



ACTS OF FAITH
The Newsletter of St. Luke's Episcopal Church

March, 2011

Most loving Father, whose will it is for us to give thanks for all things, to fear nothing but the loss of you, and to cast all our care on you who care for us: Preserve us from faithless fears and worldly anxieties, that no clouds of this mortal life may hide from us the light of that love which is immortal, and which you have manifested to us in your Son Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen. (Collect for Eighth Sunday of Epiphany, Book of Common Prayer, page 216)

Dear friends,

Many of you have been asking, "What are your plans for your sabbatical?" A very reasonable question. And I have been replying with a rather unimpressive, "I really don't have many plans, just some ideas." I have felt a wee bit guilty saying that. After all, this is a pretty amazing opportunity that the Bishop and you, the parishioners of St. Luke's, are affording me. I am being allowed to step away from the routine responsibilities of being the rector of this parish and, perhaps, step into some extraordinary opportunities: write a book? Climb a mountain? Learn a new language? Come up with a grand vision for the future of St. Luke's?

Well, I don't have such grand ambitions. As I have told many of you, I am very ready for a sabbatical in the simplest sense of the word: rest. I am ready for a rest. But rest from what? I am certainly not tired of St. Luke's. Not tired of my friends, my colleagues, my family in Christ. I am not tired of ordained ministry. Visiting the sick, preparing and conducting worship, cajoling, caring, dreaming and getting various organizational ducks in a row - these usually combine in a fairly balanced way and still excite and challenge me in all the best ways.

The call of "rest," however, sounds deep within me. I need quiet, some silence. I need to listen. I need to step back from the day to

day tasks of parish life and rediscover the moment-to-moment presence of God. I need to answer that divine invitation to "be still and know that I am God."

I believe in my heart of hearts that of all the Ten Commandments, among the hardest to follow is the command to honor the sabbath and keep it holy. Part of the notion, the *gift* of sabbath is allowing for work to just stop. Let the field lie fallow for a period. I am drawn to the biblical truth that really resting is really restorative. So that means that my overarching goal while on sabbatical is to keep the pressure off for any grand sense of accomplishment. I believe that such rest allows God to be more at work in my life in quiet, invisible ways which will lead to rich growth later. And maybe even some accomplishments! Who knows?

Still, I do have a few plans. I plan to spend a month in Dallas with my mother who will be recovering from a double knee replacement surgery. I can't tell you how happy it makes me to be able to take this time away and be with my mom, even though it will be demanding. I hope April and May find me preparing and planting a backyard garden.

Continued on next page.

Rector's letter continued.

I plan to go on a retreat at the beginning of May and attend a couple of weddings in May, including the wedding of a nephew out in California. I plan to read and read and read, which will be heavenly. I hope to find and practice an exercise routine that I can actually maintain when I come back to work full time.

Finally, I plan to use some of my sabbatical time making arrangements to visit the South Sudan for two weeks in July. I am not sure what to call this excursion: continuing education? Vacation? Mission work? Pilgrimage? I just know that Father Joseph Taban Lasuba asked me to come. Last year Joseph told me about the difficult working conditions for women priests in Sudan. He told me that he would love for me to meet these women and for these women to meet me. I feel called to go and just listen to them, listen for the Holy Spirit and wonder if I might find some ways that Episcopal women in the US might be in some kind of partnership with Episcopal women in the new Sudan. I hope to accompany the Reverend Dr. Jo Bailey Wells who makes annual trips to Sudan to meet with Sudanese bishops, provide leadership training and teach in the local seminary in Jubba. So we will see what happen. It may not happen at all. But the sabbatical time will help me determine all that.

So thank you. Thank you all for supporting me in this. Thank you for your continuing prayers. Thank you for believing that rested and refreshed clergy are a blessing that multiplies into many blessings. Thanks especially to all of you who will carry a heavier load in my absence: especially Joe Hensley, Jan Lamb, Jim Craven and Bill Gutknecht. I'll look forward to seeing you all on Pentecost Sunday.

Peace,

Anne

Worship in Lent: Savor the silence

Lent is a time of re-orienting ourselves toward God and examining ourselves. Sometimes, in worship, we have fallen into the habit of using the silences between parts of worship to scan the bulletin or find the next hymn. The purpose of the silence is to allow us to prayerfully absorb what has just happened, whether it be a scripture reading, a prayer, a choir anthem, or Holy Eucharist. During Lent, we will deepen our practice of brief silences throughout the liturgy. Instead of moving ahead or flipping the page, savor the moment. Breathe deeply and give thanks for what has just occurred, asking God to use our worship to "re-turn" our hearts to God.

Last year's palm branches

Please bring in last year's palm branches and crosses to be used for the Ash Wednesday service. They may be left in the Sprague Room until Sunday, March 6.

Pancake Supper is Fat Tuesday, March 8, 5 - 7 p.m.

Come enjoy a Fat Tuesday at St. Luke's. Our EYC youth group will start serving at 5:00 (for the early birds). At 7:00, we will adjourn to the church, where we will sing one last Alleluia and bury the Alleluia banner and burn palms for our Ash Wednesday ashes. Cost for the dinner is \$5, \$3 for children 6-12. Kids under 6 can eat with an adult for free. Dinner includes pancakes, bacon, applesauce, coffee and juice. There will be a variety of entertainment as well! This event also aims to raise money for EYC activities and youth mission trips (so extra donations will be welcome!).

Adult Christian Formation

Adult Christian Formation classes meet each Sunday morning from 9:20am - 10:15am for fellowship, learning, and renewal. Normally Adult Forum meets in the Johnson Hall classroom, and the Adult Inquirers Class (preparation for confirmation, reception and reaffirmation) meets in the Kramer Room. Sometimes there is a room swap. Check the weekly announcements. Both classes are always open to everyone.

Adult Inquirers Class - March 6th is an "open" session and participants have the chance to have a make up session for any classes missed thus far. Please be in touch with the Rector and let her know what session(s) you'd like to make up. She will set up some private "tutorials" to get you back on track. These will take place in the Kramer Room though we may have to spread out to other parts of the church.

Adult Forum – On March 6 our own Ken Morehead will present "Caring for Body and Spirit through Sugar Awareness and Reduction". This stand-alone presentation includes the option of a Lenten discipline with regular follow-up with Ken.

Lenten Offerings:

Adult Forum: During this season of reflection we will examine the patterns of our lives and explore the ancient practice of a Rule of Life. We'll look at both ancient and contemporary examples, elements of a Rule, and work towards developing or refining our own Rule by examining practices and habits in our individual and common lives and experiences.

March 13: What is a Rule of Life and Why
March 20: The Journey Inward: Prayer, Sacraments, Study, Sabbath.
March 27: The Journey Outward: Service, Witness, Stewardship, Giving.
April 3: When Your Rule of Life Doesn't Seem to Fit.
April 10: Reflection, assessment, and going forward

Thursday Evening Series:

Soup and Bread at 6:30, film and/or discussion 7:00 – 8:30. For four Thursday evenings during Lent (March 16, 23, 30 and April 6) we will explore "the Art of Living Your Faith." Our first session features Katrina Browne's documentary "Traces of the Trade", where she documented the discovery that her New England ancestors were the largest slave-trading family in U.S. history. Ms. Browne (an Episcopalian) and nine cousins retraced the Triangle Trade [Rhode Island - Ghana - Cuba] and gained powerful new perspectives on the black/white divide, posing such questions for today as, "What, concretely, is the legacy of slavery - for diverse whites, for diverse blacks, for diverse others? Who owes who what for the sins of the fathers of this country? What history do we inherit as individuals and as citizens? See: <http://www.tracesofthetrade.org/>. We'll be joined for Traces of the Trade by members of our Diocesan Racial Justice and Reconciliation Committee. On March 23, we'll continue our discussion of "Traces." On the third Thursday, we'll gather for dinner followed by the dance performance "Leaps and Bounds" (see pg. 4). On April 6, we'll view a short film, "The Lunch Date" about how we see (and don't see each other). Come and join us for any or all of these evenings during Lent.

Quiet Day: March 19, 9a – 1p, "Reflections on Lenten Collects."

Looking Ahead: There will be no Sunday morning Adult Forum on April 17 (Palm Sunday), April 24 (Easter), or May 1.



Lent Quiet Day: Saturday, March 19, from 9 a.m. - 1 p.m.

Take a few hours of quiet reflection to mark the holy season of Lent. The Rev. Joe Hensley will help us listen carefully to words of scripture and collects (prayers) that we hear on Sundays in Lent. Joe will be drawing upon the wisdom of Anglican priest, Herbert O'Driscoll, as we slow down, rest in God's presence, and enjoy quiet fellowship together. Lunch will be served. If you have never attended a quiet day before, you are welcome! Participants will receive orientation and several options for activities (if desired). Newcomers and guests are welcome. You can come for just a portion of the day if you wish. Please sign up in the Sprague Room or by calling the church office.

The Art of Living Your Faith! Go to a show together on March 31 at 8 p.m.

The Affording Hope Project presents *Leaps and Bounds*, a one-woman show which explores the intersection of faith, ecology, and the global economy. Developed and performed by Teyvyn East; (www.affordinghopeproject.org) this work of theater (dance, prayer, poetry, music, and more) sheds light on the driving factors of our ecological crisis while awakening the imagination to a new way of living with and relating to Earth. The performance of *Leaps and Bounds* will be Thursday, March 31 at 8pm at the Reality Center (916 Lamond Ave, Durham 27701). Contact Joe Hensley at the church if you would like to go with a group from St. Luke's.

Faith and Mental Illness Conference: April 1

Mental illness affects many of us at St. Luke's, and here is an opportunity to learn more about how we might support each other. Faith Connections on Mental Illness will present a one-day conference on Friday, April 1, 8:30 a.m. to 4:00 p.m., at St. Thomas More Church in Chapel Hill. St. Luke's is co-sponsoring this event. Featured keynote speaker will be noted author and lecturer,

Rev. Susan Gregg-Schroeder from California, named as the 2003 NAMI-California Clergy person of the Year. Registration by March 12th is \$15 and increases to \$25 after deadline. Professional continuing education units available. Online registration is available at www.wakeahec.org. For details, contact Jacqueline Carter at 919-350-0461.

Godly Play art Show: March 6

Stop by Johnson Hall on Sunday, March 6, to view art by our children's Sunday school and Children's Chapel participants. These works were inspired by the stories of scripture and saints that the children are learning each week. Come and see how this Montessori-based program encourages creative response to sacred stories. We still need adults who are willing to learn just ONE story that they would tell once a year. This will help our teachers greatly! Contact Ginny Brooks (vbrooks@nc.rr.com)

Youth Events

All youth (grades 6-12) are invited to join us for Sunday school (9:20 in Johnson Hall youth room) and youth group (EYC), typically on Sunday afternoons from 4-6 in Johnson Hall (unless noted otherwise).

Sunday, March 6: EYC sets up for the pancake supper. We need your help!

Tuesday, March 8: Pancake Supper. Sign up for a shift to work between 3 and 8 p.m.

Wednesday, March 9: Ash Wednesday. Youth confirmation class sits together at the 7:00 service.

Sunday, March 13: Sexuality and faith discussion for all St. Luke's youth (see separate announcement).

Sunday, March 20: CROP walk. Meet at church at 1:30. Walk ends around 4:30.

Sunday, March 27: EYC 4-6.

April 3: EYC 4-6.

April 8-10: Diocesan spring youth event and St. Luke's EYC beach retreat: more info coming.

Sexuality and faith discussion for youth: March 13, 4-6 p.m.

This open and frank discussion about sexuality will be an opportunity for youth to ask questions and receive honest, faithful responses from adults. The Rev. Joe Hensley, Dr. Leigh Fylstra (one of our EYC advisers and a youth psychiatrist), and other adults advisers will lead the discussion. This session is open to all youth, whether they are "regulars" or not. The format will include some basic scriptural and faith grounding, case studies, responses to anonymously submitted questions, and some separate sessions in gender groups. We want youth to understand that their bodies are part of God's wonderful creation and that sexuality is a powerful gift that should be handled with care. We will also affirm our faith in God's love for persons of all sexual orientations. Parents and youth are encouraged to talk with Joe or Leigh ahead of time with any concerns or questions. If parents are interested in a session of their own to talk while the youth are meeting, please contact Joe (assistant-rector@stlukesdurham.org).

Plan ahead to attend the services of Lent and Holy Week

Let's be honest...attendance at Lent and Holy Week services has been down the past couple of years. These are among the most important and dramatic worship events of the year, and our participation is expected. Ash Wednesday (March 9) services are at 7:30 a.m., 12:10 p.m., and 7:00 p.m. Palm Sunday (April 17) services will be Sunday morning at 8 and 10:30. Maundy Thursday (April 21) service will be at 7:00 p.m., followed by the all-night prayer vigil (sign up for an hour slot in the Sprague Room). Good Friday (April 22) service will be at 12:00 noon with Stations of the Cross at 6 p.m. The Easter Vigil will be at 6 p.m. on Saturday, April 23. As a Lenten discipline, you may also make time to attend Morning Prayer on Tuesdays (7:30 a.m.), Wednesday Eucharists (12:10 p.m.) or Wednesday evening Compline (following choir rehearsal at 8:35). As the good book says, "Rend your hearts

and not your garments. Return to the Lord your God, for he is gracious and merciful." (Joel 2:13)

Baptisms at the Easter Vigil

The ancient church traditionally welcomed new members by baptism at the Easter Vigil, in the wee hours of Easter morning. St. Luke's continues this tradition by encouraging baptisms at our Easter Vigil service at (the not so wee hour of) 6 p.m., April 23, the evening before Easter. Please contact the church office or clergy in March if you know of any candidates for baptism. The next opportunity for baptisms will be Pentecost Sunday, June 12.

Bishop Curry will visit St. Luke's for Sunday services on May 8.

Confirmation classes are underway. We have 12 youth and about 15 adults preparing for confirmation, exploring the foundations of Christian faith in the Episcopal Church. Please keep these persons in your prayers and come show your support when Bishop Curry confirms them on May 8.



Care for your body and spirit in Lent through sugar awareness and reduction

Our own Ken Morehead will do a presentation on March 6th, the week prior to Lent, on the impact that sugar consumption can have on our health (9:20 a.m. in Johnson Hall classroom). Beginning in Lent, Ken will also lead a group choosing the discipline of being sugar-free. For those interested, he will be available on Sundays after the 8 o'clock service until the start of each Adult Education class to provide leadership, and for questions and support for those choosing this particular discipline during Lent. Eliminating sugar can be challenging, yet it's also a lot of fun to see the health benefits. Ken will share some recipes for delicious desserts that are sugar free, as well as ideas about how to replace sugar with more nutritious foods to make this process much easier. A post Lenten pot luck at Ken's will follow for the sugar-free St. Luker's during which we'll enjoy a delicious sugar-free dessert (or two). Come join us, as we honor God's gift of life by caring for our bodies and enjoying the benefits. For more information contact Ken at kfmk@me.com.

There are some exciting classes at Teer House during March!

Teer House is located in N. Durham and is part of Duke's Patient/Family and Community Education program. Enroll in 'Healthy Happenings' classes to hear the latest information from the wealth of clinical experts across Duke University Health System. Although most classes are free, registration is required. For a complete listing of programs, including all of our perinatal classes, visit www.dukehealth.org or <http://teerhouse.dukehealth.org>.

Healthy Brain Aging for the Worried Well

Monday, **March 7**, 6:30pm-8pm
Understand how memory changes with age, and how to enhance brain health.

Decision Time: Exploring Long Term Care

Monday, **March 14**, 6:30pm-8pm

Learn when to begin, what to look for on a site visit, and where to find help when considering long term care.

Yoga for Chronic Pain

Monday, **March 14**, 7pm-8:30pm
Learn simple, practical yoga techniques to relieve pain and promote relaxation.

AARP Driver Safety Program

Tuesday, **March 15**, 9:30am-3pm (1 hour lunch break)
Review defensive driving strategies and ways to compensate for age-related cognitive and physical changes. (AARP Member \$12; Non-member \$14)

Keeping Shoulders Healthy

Tuesday, **March 15**, 7pm-8:30pm
Discuss common shoulder problems and learn preventive exercises to reduce your risk and stay active.

Guardians, Wills, and Trusts for New Parents

Tuesday, **March 22**, 6:30pm-8pm
Learn how to protect your child's future with these important legal documents.

Say What? Hearing Problems for All Ages

Wednesday, **March 23**, 6:30pm-8pm
Discuss common hearing problems for all ages, treatments, and impact of hearing loss.

Foods As Medicine

Wednesday, **March 23**, 6:30pm-8pm
Eat your way to a healthier lifestyle by adding top super foods to your diet.

ADHD: School Advocacy and Homework Management

Monday, **March 28**, 6:30pm-8pm
Information on ADHD, homework management and communicating with your child's school.

Healthy Skin vs Cosmetic Correction

Tuesday, **March 29**, 6:30pm-8pm
Latest on lasers, nonsurgical, and topical solutions for rejuvenating, repairing and maintaining aging skin.

Third Sunday Lunch

If you would like to have a time of food and fellowship, come join the Third Sunday Lunch Group. Just show up in the Sprague Room after the 10:30 a.m. service and after a brief time of socializing, we will decide where to go and proceed to a local restaurant. Come join us on March 20.

Episcopal Church Women Wednesday, March 16, 10 a.m.

For our March meeting we will have as our speaker Lisa Gwyther from the Duke Hospital Center for Aging. She will talk about the work of the center and perhaps give us some pointers for aging gracefully. Welcome to all. Social time begins at 9:45. The program begins at 10:00.

Lex Mathews Scholarships for Women

Thirteen women across the Diocese of North Carolina will be in class this school year thanks in large part to the fact they've been awarded Lex Mathews Scholarships.

The Diocesan ECW administers and helps finance the Lex Mathews Scholarship Program, begun more than two decades ago by family members and friends of the Rev. Lex Mathews, who at the time of his death headed the diocese's office of Christian Social Ministries. It is geared toward women of the diocese, age 23 and older, seeking either specialized training in vocational or technical skills, a degree or certification below the masters or doctorate level, or continuing education courses for upgrading job skills. The scholarships, awarded annually in the spring, are an effort to help women, many of whom are solely responsible for their families, to achieve self-sufficiency by getting the education necessary to enter or reenter the workforce. Preference is given to Episcopalians or someone sponsored by an Episcopalian. St. Luke's ECW contributes to this fund. Application deadline is March 15, 2011.

St. Luke's Men's Fellowship

St. Luke's Men's Fellowship Breakfast will be on the 4th Thursday, March 24 at 7 a.m. in Johnson Hall. Bring food to share if you can. We have informal conversation followed by a brief devotional and Bible reflection. All men welcome.

Parish Register

We pray for those who have died: Audrey Denton, mother of Denise Beaver; Tom Deikman, brother-in-law of Bill Callahan; Rachel Simon.

We pray for those who were born: Robert Allen Nelson, III son of Rob and Gretchen Nelson.

We welcome those who have transferred their membership to St. Luke's: Nancy Yaeger from Church of the Holy Family, Chapel Hill.

We give thanks and pray for those having birthdays during the month of March.

- 1 – Amy Duggins
- 2 – Kay Gresham, Valleri Callahan
- 3 – Bill Callahan, Anne Thornton
- 4 – Paul Stirrup, Reece Wenger
- 5 – Mary Miller
- 6 – Nay Ung, Kathleen Tolley
- 7 – Ginny Atwell, Caroline Stonehouse
- 8 – Lisa D'Amico
- 9 – Dennis McCulloch, Cindy Henry
- 10 – Mike Henry
- 11 – Victor Carnes, Rob Yankes
- 14 – Kelsey Schwantes
- 15 – Rita Weimer
- 18 – Chad Lemons, Liz Riggin
- 21 – Marie Levchak, Roy Lawson
- 23 – Abbie Stuart-Fox
- 24 – Jessie Gaither
- 26 – Bettie Ann Haley
- 27 – Elizabeth Dougherty
- 28 – Torrey Cherry Edmiston
- 30 – Paul Starling, Rosalie Fonda
- 31 – Frieda Carnes, John Carr, Jane Lynch

New “Music Corner” in Sprague Room

If you look over in the corner by the outside door in the Sprague Room, you will see a display about MUSIC. This area will contain information about St. Luke’s music-related topics including our adult and children’s choirs, the Royal School of Church Music, upcoming special music, and interesting information about church music history, hymns and choral music. Watch over the coming months as this “Music Corner” evolves!

St. Luke’s Adult Choir

The choir is always happy to welcome new members, even on a seasonal basis. We work hard but we have a lot of fun singing together! If you are interested in joining the choir, or would just like to give it a try, consider coming to a few Wednesday evening rehearsals. We will be preparing some beautiful music for the upcoming Lent/Easter season; perhaps you’d like to sing with the choir as a Lenten discipline.

Music is a vital and important ministry, and a joy to those who participate. Our group loves to sing, and enjoys coming together to offer their gifts in worship. If you like choral music, enjoy singing, and are looking for a way to serve at St. Luke’s, come and be a part of the choir!

Wednesday Evening Compline At St. Luke’s

Each Wednesday evening, the lesser-known evening office of Compline takes place at 8:35 in the chapel. All who would like to end their day with Compline are welcome! This is a lovely and peaceful office that lasts no more than 20 minutes. Compline begins at 8:35 and is followed by silence. Even when there are just a tiny few of us in attendance, we are blessed by the solace and quiet. Please join us.

Lenten Music

Lent is a time when our music reflects the themes of the season. There is a vast body of choral music from hundreds of years of church history that has endured because of its beauty and rich musical architecture. To add to your Lenten observance, you might try going to a site such as youtube.com and putting certain words into the search field, see what comes up, and listen to some of the music that is particularly enriching during this season. Try words or titles such as: *Crucifixus. Ave Verum. Crux fidelis. Miserere mei. God so loved the world. If ye love me. As the deer. Sicut cervus. Out of the depths. Stabat Mater. Christus factus est. St. Matthew Passion. Ubi caritas. Tantum ergo.* You will find some music that may truly enhance the season of Lent for you.

Who are Eucharistic Visitors and what do they do?

You may have noticed that toward the end of every 10:30 service, one or two people come to the altar to receive a little black box. That box contains the consecrated elements from our Eucharist, our communion together as we gather at the Lord’s table. The Eucharistic Visitors take the body of Christ, bread and wine, from our Sunday service out to those St. Lukers who are unable to physically join us at church. We always visit on Sunday afternoon after church so those we visit understand that this is an extension of our service together. EVs use a shortened form of the same service we all read on a given Sunday. (Page 396, Book of Common Prayer, if you’re interested) If you have any questions or are interested in joining us, please call Anne, Joe, or June Santa

St. Luke's School Spirit Night At Chick-Fil-A

Monday, March 21, 5 – 8 p.m., Chick-Fil-A on Roxboro Road. Come support St. Luke's and have dinner with your friends! Vouchers may be picked up at the church office or the school building. All proceeds benefit the scholarship fund of the school.

Did you know?



Our former chorister, Alex McDouall, pursuing the vocation he discovered at St. Luke's, is raising funds to go with Habitat for Humanity to Quang Nam, Vietnam this

spring. Every little bit helps! Let him know we still care. If you remember Alex, love our choir, or just love Habitat, please consider making a donation at:

<http://www.firstgiving.com/fundraiser/alex-mcdouall/global-village-vietnam-trip>

Save the Date! March 25-26, 2011 Duke Divinity School

A Gathering of Students, Clergy, People of Conscience, and People of Faith -
Toward a Moral Consensus Against Torture

Equip yourself to understand the arguments for and against torture. Prepare for anti-torture advocacy within our community. The greatest protection against any government's use of torture is a shared understanding that torture is always wrong. This conference is part of a national effort to develop a moral consensus: torture is never justified, dehumanizing both victim and perpetrator, ultimately rendering the nation that practices it morally damaged, less secure, and less human than before. Speakers and panelists will represent diverse faith traditions.

Full conference cost is \$35, including 2 meals and coffee breaks. For more information, see/contact Peach McDouall,

peachmcd@frontier.com or Joe Lenow, jelenow@gmail.com . Registration: www.divinity.duke.edu/moral-consensus-against-torture

Financial Update

January

Income
\$72,954.73 (prepaid pledges included in this)
Expenses
\$38,277.31

Qualified charitable distribution provision extended for IRA owners age 70½ and older

The new tax bill signed into law in December includes an extension of the qualified charitable distribution (QCD) provision for 2011 for IRA owners age 70½ and older. You may be able to take advantage of this tax-planning opportunity for 2011. The law allows those over 70 ½ to make a tax-free donation of up to \$100,000 directly from your IRA to a qualifying charity, and satisfy all or a portion of your Required Minimum Distribution (RMD). Even if the donation amount exceeds your RMD, the donation may help reduce your IRA balance and therefore may reduce future RMDs. You may also be able to reduce the amount of tax you are paying on your social security income. To request a QCD, contact your IRA custodian and request a withdrawal form that will allow you to name the charity(ies) to whom the withdrawal check(s) would be written. You may want to check with your tax advisor if you have questions about your specific situation.

Janet Ramsey

Bulletin Board

The deadline for the April newsletter will be March 20.

Vestry Report

The Vestry meeting of February 21st opened with each person talking briefly about one thing bringing them happiness and another that was a concern. This sharing, which clearly showed the care that St. Luke's folks have for one another, brought both tears and laughter. One common theme of "happiness" was about the wonderful experience and outcome of the Stew 'n' Q.

Monthly reports from the Clergy, Vestry officers, and various committee chairs were reviewed and discussed as necessary. Preliminary plans for the Vestry retreat on March 4th and 5th were presented.

One focus of the retreat will be finding ways for us to get to know each other better. On a personal note, I would appreciate your ideas for activities that will strengthen St. Luke's family atmosphere, for example, picnics, potluck dinners, and field trips.

Bill Gutknecht, Senior Warden

Change of Address

Even though our Parish Handbook is brand new, we already have some changes. Please jot them down today.

Anne Carr
annecarr@nc.rr.com

John Carr
johnfcarr2@nc.rr.com

Peter Kariher
pkariher@yahoo.com

Sarah Craft
2108 Carver St.
Durham, 27705

Bernadine Dabre
821B Lee St.
Durham, 27701

Tara Hopkins
1 Sagamore Place
Hillsborough, NC 27278
919-906-2074

Durham CROP Walk is Sunday, March 20: Be a walker or a sponsor or BOTH

This annual event combines fun and fundraising to raise money for hungry people throughout the world and right here in Durham. Walkers gather at Duke Chapel on Sunday, March 20 to begin the walk at 2:30 p.m. (we'll carpool earlier from St. Luke's). Our St. Luke's team is being coordinated by Jeff Pitts, who will be available on Sundays to recruit walkers and sponsors. To register online go to www.durhamcropwalk.org and click on the "register" button. The click on "join a team" and find "St. Luke's Episcopal Church" and click "Join team." Jeff will have paper registrations available as well. Walkers invite friends, neighbors, etc. to sponsor them for \$5, \$10, \$20 or more. Sponsors can give online (go to www.durhamcropwalk.org and click on "contribute" then "support a team" and find "St. Luke's Episcopal Church") or by making out a check to "CWS/CROP" and giving it to one of our walkers or to Jeff. The walk, itself is 4.8 miles, but even if you can't walk the entire route or want to walk on your own another day, you can still participate. All ages welcome (strollers and scooters are fine!). The goal is to raise as much money for hunger relief as possible. 25% of the money raised stays in Durham. Last year over 30 St. Lukers participated as walkers and many more as sponsors. Let's do even better in 2011!



Green Team Message

Are we conserving energy at Church?

This is not an easy question. A simple answer is “yes . . . but not enough.”

Since the summer of 2009 the Green Team has installed new programmable thermostats, three electric meters to measure electrical energy use in each building, and replaced our lighting with more energy-efficient equipment in all buildings.

Basically we consistently used less Natural Gas in 2010 than in 2009 except for an extra cold January and December (averaged 11 degrees colder in January of 2010 and 4 degrees colder in December), 10% less for the year. The results in our use of electrical energy have been less successful, however, since we only reduced it by about 1% in 2010. Even though we have suffered through two extremes of weather in the last twelve months (last summer was extremely hot - hottest since 1880 - and we are having a near record cold winter), we still feel that we have work to do to keep the congregation aware of the many things we can do to save both gas and electricity. Finally, at least we used less electricity in the last five months than we did the previous year – it seems like a good start. We suggest the following for now:

- If it's too cold in Johnson Hall and just a few of us are meeting there, why turn up the thermostats when we can meet with our coats on? This is a huge hall that costs a lot to heat or cool.
- When we meet in the Kramer Room why click on both light switches when only one is needed? One switch turns on only the lights over the meeting table – leave the other one alone – it turns everything on.
- In using the Sanctuary, consider whether you need both the perimeter lights and the pendant lights. The pendant lights in particular use a lot of energy (we are planning on replacing them with LEDs which will help).
- Keep the Church and Johnson Hall doors closed at all times. When we keep them open for extended periods of time we lose a rush of heated or cooled air that will cost us plenty to replenish.
- We have made it easy to modify temperature settings on all of the programmable thermostats – think twice before you hit the “up button”. Is this really necessary? **Act as if you are paying the bill.**

There is more that the Green Team can do to help save energy. In 2011 we see a need to add insulation to the upper walls of the Pre-School building and to perform similar work in the Church building to reduce both heating and cooling loss. We have sent another Episcopal Foundation Grant request to their Board for \$3,260 and are awaiting their response.

Jim Hooker & John Wyman – Co-chairs of the **Green Team**

*2011 St. Luke's School Scholarship
Golf Tournament, Spring Carnival and Silent Auction
Saturday, April 2, 2011*



*Location: Umstead Pines Golf and Swim Club at Willowhaven
253 Country Club Drive
Durham, NC 27712*

*Time: 12:00pm Registration and Practice Facilities Open
1:30pm Shotgun Start
2:00pm-5:30pm Carnival
5:30pm Awards Dinner and Silent Auction*

Format: "Captains Choice" 4-person teams

*Cost: \$75 per player (\$300 per team) and includes Cart Fee, Greens Fee, Range Balls,
On-Course Beverages, Goody Bag, Awards Dinner and Silent Auction*

\$10 Dinner and Silent Auction for Adults

\$5 Dinner and Silent Auction for Children ages 3-10

Sponsorship Opportunities

Hole Sponsorship \$100 donation

Beverage Cart Sponsorship \$250 (Only 2 Sponsorships Available)

Scoreboard Sponsorship \$250

For more information, please contact Kim Carpenter

forewcc@aol.com or 919-641-1266

(Registration and Sponsor Sheet is on the reverse side)

*2011 St. Luke's School Scholarship Golf Tournament
Tournament Registration*

Player 1 (Captain): _____

Email Address for Captain: _____

Phone Number for Captain: _____

Player 2: _____

Player 3: _____

Player 4: _____

\$75 per player, \$300 per team

*includes Cart Fee, Greens Fee, Range Balls, on-Course Beverages, Awards
Dinner and Silent Auction*

_____ *Dinner and Silent Auction Only \$10 per person ages 11-adult*

_____ *Dinner and Silent Auction Only \$5 for children ages 3-10*

Tournament Sponsor

_____ *I would like to be a Hole Sponsor (\$100)*

_____ *I would like to be a Beverage Cart Sponsor (\$250)*

_____ *I would like to be a Scoreboard Sponsor (\$250)*

*Name as you would like it to appear on promotional tournament
materials* _____

Total Amount Submitted: _____

~~~~~  
*Please return registration and/or sponsorship info with payment in full to:*  
*Kim Carpenter*  
*Umstead Pines at Willowhaven*  
*253 Country Club Drive*  
*Durham, NC 27712*

*\*Make checks payable to St. Luke's School Scholarship Fund\**  
*Tournament Sponsorship and/or Player Entry fee is due no later than*  
*March 18th (Field is limited to the first 25 teams to register)*



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St. Luke's Episcopal Church  
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Durham, NC 27705

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For more pictures, go to our website:  
[www.stlukesdurham.org](http://www.stlukesdurham.org) and go to the blog for outreach.