

# THE MESSENGER

## GRACE-ST. LUKE'S EPISCOPAL CHURCH

Volume 56, No. 3

February 1, 2009

### SUNDAY SERVICE TIMES

8:00 AM Holy Eucharist, Homily  
8:45 AM Breakfast  
9:15 AM Classes  
10:30 AM Holy Eucharist, Homily  
5:30 PM Holy Eucharist, Homily  
*Nursery available for all services except the 5:30 PM service.*

### THE DAILY OFFICE

7 AM *Friday* Morning Prayer/Eucharist  
5:30 PM *Thursday* Evening Prayer  
5:50-6:30 PM *Thursday* Centering Prayer

### OFFICE HOURS

8:30 AM to 4:30 PM Monday - Friday

### INSIDE THIS ISSUE

39ers.....	3
Athletic News.....	4
Christian Education.....	7
Church Health Center News .....	4
February Altar Flowers .....	4
February Calendar.....	6
February Service Schedule .....	5
First Friday Fellowship.....	3
Fitness Classes .....	2
Food Pantry Update .....	3
Haiti Mission Trip.....	3
Jung Group Workshop .....	2
Light and Life @ St. Mary's.....	4
Member News.....	2
Memorials & Honoraria.....	5
Message from Ron.....	8
MTAM Request.....	2
MTS Presents Dr. Cornel West .....	4
Pledge Envelopes in Trezevant .....	2
Radical Abundance .....	3
St. Clare Retreat.....	4
Scout Sunday .....	2
Shrove Tues. Pancake Supper.....	3
Staff and Vestry.....	2
Support Groups at GSL.....	2
Third Thursday.....	3
Youth News.....	3

## Angels in Disguise

by Eyleen Farmer

I believe in angels. Not the Hallmark kind who look like they never lift a finger and smile (demurely) all the time. But working angels who swoop down in a blaze of light to deliver some astonishing message. Angels who invite, challenge, warn, and chide. Angels can comfort too, of course, and sometimes they can save our lives.



One of my favorite angel stories from the Bible comes at the end of Matthew's account of the Temptation of Jesus. You will remember that following his baptism in the Jordan River, the Spirit led Jesus into the wilderness. For forty days Jesus was alone there, trying to figure out what his life was supposed to be about. He prayed and fasted without interruption. At the end of that time, when he was at his most vulnerable, the devil came. (Which seems to be when the devil always comes!) We know of course that Jesus withstood the temptations, and then "the angels came and attended to his needs." (Matthew 4:11)

I wonder what they did to care for the famished and exhausted Jesus. Did they strike a rock so that water poured forth? Did they serve him a meal of bread and figs and olives? Did they guard him while he slept? We can't know. But we do know that Jesus was ready to begin his ministry only after the angels came.

I believe there are many angels right here at Grace-St. Luke's. Working angels who prepare meals, share communion, provide rides, visits, cards, flowers, and prayers. Usually they do these things quietly, without notice or thanks.

During the coming months I and other pastoral care leaders will be working to support the angels we already have and create opportunities for others who would like to participate in various care-giving ministries. If you have been thinking about saying "yes" to something new at Grace-St. Luke's, perhaps it is an angel nudging you to get involved. Be on the lookout for upcoming information and training events, or just pick up the phone and call the church office. We'd love to hear from you!

### MESSANGER DEADLINES

Feb. 15 deadline is 9 AM, Feb. 1!  
Mar. 1 deadline is 9 AM, Feb. 15!

**STAFF**

The Rev. Dr. Ron DelBene, *Interim Rector*,  
ext 18, ron@gsparish.org  
The Rev. J. Brian Ponder, *Associate Rector*,  
ext 13, brian@gsparish.org  
The Rev. Eyleen Farmer, *Pastoral Care Associate*,  
ext 19, eyleen@gsparish.org  
Christi Authement, *Activities Director*,  
ext 22, christi@gsparish.org  
Beulah Boone, *Sexton*, ext 14  
Lakisha Brown, *Sexton*, ext 14  
Beth Claybrook, *Financial Assistant*,  
ext 26, beth@gsparish.org  
Julie Denman, *Rector's Administrative Assistant*,  
ext 15, julie@gsparish.org  
Hilary Dow-Ward, *Youth Director*,  
ext 20, hilary@gsparish.org  
Wesley Emerson, *Organist/Choirmaster*,  
ext 16, wesley@gsparish.org  
Fia Heffington, *Parents' Day Out Director*,  
278-2244, pdo@gsparish.org  
Lucy Owens, *Administrative Assistant*,  
ext 10, lucy@gsparish.org  
Debbie Smith, *Music Associate*,  
ext 27, debbie@gsparish.org  
Linda Stine, *Financial Officer*  
ext 17, linda@gsparish.org

**2009 VESTRY**

Anne Ayres, Patrick Burnett, Karen Clark,  
Thad Cockrill, Ann Dillard, Eric Epperson,  
Gayle Evans, Lesley Hartney, Mike Jones,  
Ruthie Lentz, Lucy McLemore, Hal Morse,  
Andy Nix, Charles Pazar, Betty Peyton,  
Barney Rolfes, Paula Sappington, Jim Taylor,  
Jennie VanDeveer, Peggy Williamson, and  
Tom Wyatt

### To know Christ and to make Christ known

*We seek to serve God and our neighbor by welcoming into Grace-St. Luke's parish all people who seek to love God and participate in an open and supportive community based upon the example and teachings of Jesus Christ. Honoring the vows of our Baptismal Covenant, we respect the dignity of every human person by welcoming all regardless of physical appearance or ability, age, mental capacity, ethnic or religious background, sexual orientation, a sense of past or present personal sinfulness or financial circumstances. We seek to become more fully loving, and we welcome all who wish to join us in this journey.*

## More Than a Meal Request

MTAM needs volunteers, especially for the 1st and 2nd Sundays of the month. Please join us around 3:30. You'll be out by 5! The 1st Sunday also needs a cook team. Call Happy Jones at 276-2136 with any questions.

"Seeking a God Sufficient to  
the Soul's Passion"  
Lecture by Dr. Jerry Wright

February 6  
McClure Hall  
Registration 6:30 PM  
Lecture 7:00 to 9:00 PM

The Memphis Jung Group will sponsor a two hour workshop by Dr. Jerry Wright, a Jungian Analyst who offers lectures, workshops, and retreats on topics/themes related to the integration of Jungian Psychology and spirituality. Dr. Wright also serves on the faculty of the Haden Institute for Spiritual Direction and Dream Leader Training.

The workshop will be at Grace-St. Luke's in McClure Hall. Early registration cost is \$15. Admission at the door is \$20 and \$5 for students. For more information, please call Anne Ayers at 458-2527 or Judy Beaird at 726-1903

## Scout Sunday

On Feb. 1, Grace-St. Luke's, along with churches worldwide, will be recognizing scouts during their church services.

We congratulate the Boy Scouts of Troop 34 who have been studying the God and Country program – Davis Baker, Joseph Blankenship, Alex Brunson, Pip Deaton, Garner Howell, Jack Inman, Joseph Jameson, Jacob Martin, Cameron McDonald, Stone McSpadden, Johnny Ney, Alex Porter, Daniel Reed, and Dub Sorrell. This is a year-long program of study and reflection relating to a scout's duty to God and helps in fulfilling the Scout Law. A scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and **reverent**.

Please join us February 1 at the 10:30 service as we give thanks to the scouts of GSL and their leaders.

Pledge envelopes  
are on the chest in Trezevant  
Hall for those who requested  
them. If you have not  
requested envelopes and  
would like to, contact  
Beth Claybrook in the office  
at 272-7425.

## Member News

### *Transfers Out*

Tim & Jane Sharp and Emma to St. Paul's Cathedral, Oklahoma City,  
Jason & Christy Yarbrow and Christopher and Michael to Holy Communion, Memphis

## Support Groups at GSL

**Weight Watchers:** Trezevant Hall, Monday;  
Weigh-in at noon; Meeting from 12:20-12:40.

**AA meetings:** Tuesdays, 6:30 PM, 8 PM, both in the Lounge.

**Narcotics Anonymous:** Saturdays, 10 AM, Sundays, 8 PM, Trezevant Hall.

**Al Anon:** Thursdays, 10:30 AM, Lounge.

**Sex and Love Addicts Anonymous:** Mondays & Thursdays, 8 PM, Saturdays, 4 PM, and a Women's meeting on Thursdays at 6:45 PM, all in the Lounge.

## Fitness Classes at GSL

**Pilates:** Wednesdays at 12:05, 5:15 & 6:15,  
Fridays at 8:30 AM & 12:05 PM

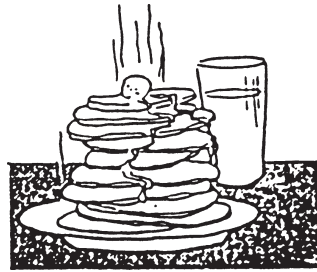
**Senior Fitness:** Fridays at 9:30 AM in the choir room.

**Crossmen's**

**"Buzz Busby"**

**SHROVE TUESDAY**

**PANCAKE SUPER**



**February 24!**

**4:30 - 7:00 p.m.; \$5.00**

**Bacon, sausage, toppings  
& all you can eat pancakes!**

*The Crossmen's chefs will be  
assisted by the youth.*



**Interested in connecting  
with other young adults  
at Grace St. Luke's Church?**

First Friday Fellowship is a place where newcomers & newly involved parishioners can connect for fun and fellowship. We mix and mingle on the first Friday of the month for lively conversation, libations, & heavy hors d'oeuvres.

For those needing childcare, the church nursery will be available from 6-10 PM for infants to age 9 at the affordable price of \$15 total for one child, \$17 for two, or \$20 for three or more (per family). **The Feb. FFF will be held on Fri., Feb. 6th, at the home of Kate & Chris Morse.**

If you're interested in receiving an Evite for FFF, email Kate Garretson Morse at [kategarretson@yahoo.com](mailto:kategarretson@yahoo.com).

**3rd** Congressman Steve Cohen  
to Speak to Feb. 19th Third  
**Thursday** Thursday Group

Congressman Steve Cohen will speak to the **Third Thursday Dinner group on February 19th.** Cohen represents Tennessee's 9th Congressional District and serves on the House Judiciary Committee as well as the House Transportation and Infrastructure Committee. Cohen is a resident of Midtown Memphis and previously served in the Tennessee Senate for 24 years. We are honored to have him speak to our group.

Our meeting will follow the usual format. We will have wine and conversation in Trezevant Hall beginning at 6:30 PM. Dinner will follow at 7:00, and then Congressman Cohen will speak. The cost for the dinner with wine remains \$10.

It is important that our hosts know how many people to prepare for. Please make your reservations as early as possible by calling Lucy at 272-7425 or emailing her at [lucy@gsllparish.org](mailto:lucy@gsllparish.org). **The deadline for reservations is noon Tuesday, Feb. 17.** We hope you will be a part of our group on this special evening.

**39ers**

**Join Us on February 13th  
for our Next Meeting!**

The 39ers are a group of GSL senior members who gather for fellowship monthly. The meetings consist of a light lunch followed by a program. Meetings are held on the second Friday of the month. Anyone 39 and holding is invited to join us!!

**Our next meeting is February 13.** (Remember Valentine's Day is the next day!) Social time is at 11:30 am with a light lunch at noon; followed by a short program. Can't beat the price of \$6.00. Watch in your church bulletin for details about the program. Reservations to Lucy at 272-7425 or [lucy@gsllparish.org](mailto:lucy@gsllparish.org) by noon on Wednesday, February 11th.

**Trinity Institute's 39th National Conference  
Radical Abundance: A Theology of Sustainability**  
Join us on **Feb. 6 & 7** as Leading Theologians and Grassroots Activists Consider Radical Ideas About Abundance, Sustainability, & Well-being at St. John's United Methodist Church - 1207 Peabody Ave. Go to [gsllparish.org/trinity.htm](http://gsllparish.org/trinity.htm) for more information.

**Haiti Partnership announces  
Upcoming Mission Trip**

The Haiti Partnership Committee announces an upcoming mission trip **March 18 - 23.** The Rev. Drew Woodruff and Dr. Susan Nelson will be leading a new group of volunteers to work with Father Leon Sadoni at St. Vincent's Center for Handicapped Children in Port-au-Prince, while Dr. Debbie Hooser will be working with Father Jacques Deravil at the clinic at Montrouis. We welcome your continuous prayers for their safe journey and mission work as well as any donations for medical supplies, toiletries, and small gifts for the children. Please see the bulletin board for a complete list of items needed for the mission trip. For more information call Rev. Drew Woodruff at 336-1103 or Ruthie Lentz at 278-5361.

*The Altar Gifts in February are offered in  
loving memory of*

**February 1:** James Garth Connally, Nancy Knight Holmes, Upton Bertaut, Nova Johnson, George D. Johnson, and Betty Bertaut

**February 8:** Joseph J. Baker, Gertrude Laird Baker, and Kitty Bland

**February 15:** Adrian DeNeal Sullivan, Guilford Allen Robinson, Jr., Elizabeth Marshall Wright Smith, Etta Webb Sullivan, Delbert P. Nave, James Robert Crumrine, Celia Jones Sparkman, William Paul Bostick, Edward R. 'Ned' McCarthy, Elizabeth Marshall Wright, and Mary Adams Wright Robinson

**February 22:** Rocco Calandrucchio, Dorothy P. Jackson, Heather Roffman, Robert Couch, Jr., Cecil R. Whitlock, Mary Ruth Whitlock, John Wesley Long, Florence Rose Long, Delbert Spurlock, Meacy Spurlock, and James W. Whitlock



## Athletic News

### BASEBALL, SOFTBALL AND T-BALL

Batter Up! GSL Church is looking for Baseball, Softball and T-ball Coaches for the upcoming Spring 2009 season. If interested please contact Christi in the Athletics Department at 272-7425, 825-7353 or e-mail [christi@gslparish.org](mailto:christi@gslparish.org).

The Team Categories are as follows:

1. Co-Ed T-Ball
2. 1/2nd Girls (Coach Pitch Softball)
3. 1/2nd Boys (Coach Pitch Baseball)
4. 3/4th Girls (Lassie Softball)
5. 3/4th Boys (Midget Baseball)

Practices will begin April 1st and the season will start Saturday, May 2nd or 8th, and run through the end of June.

I look forward to hearing from you and to having a great upcoming spring season! *Christi*

**Memphis Theological Seminary Presents  
An Evening with Dr. Cornel West  
Thursday, February 12, 7 pm  
Lake Grove Baptist Church  
265 Leath Street**

Dr. Cornel West, one of America's most provocative public intellectuals, has been a champion for racial justice since childhood. His writing, speaking, and teaching weave together the traditions of the black Baptist Church, progressive politics, and jazz. West burst onto the national scene in 1993 with his bestselling book, *Race Matters*, a searing analysis of racism in American democracy.

### Bishop Johnson at St. Clare Retreat

The next St. Clare Retreat for women will be held on Friday, February 6, at St. Columba Conference Center. The Rt. Rev. Don E. Johnson, Bishop of West Tennessee, will lead the meditation which is followed by a time of silence for individual contemplation. The cost is \$20 which includes morning coffee and lunch. Reservations may be made with Dana Sue Mercer at [DSPercer@gmail.com](mailto:DSPercer@gmail.com) or by calling 829-3251.

### Light & Life: A Return to Safely Home Celebrating 150 years at St. Mary's Episcopal Cathedral

St. Mary's Episcopal Cathedral and St. Mary's Episcopal School invite you to attend the premiere of *Light & Life: A Return to Safely Home*. The newly penned play celebrates the past and the present of both the Sisters of St. Mary and the students of St. Mary's Episcopal School. This debut performance, dedicated in honor of Mary M. Davis, Dean Emerita of St. Mary's Episcopal School, will take place at St. Mary's Episcopal Cathedral, 692 Poplar Ave., Saturday, February 7, at 6 PM. A reception will follow in the Parish Hall.

### Church Health Center News

Want to learn how to start or strengthen a health ministry in your congregation? The Church Health Center's next free Congregational Health Promoter class begins March 3 and meets for eight consecutive Tuesdays from 6 to 8 PM. For information or to sign up, call (901) 261-8833, e-mail [fcmm@churchhealthcenter.org](mailto:fcmm@churchhealthcenter.org) or visit [www.churchhealthcenter.org](http://www.churchhealthcenter.org).

## Memorials and Honoraria

**Honoraria**

*Gayle Evans* from Murray McKay and June Averyt  
*Susan Barnett* from Mary Virginia Rogers  
*Noel and Herschel Schwartz* from Murray McKay and June Averyt  
*Debbie Dale* from Mary Virginia Rogers  
*Keith Carpenter* from Murray McKay and June Averyt  
*Karen Harper and Richard Martin* from Murray McKay and June Averyt  
*Carolyn Gardiner* from Mary Virginia Rogers  
*Happy Jones* from Murray McKay and June Averyt, Karen Harper and Richard Martin  
*Lillian Trotter* from Mary Virginia Rogers  
*Ruthie Lentz and Earle Donelson* from Murray McKay and June Averyt  
*Connie Wallace* from Mary Virginia Rogers  
*John and Carol Moloney* from Murray McKay and June Averyt  
*Bettie Welsh* from Mary Virginia Rogers  
*Betty Underwood and the Bazaar House Ladies* from Patricia Darlington and Virginia Darlington  
*Lucy McLemore* from Mary Virginia Rogers  
*Lorin and Libba Allen* from Murray McKay and June Averyt  
*Edith Heller* from Karen Harper and Richard Martin, Murray McKay and June Averyt  
*Nancy Willis* from Linda and John Haigler, William R. Gordon  
*Doug and Judy Douglass* from Jane and Mackie Gober  
*Kurt T. Patton* from Thomas and Carolyn Chesney  
*Betty Peyton* from Karen Harper and Richard Martin, Murray McKay and June Averyt  
*Carrie Evans* from Linda and John Haigler  
*Julie and Billy Denman* from Alice and George Burruss  
*Candy and David Jefcoat* from Jane and Mackie Gober  
*Dot Halliday* from Wynn and Gwin Scott  
*Corinne and Bob Adrian* from Alice and George Burruss, Jane and Mackie Gober  
*Howard and Ann Brown* from Alice and George Burruss  
*Betsy and Preston Wilson* from Alice and George Burruss, Jane and Mackie Gober, Corinne and Bob Adrian  
*Corinne Wilson* from Wynn and Gwin Scott  
*Debbie and Larry Whitlock* from Jane and Mackie Gober  
*Kathy Germain* from Jane and Mackie Gober

*Janet Tate* from Karen Harper and Richard Martin  
*Janet and Shep Tate* from Murray McKay and June Averyt  
*Carolyn Wills* from Karen Harper and Richard Martin  
*Dr. and Mrs. George Burruss* from Jane and Mackie Gober  
*Cissy and Mouse Brown* from Corinne and Bob Adrian  
*Merilyn Mangum* from Jane and Mackie Gober  
*Mr. and Mrs. Jim Taylor* from Jane and Mackie Gober  
*Mr. and Mrs. George Johnson* from Jane and Mackie Gober, Murray McKay and June Averyt  
*Debbie Hooser* from Karen Harper and Richard Martin, Murray McKay and June Averyt

**Memorials**

*Julian and Jeanne Darlington* from Virginia Darlington and Patricia Darlington  
*Nina Taylor* from Mary Virginia Rogers, Helen Key Van Fossen  
*Thomas Boggs* from Helen Key Van Fossen, Mary Virginia Rogers  
*Allene Gordon* from Mary Virginia Rogers, Helen Key Van Fossen  
*Nell Blann* from Dr. and Mrs. J. Samuel Marcy, Linda and John Haigler, William R. Gordon  
*Bill Pittman* from Mary Virginia Rogers, Helen Key Van Fossen  
*Patricia and David Sledge* from Susan and Rick Taylor  
*Emmel Golden* from Mary Virginia Rogers, Helen Key Van Fossen  
*Patricia Sledge* from William S. Mitchell  
*James Allen Jones, Sr.* from David Brown and Steven Hoover  
*Kay Packer* from Mary Virginia Rogers, Helen Key Van Fossen  
*Virginia DelBene* from Janet and Shep Tate, Lynn and Lynda Strickland, Betty K. Underwood, Helen Saino  
*Cornelia Roberts Kimbrough* from Bayard and Huddy Boyle, Mr. and Mrs. Henry W. Morgan, Sr., Mr. and Mrs. Henry W. Morgan, Jr., Mr. and Mrs. Bayard B. Morgan, Martin and Nancy Edwards, Mr. and Mrs. Donald Eddy, Janet and Shep Tate  
*Floyd Brown* from Helen Saino, David Brown and Steven Hoover

## February Schedule

**February 1**

**Altar Guild:** M V Rogers, S Barnett, D Dale, L Trotter, C Wallace, B Welsh  
**Flower Delivery:** B & L Roper, A Ayres, S Prewitt, B & J Moore  
**Breakfast Cooks:** D Conaway, P Taylor, G Conaway, S Liles, J Fields, M Rowland  
**Lay Service Participants**  
 8:00 *Reader, Prayers, Acolyte, Chalice:* Berg, Busby, Hayes  
 10:30 *Ushers, Readers, Chalicers, Verger:* TBA  
*Acolytes:* H & H Morehead, M Allen  
 5:30 *Lectors, Chalicers:* TBA

**February 8**

**Altar Guild:** K Harper, R Martin, J Tate, C Wills  
**Flower Delivery:** B Black, L Strickland, R Berthiaume, J Self  
**Breakfast Cooks:** P Wilson, C Kerwin, J Moore, B Foster, L Strickland, C Pazar  
**Lay Service Participants**  
 8:00 *Reader, Prayers, Acolyte, Chalice:* Berg, Adams, Smith  
 10:30 *Ushers, Readers, Chalicers, Verger:* TBA  
*Acolytes:* M Cline, B Landman, M Hayes  
 5:30 *Lectors, Chalicers:* TBA

**February 15**

**Altar Guild:** K Harper, R Martin, J Tate, C Wills  
**Flower Delivery:** B High, M McKay, C & B Adrian, L Niell, N & D Conaway  
**Breakfast Cooks:** M Herr, C Mercer, M Crow, D McLemore, C Hooser, B Williams  
**Lay Service Participants**  
 8:00 *Reader, Prayers, Acolyte, Chalice:* Edwards, Adams, Whitlock, Brewer  
 10:30 *Ushers, Readers, Chalicers, Verger:* TBA  
*Acolytes:* R Mercer, C Rhea, L Robbins  
 5:30 *Lectors, Chalicers:* TBA

**February 22**

**Altar Guild:** L Tual, C Jefcoat, L Niell, V Rowland  
**Flower Delivery:** S Baker, J & D Douglass, V Rowland  
**Breakfast Cooks:** H Morse, T Claybrook, J Mercer, W Ayres, B Morse, I Hendry, D Douglass  
**Lay Service Participants**  
 8:00 *Reader, Prayers, Acolyte, Chalice:* Rolfes, Whitlock, Brewer  
 10:30 *Ushers, Readers, Chalicers, Verger:* TBA  
*Acolytes:* T Morehead, E Shearon, Z VanDeveer  
 5:30 *Lectors, Chalicers:* TBA

# February 2009

For the most up-to-date calendar,  
go to [gslparish.org/calendar](http://gslparish.org/calendar)

March 2009

S	M	T	W	T	F	S
10	1	2	3	4	5	6
11	8	9	10	11	12	13
12	15	16	17	18	19	20
13	22	23	24	25	26	27
14	29	30	31			28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 1	2	3	4	5	6	7
<b>Scout Sunday</b> 8:00am & 10:30am & 5:30 Eucharists 8:45am Breakfast 9:15am 1st Sun. Coffee with clergy 9:15am Christian Ed 12:00pm Coffee Hour 4:00pm MTAM	12:00pm Weight Watchers 1:00pm Food Pantry 4:30pm EFM	9:00am Bazaar House 9:00am Staff meeting 1:00pm Food Pantry	12:05pm 5:15, 6:15 Pilates 5:00pm Canterbury 6:20pm St. Cecilia 7:00pm Teen Group 7:30pm GSL Choir	5:30pm Evening Prayer 5:50pm Centering Prayer	7:00am Morning Prayer and Eucharist 8:30am Pilates 9:30am Sr. Fitness 12:05pm Pilates 7:00pm Jung Workshop	5:45pm Rivendell
8	9	10	11	12	13	14
8:00am & 10:30am & 5:30 Eucharists 8:45am Breakfast 9:15am Christian Ed 9:15am Newcomers Gathering 12:00pm Coffee Hour 4:00pm MTAM	12:00pm Weight Watchers 1:00pm Food Pantry 4:30pm EFM	9:00am Bazaar House 9:00am Staff meeting 11:00am Window Tour 1:00pm Food Pantry 5:30pm Finance	12:00pm Executive Committee 12:00pm Window Tour 12:05pm 5:15, 6:15 Pilates 5:00pm Canterbury 6:20pm St. Cecilia 7:00pm Teen Group 7:30pm GSL Choir	5:30pm Evening Prayer 5:50pm Centering Prayer	Happening for Grades 10-12 - St. Columba 7:00am Morning Prayer and Eucharist 8:30am Pilates 9:30am Sr. Fitness 11:30am 39ers 12:05pm Pilates 1:30pm DOK	5:45pm Rivendell
15	16	17	18	19	20	21
Happening for Grades 10-12 - 8:00am & 10:30am & 5:30 Eucharists 8:45am Breakfast 9:15am Christian Ed 9:15am Newcomers Gathering 12:00pm Coffee Hour 4:00pm MTAM	12:00pm Weight Watchers 1:00pm Food Pantry 4:30pm EFM	9:00am Bazaar House 9:00am Staff meeting 1:00pm Food Pantry	12:05pm 5:15, 6:15 Pilates 5:00pm Canterbury 6:20pm St. Cecilia 7:00pm Teen Group 7:30pm GSL Choir	5:30pm Evening Prayer 5:50pm Centering Prayer 6:30pm Third Thursday	Sports Forms Mailed Out! 7:00am Morning Prayer and Eucharist 8:30am Pilates 9:30am Sr. Fitness 12:05pm Pilates	5:45pm Rivendell
22	23	24	25	26	27	28
8:00am & 10:30am & 5:30 Eucharists 8:45am Breakfast 9:15am Christian Ed 12:00pm Coffee Hour 4:00pm MTAM	12:00pm Weight Watchers 1:00pm Food Pantry 4:30pm EFM	9:00am Bazaar House 9:00am Staff meeting 1:00pm Food Pantry 4:30pm Pancake Supper 6:00pm Vestry	7:00am & 8:05 Ash Wed. Services 12:05pm 5:15, 6:15 Pilates 12:15pm & 6 Ash Wed. Services 5:00pm Canterbury 6:00pm Teen Group	5:30pm Evening Prayer 5:50pm Centering Prayer	7:00am Morning Prayer and Eucharist 8:30am Pilates 9:30am Sr. Fitness 12:05pm Pilates	5:45pm Rivendell





## Christian Education

### Children and Youth

*Little Lambs* (two-to-young-three year olds)

First floor, Parents Day Out area

*Catechesis I and II* (1st floor)

Atrium I is designed for three-to-six-year olds

Atrium II is designed for six-to-nine year olds

*3rd thru 6th grades* (Room 212)

*Rite 13*: 7th & 8th grades (Doan House, 1768 Peabody)

*J2A-YAC*: 9th - 12th grades

(Hilary's office, upstairs, 3rd floor)



## Youth News

*Sr. High EYC* will meet on Sundays at 6:30 PM, February 1, 8, & 22 (Doan House, 1768 Peabody)

*Teen Group* will meet on Wednesdays, February 4 & 18, at 7:00 pm and will attend the Ash Wednesday service, February 25, at 6 PM.

*Shrove Tuesday Pancake Supper*, February 24

*Happening #45* is Feb. 13-15 for Grades 10-12

### Adult Christian Education ~ Winter 2009

*Welcome to the Winter, 2009 semester of Adult Christian Education at Grace St. Luke's. We have a variety of courses being offered as we focus on our theme of "Living the Story." There will be sign-up sheets for several of the courses on the Adult Christian Education bulletin board.*

#### Listening for God (January 11 through Palm Sunday)



Participants will read and discuss the stories from *Listening for God*, Volume 1, a collection of short stories by contemporary writers that provide unique views of the presence of God in daily life. A brief video synopsis of the assigned story is presented at the beginning of each discussion. After the first eight sessions, participants will choose another anthology to continue to the end of the winter term. Everyone is welcome. Books will be available to participants at a subsidized price. Please look for the sign-up sheet for this course.

#### Epiphany, Economics and Energy

(6 Sessions: January 11 through February 15)



In their Greek origin, these words, epiphania, economia and energia, mean something much more personal than we expect. They relate to the mind/soul/action connection of our daily living. During our sessions, we will both explore our inner growth in coming to know God and ourselves in new ways, and uncover ways of being attentive to God's Spirit in the midst of daily life. Ron DelBene will present these sessions.

#### Search Party (3 Sessions: February 8, 15 and 22)



Know the Nicene Creed? Sure you do. You say it every Sunday. Believe it? Want to reread it again to see if you truly believe it - every word and phrase? Everyone else is saying it at the same time. Surely they believe it. Otherwise they wouldn't be saying it. But wait. Do I truly believe it? Is the Nicene Creed an accurate statement of my own beliefs? Actually on our faith journey, we may find that we have come to a place different from the Church creeds. This will be an occasion where one can verbalize (perhaps for the first time) what one really believes about such issues as God, Jesus, The Bible, the Church, sin, heaven, hell, etc. Search Party asks two things of participants: first, a willingness to share one's faith truths, and second, complete confidentiality. Repeat nothing of what you hear in the session. Ray Berthiaume will facilitate the process. Please sign-up in advance for this course.



**SUNDAYS:** During Lent, there will be a special Sunday Morning Class exploring each of the special celebrations of the Lenten and Easter Time.

**WEDNESDAYS:** We are very pleased to announce a return engagement with the Rev. Mitzi Minor of the Memphis Theological Seminary. Mitzi has a special Lenten series planned for us on the five Wednesday nights of Lent between Ash Wednesday and Palm Sunday (March 4, 11, 18 and 25, and April 1). The presentations will be preceded by dinner and fellowship.

Even though it is still the season of Epiphany – celebrating the great manifestation of Jesus as Lord, I am already planning for Lent, coming quickly toward the end of this month. Every year as I set about looking seriously at how we as leadership will plan Lent for the parish, I remember my Obi lesson.

A number of years ago, I met a woman from Africa whose name was Obi. As we were talking I asked her what her name meant, as I know that in many African cultures names given to children reflect something about that child, the parents, or an incident at the birth. She replied: “Well, my full name is Obiajulu.” As she shared her name, she lowered her eyes and looked a little embarrassed. “It means ‘My heart is at rest.’”

I remember at the time being so struck with what it might be like to be named "my heart is at rest" because at that time in my life, my heart was far from being at rest. I was caught up in so many things, I simply was not paying much attention to what my heart's desire was, and was certainly not taking time to even attempt to be at rest. Her comment turned into an invitation to me to think more about being so busy. The other image that remained with me was the lowering of her eyes and the sense I had that she was embarrassed to share her name with me.

The next Sunday, I asked an African member of my parish about Obi's embarrassment. He told me that to many people, their full birth name is very sacred and to share that with another is to make oneself very vulnerable. “We are supposed to live out our names in our everyday life,” my friend explained,

“and that means we are confronted with how well we are doing that. Perhaps her heart was not really at rest and she was made aware of that when you asked about her name.”

*Perhaps her heart was not really at rest and she was made aware of that when you asked about her name.* When I heard these words, they seemed to reverberate right through my ears into my mind and heart. I remembered again how I had felt when she told me what her name meant. Again I became aware that my heart was not really at rest. There were a number of stressful events taking place, and I was confronting some hard decisions. I also became aware of how I had been behaving lately....on edge, making knee-jerk comments rather than thinking them through, and generally not being a very "happy camper" around at home. Later that evening, I made a decision. It was time to be attentive to a heart at rest. So, what did I need to consider to help make this a reality? How could I find moments of "rest" in my daily schedule?

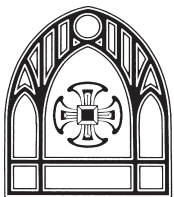
Since that time, I have made Lent a yearly time for me to revisit my Obi lesson. And, I've begun to ask others: "Is your heart at rest?" Are you looking for moments of "rest" in your daily schedule? Perhaps that would make for interesting conversation. I invite you to join me this Lent in making that six-week period a time of paying attention to our heart's desires, our way of life, our place in the universe, and all the while being aware of God's gracious action in our lives.




---

*The Messenger of Grace-St. Luke's Episcopal Church (USPS 778-900)-published semimonthly by Grace-St. Luke's Episcopal Church, 1720 Peabody Avenue, Memphis, Tennessee 38104. POSTMASTER: send address changes to Grace-St. Luke's Episcopal Church, 1720 Peabody Avenue, Memphis, TN 38104, (901) 272-7425, e-mail [gsl@gsparish.org](mailto:gsl@gsparish.org). Lucy Owens, Editor.*

---



GRACE-ST. LUKE'S EPISCOPAL CHURCH  
1720 PEABODY AVENUE  
MEMPHIS, TENNESSEE 38104-6124  
901-272-7425, 901-272-9833 (FAX)  
[gsl@gsparish.org](mailto:gsl@gsparish.org)     [www.gsparish.org](http://www.gsparish.org)

Periodicals Postage Paid  
at Memphis, Tennessee