communication between St. Luke's and the diocese followed by Canon Martha's response to the committee.

- #2. Kathy Hansen reported her conversation with Canon Martha regarding use of a mediator to improve communication was positive, productive, hopeful and open. Canon Martha stated that using the services of a professional mediator generally costs about \$ 5,000.

- Junior Warden Ann Holley reported that cameras used in our Zoom broadcasts have been mounted on the rear and front wall of the sanctuary. The blonde shelving unit previously used to hold toys in the undercroft has been repurposed in the rear of the church as a gathering place for any child who attends services. On November 29th, Ann met with contractor Justin Ferrell to discuss his updated bid for renovation of the emergency stairs. Ferrell submitted a written bid of \$41,500.
- Kathy Hansen shared that she spoke with Canon Martha regarding St. Luke's desire to increase the pay for supply clergy to \$ 300 per Sunday for presiding and preaching at the one service. Canon Martha informed Kathy that the amount set by the diocese are a minimum and that St. Luke's can offer more if they choose. At the present time, Kathy has secured supply priests Karen Siegfriedt, Caro Hall, and Ellen Ayres to provide communion and preach three Sundays a month. Deacon Jim Arnold will lead us in morning prayer on the 4th Sunday.
- **Stewardship Report:** Alice Baker-Taber reported that the Stewardship campaign has concluded with 20 households pledging \$47,880 for 2024.
- **Treasurer's Report:** Leann Brooks noted that St. Luke's finances are good. Regular support from January through November 2023 was \$ 52,528; we are current in paying our fair share of \$5,650. Supply clergy compensation through November is \$ 4,769 offset by savings in rector salary. Mike Ferree moved to accept the treasurer's report for November; seconded by Jan Hickok. The motion passed. Treasurer Leann Brooks presented the draft budget for 2024 and the following funding changes were discussed: 1) raising supply clergy compensation to \$ 300 per Sunday to preside and serve with mileage; 2) increasing the altar guild funding to \$ 500 for supplies and flowers; 3) increasing funding for educational formation to \$ 400 per quarter. Sam Agbo moved to accept the 2024 draft budget; seconded by Mike Ferree. The motion passed. The meeting adjourned at 11:50 a.m.

St. Luke's Episcopal Church Weekly Newsletter
January 26, 2024



ALF
•FOOD•
PANTRY

ALF Food Pantry
NEWSLETTER Winter 2023

Supporting Food Security in our Communities

The beginning of 2023 was met with a wet slap in the face (or, more specifically, a wet floor). During the January floods, water coming through the wall covered 75% of the Pantry floor, requiring months of repairs. We had to shut our doors

one of the repair days—the first time we've had to cancel food distribution in almost 40 years! The repair costs were kept low, due to funding from the SLO Community Foundation and the SLO County Board of Supervisors—and especially due to the 135+ hours of labor donated by ALF volunteers, as well as those from Atascadero Land Preservation.

But due to the increase in the number of clients we serve and the amount of food we provide, that building—which ALF has owned since 1995—is barely meeting our needs. Our 11 refrigerators and 12 freezers are stuffed with food. The staging areas hold up to 50 newly-prepared boxes every day. Some rooms previously available for client interviews have been repurposed as storage. We continue to search for a larger building—with more parking (an on-going problem)—to serve our growing needs.

January saw the switch to a new software program that makes our interviews with clients move more smoothly and stores the client data safely. Starting in mid-2022, our volunteer IT experts worked behind the scenes to transition to the new software that now makes it easier than ever to collect statistics required for grant applications and other needs. A grant from the Community Foundation of SLO County allowed us to purchase the necessary computer equipment.

In June, the Atascadero Kiwanis club, a long-time partner, made ALF the recipient of the proceeds of their Winemakers' Dinner. Always a successful fundraiser, the event raised \$55,000 to put towards the purchase of a new facility, for which we are thankful.

The cost to purchase the healthy food our clients need often exceeds \$600 a day. This is in addition to the food we receive free from the SLO Food Bank—we are their largest client!—and from local grocery stores, as well as in-kind donations from organizations, faith communities, and individuals. And those packed refrigerators and freezers don't run for free, despite the solar panels on our roof. Our utility costs run almost \$1,000 per month.

ALF Food Pantry is proud to be part of such a supportive community—we hope you will continue your generosity this holiday season and throughout 2024.

Thank you—

Tim Eckles—ALF Food Pantry President



+

St. Luke's Episcopal Church Weekly Newsletter

January 26, 2024



2: number of visits clients can make each month
35: average number of boxes of groceries distributed each day (often more)
50: pounds of food for a household of 1-3 each visit
75: pounds of food for a household of 4-6 each visit
100: pounds of food for a household of 7+ each visit
120: number of active ALF volunteers
7,658: number of client visits thus far in 2023
47,000: average pounds of food distributed each month
563,600: approximate pounds of food distributed in the last year

We work from a Sustainable Menu that advises what kinds of food (meat, pasta, fresh fruit and vegetables, bread, cereal, peanut butter, milk and eggs) goes into each box, balancing good nutrition with good budgeting—and every day there is “extra” food that is added to the main box, depending on what is available in ALF’s storage shelves and refrigerators.

And what do we need to pull all these numbers and procedures together? We need volunteers! We are an all-volunteer organization: volunteers purchase and unload and store groceries, they create the boxes for afternoon distribution, they meet directly with clients and distribute food. Some work weekly, some as substitutes, some to plan fundraisers, some as Board members. These individuals find great satisfaction in giving to their community through ALF—and great enjoyment in working with other volunteers. If you are interested in becoming part of the ALF team, see our website.

Despite in-kind donations, it still takes a lot of money to keep our organization running. Our grant receipts have been down the last few years, so it has fallen to our local community to keep ALF running: about 75% of our revenue comes from individuals—from the \$5 bills handed to a volunteer to the bequests left as part of an estate and everything in between. (Consider transferring stock directly to ALF and you may not have to pay taxes on it!) Please send a check or donate through our website.

Please keep ALF Food Pantry in mind this holiday season—and throughout the upcoming year. We absolutely cannot serve the food insecure individuals in our community without your help. Thank you.

5411 El Camino Real
Atascadero, CA 93422
805.461.1504

www.alffoodpantry.org
contact@alffoodpantry.org

(Contact us by email if you'd prefer to receive the electronic version of our newsletters)

St. Luke's Episcopal Church Weekly Newsletter
January 26, 2024

ROOTED

blessed & bearing fruit

Friday, March 8, 2024 – 6:30pm-8:30pm // Saturday, March 9, 2024 – 9:00am-3pm
Atascadero Colony Park Community Center



\$75 Registration Fee Includes:

- Three Sessions of Encouragement
- Uplifting Worship Music
- Coffee & Tea, Lunch
- Marketplace Shopping
- Amazing Fellowship

Nationally Acclaimed Speaker & Author: Robyn Dykstra

Worship: Lisa Reiff & Courtney Spears

But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit. Jeremiah 17:7-8

Register online at www.ladiesconference.com or fill out the form below.
If you are registering more than one person, please fill out a form for each person.

----- CUT HERE -----

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zipcode: _____

Is there a guest you want to sit with? If reserving a table of 9, include reg. form & full payment for each person.

Do you have any dietary restrictions? _____

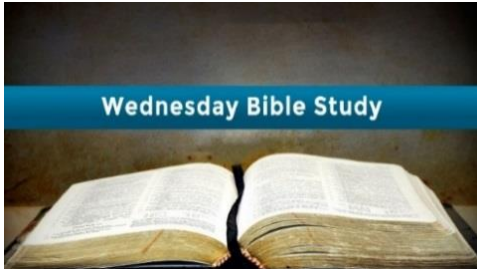
Email: _____

Register online at www.ladiesconference.com or fill out this form. Please make checks payable to Ladies' Conference. If paying online with PayPal or a credit card, \$4 will be added as a service fee. No refunds; however, you may substitute another individual by notification in advance.

Questions? Call Jan 805.466.0992 or Jody 805.975.7299
Mail To:
Ladies' Conference ATTN. Jan Johnson
5260 Barranda
Atascadero, CA 93422

St. Luke's Episcopal Church Weekly Newsletter
January 26, 2024

SMALL GROUP STUDIES



Bible Study has resumed! St. Luke's Bible Study Group meets Wednesday mornings at 10:00 a.m. – call Holly Cooper for the meeting location.



Gather with Taizé Music Sunday Evenings at 7:00 pm
If interested and would like an invitation to attend, please send an email to castlewood16@gmail.com to get on the list.

THE BIDDING BOOK & PRAYER REQUESTS



Over the past several years the parish prayer list has experienced an enormous growth. This warms the heart. The issue has become how to most effectively offer these prayers during our worship services over the course of a week. So effectively offer our intercessions and thanksgivings we will do the following;

During the Sunday services we will pray only for those who are listed in the bidding book (which you will find on the podium at the back of the church) and from the 'chat' on Zoom. During Evening Prayer on Tuesdays and Thursdays we will offer our prayers using the parish prayer list which is managed by the Daughters of the King. This prayer list is updated and refreshed on a regular basis.

We are grateful for the faithfulness of the community in praying for those in need.

We will review this practice of sharing our corporate prayer concerns on a regular basis.