

St. Luke's News

July 2026

Vol. 9 #7



ANGLICAN CHURCH

of

ST. LUKE

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Have you ever had the feeling that there is not time to get everything done that you wish to do, both in the short term and in the long term? Have you heard, or even thought, that life is too short? I think we all have had these thoughts at one time or another. Along with this can also be thoughts about how we are just not equipped to do the things we would like to, or feel that we should do. These thoughts were brought to focus for me by reading the new prayer/poem by an American Benedictine Nun that is included at the end of this Newsletter. Tracey sent it to be included and it took several readings of it to really understand it well. It then made me re-read the prayer/poem of St. Teresa of Avilla. There are many shared themes. That made me think that we have a lack of time we have to do all these things—so where do we start. I was given, by a fellow physician, a little book when I retired. It is a collection of writings by Seneca (the Younger), a Roman philosopher who lived from c. 5 BC- AD 65. One of the writings is titled *On the Shortness of Life*, with a subtitle *Life is Long if You Know How to Use it*. In it he says “It is not that we have a short time to live, but that we waste a lot of it. Life is long enough, and a sufficiently generous amount has been given to us for the greatest achievements if it were all well invested.” Seneca had a long life, 70 years, at a time in Rome where if you survived past the age of 10, the life expectancy was 50-60 years, and his life only ended at that point because Nero ordered him to commit suicide, as he felt Seneca had been involved in a plot to overthrow Nero.

Given these thoughts, and knowing that we have, whether we believe it or not, the God given abilities to tackle some of the things that are referred to in both of those prayer/poems.

(Items for the August Newsletter should be submitted by July 27th)

Incumbent Priest/Pastor:

The Ven. Noel Wygiera
vicar@oldchurchrd.com

Vocational Deacon:

The Rev. Deacon Tracey Stagg
deacon@oldchurchrd.com

Incumbent's Warden:

Suzanne Blackwell
incumbentswarden@oldchurchrd.com

People's Warden:

Br. Michael McAuliffe
peopleswarden@oldchurchrd.com

Pianists:

Judy Miller
Terri Radke

Organist:

Jo Wygiera

Service Schedule

See Upcoming Events in this Newsletter or go to the church website, www.oldchurchrd.com

WEBSITE

www.oldchurchrd.com

Visit it often to check for news and upcoming events. If anyone has an item they feel might be appropriate for inclusion on the website please send it to website@oldchurchrd.com. **If you go to the website now you can see Season 1: Episode 2, of ‘*The Crossing (How Red Deer Shaped Alberta’s History)*’** This episode features St. Luke’s church. There is also a link to the whole series on YouTube.

If you change contact information, eg. address, phone number or email address, make sure that you notify the office at: office@oldchurchrd.com

UPCOMING EVENTS

WORSHIP SERVICES

For full details of upcoming services, including the readings, go to <http://www.oldchurchrd.com/events>

Sunday Morning Services: 10:00 am

Sunday online Service: 1:00 pm

Compline (Evening Prayer) online: Paused for the summer. Will resume in September

If you wish to attend the online services and do not receive an email with the link contact vicar@oldchurchrd.com

Thursday said Eucharist: 2:00 pm.

OTHER EVENTS

Wednesday Morning Bible Study: Will resume in September.

Saturday July 11th: Men’s Group Breakfast: 9:00 am. If you plan to attend, contact Bob Dixon at bdixon1@telus.net so enough food is prepared.

SPECIAL NOTE:

Alongside Hope: Venezuela Earthquake Response:

On June 24, powerful back-to-back earthquakes shook Venezuela, with magnitudes beyond what have been seen in more than a century. Alongside Hope is joining the Humanitarian Coalition (HC) appeal (until July 13) which includes Canadian Foodgrains Bank. The Foodgrains Bank response will focus on providing food relief.

Please pray for the people of Venezuela. You can donate by going to alongsidehope.org/give-today, calling 1-866-308-7973 or mailing a cheque to Alongside Hope 80 Hayden Street 3rd Floor, Toronto, Ontario M4Y 3G2. Please indicate "Venezuela" in the memo field.

Finances:

A further Financial Update will be in the October Newsletter.

Heat the Church: Just as it is important to continue giving our regular donations to the church, those who wish to contribute to this fund can do so by putting an envelope marked Heat the Church in the offering plate on Sunday or by e-transfer at offerings@oldchurchrd.com. The suggested donation is \$25 for a day.

CAN YOU HELP? Choose a date:

Coffee Roster: If you are able, please consider signing up for a Sunday. We thank those people who have stepped up at the last minute to make coffee and tea when no one was signed up. The fellowship is always enjoyed. If doing it for the first time, help is available.

Outreach-Mustard Seed:

Mustard Seed Dinner Service: Thank-you to everyone who has taken part in volunteering for dinner service at the Mustard Seed the first Friday of each month. The response from our parish has been wonderful and we have had a full roster of volunteers each month to date. Sign-up sheets are in the hall and if you have any questions please do not hesitate to speak with Michael McAuliffe or Doug Ewart. Volunteer duties include serving the meal, preparing carrots for school lunches and helping in the 'dish pit'.

AROUND THE PARISH:

Poppy Rejuvenation

Our poppy display has become a signature in the City of Red Deer during Remembrance Week. It was created by parishioners as well as community members in 2022, and has been noted not only in the city and province, but images have been shared across the country as well as across oceans. The mesh poppy panels have become somewhat tattered in areas over the years, and the poppies themselves are crumpled and hanging downward. The display is in need of some maintenance and repair. We are hoping that parishioners will come out on **Wednesday afternoons, 1:30 - 3:30**, as we work our way through the poppy panels. If you have some time to lend to this project, it would be gratefully appreciated. Questions? Contact Carolyn Dixon or Debb Mann.

Bowling on May 25th:

On Monday May 25, 27 members of our parish, both young and older, gathered at the Heritage Bowling Lanes for an evening of bowling and fellowship. Twenty-two (22) people braved the lanes with Lilly getting the high score of the night with 170. Thank-you to Dawn and Suzanne who planned the evening for us. We had a great deal with the bowling alley and we each paid one price that allowed us to bowl for as long as we wanted to. Some of our bowlers just bowled one game, while some bowled two and a few even got 3 games in. It was a great evening of

fun and fellowship and there was a lot of cheering for strikes and spares! If you missed this event, not to worry as I understand that Dawn and Suzanne are planning another bowling evening for the fall.



Mustard Seed Donations:

At the June Ladies Breakfast, we talked about making a donation to a local charity and it was brought to our attention that the Mustard Seed needs donations of cutlery very urgently. We decided that we would look into finding cutlery to donate but to also gather donations for other items that the Mustard Seed might need. Over the course of the summer (July and August) we will be collecting items for donation to the Mustard Seed in a bin at the back of the church. The Mustard Seed is in need of the following items according to their website:

Shaving products/creams:

- Razors
- Toilet Paper
- Deodorant
- Body Spray
- Sunscreen
- Toothbrush
- Toothpaste
- Travel-size Shampoo & Conditioner
- Hygiene travel kits

Spring/Summer Items:

- Men's and Women's underwear – S, M, L Sizes
- Adult Socks
- Pants with Elastic or String Waists
- Ball caps
- Running Shoes and Rain Boots

- T-Shirts & Shorts
- Hoodies
- Rain Jackets
- Lightweight Sweaters

Other

- Backpacks/Duffle Bags
- Blankets
- Bus Tickets or Transit Passes
- Water Bottles
- Sleeping Bags

The Mustard Seed loves celebrating shelter guests moving out of the shelter and regaining housing. They would love our help providing them with a move-out hamper filled with items to set them up for success during their first few weeks. We can include items such as a laundry basket, towels, blankets, a pillow, hygiene items, cooking utensils, pots and pans, food containers for leftovers, and a grocery store gift card. All other household items can include the following:

- Comfort Items – Cozy throws, reusable water bottles, neck pillows, or heated rice bags
- Gift Cards – Small-value gift cards (\$5-\$10) for Tim Horton's, Dollarama, Walmart, or Shoppers Drug Mart
- Non-Perishable Snacks – Granola bars, instant noodles, oatmeal packets, hot chocolate, tea bags, etc.
- Canned Meats and Fish
- Laundry Supplies – Small packs of detergent pods, dryer sheets, and laundry bags

Your help in providing any of these items would be greatly appreciated.

THE KITCHEN KORNER--submitted by Judy Ewart

June was another busy month in our kitchen. We had 1 funeral, our last Parish Tea before the summer break, a celebration after confirmation and a church picnic. My thanks go out to everyone who has helped with these events.

-For our **final Parish Tea before the summer break** we had 9 guests join us for a time of fun, food and fellowship. This month our treat was upside down rhubarb cake with whipped cream. The desserts were great and we enjoyed good fellowship within our group. Our Parish Teas will resume in September so look for the announcement in the pew leaflet and newsletter. If you would like to come to the Parish Tea but need a ride to get there, please call the office and arrangements can be made.

-On June 21st Archbishop Kerr-Wilson conducted a Confirmation Service at St. Luke's. Those confirmed were: Rob Duncan, Emma Hermes, Lilly Hermes, Keith Kirchner, Derrick Maron, Tonye Roberts, Josiah Stutheit, Lincoln Stutheit, and Kelly Tibbets. This was a great celebration with a special cake for the event. A special thank-you goes out to the ladies of the Altar Guild who hosted the celebration.

-Unfortunately, the weather did not cooperate for our picnic and we ended up having our picnic in the church hall. We were a smaller group than anticipated but our lunch had a very "picnic" vibe to it and it was enjoyed by all who attended. My thanks go out to Kelly Tibbets for help in planning the picnic and to Doug Ewart and Bob Dixon who were game to BBQ but decided in the end to cook the hot dogs in the kitchen.

-A quick housekeeping note regarding our kitchen. A list has been posted in the kitchen of what needs to be done before leaving the kitchen. Everyone has been doing a great job of cleaning up and keeping the kitchen clean but every now and again something may get missed so the checklist is a great way to make sure that everything is done. One thing that I would ask people to be conscious of is dumping the coffee grounds if you use the small coffee maker. This is something that is easy to overlook as we try to get ourselves out the kitchen after an event. There are many openings for coffee time over the summer. If you are planning on being around this summer and could help out with a coffee, please sign up. This is a valuable ministry in our church as evidenced by the increasing numbers of parishioners who are staying for coffee.

Flower Calendar:

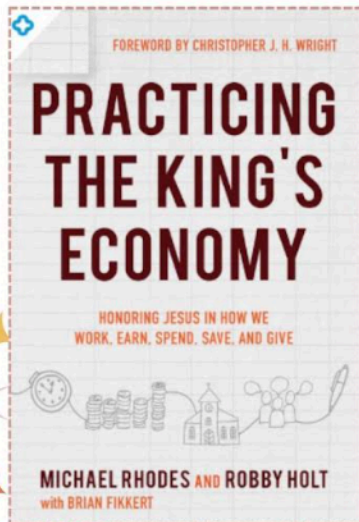
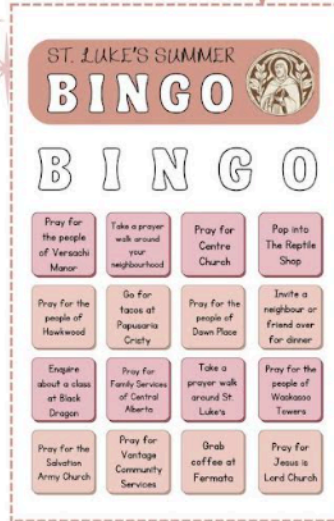
The Flower Calendar is at the back of the church on the north wall. There you can choose to donate flowers on a particular Sunday. The suggested donation for the two bouquets is \$60.00. You will be contacted by the office the week prior to the Sunday you have chosen and you have the opportunity to have a dedication in the Sunday Leaflet if you so wish. **There are still some Sundays available.**

Choir:

There will be no choir at Sunday Services until September. A notice will be sent out when practices resume.

SUMMER BINGO

GRAB A ST. LUKE'S SUMMER BINGO CARD. TRY OUT THE ACTIVITIES, CROSSING OFF THE BOXES AS YOU GO. RETURN YOUR CARD TO MICHAEL M. BY SEPTEMBER 6.



EVERY COMPLETED ROW OF 4 IN ANY DIRECTION IS A CHANCE TO WIN A COPY OF PRACTICING THE KING'S ECONOMY. WATCH FOR DETAILS ON THE BOOK CLUB STARTING THIS FALL!

Bingo Cards are available at church.

AROUND THE CHURCH/HALL:

Church Hall Refresh Update:

The Church Hall Refresh is under way! Since our Special Meeting of Parishioners on May 24, we have been hard at work getting our ducks in a row in preparation for the work to be done this summer. At this point, we have booked the Men's Group and any other willing volunteers for some demo work to be completed the week of July 20, in preparation for the electrical work to be done the week of July 27. During this time, the hall will kind of be in shambles, but we hope to have it in good enough shape to be open for coffee following Sunday services as usual. At the Special Meeting of Parishioners, we had let you know that there is some work that will need to be done to the framing of the hall floor separate from the Church Hall Refresh Project. We have received the engineering report, and Corporation is investigating how best to fulfill the report's recommendations.

If you have questions about the Church Hall Refresh Project and its progress, feel free to get in touch with Michael McAuliffe, Judy Ewart, or David Stagg. Michael can be reached at peopleswarden@oldchurchrd.com.

PRAYERS

A Collect for St. Luke's (crafted by Brother Michael)

Holy Spirit, You have led your people with a pillar of cloud and fire, and you have spoken to your people with a still small voice. Now as we come to seek where you are leading us to serve this world you dearly love, will you make us attentive to the sounds of your voice, and will you soften our hearts so that we may respond to your leading with joy and thanksgiving; through Jesus Christ our Lord, who reigns with you and the Father, one God, now and forever. Amen.

This blessing is a poem/prayer composed by Benedictine Sister Ruth Fox* in 1985

"May God bless you with discomfort:
at easy answers, half-truths, and superficial relationships,
so that you may live deep within your hearts.

May God bless you with anger:
at injustice, oppression, and exploitation,
so that you may work for justice, freedom, and peace.

May God bless you with tears:
to shed for those who suffer,
so that you may reach out your hands to comfort them, to see their pain turn into joy.

And may God bless you with foolishness:
to believe that you can make a difference in the world,
so that you can do what others claim cannot be done.

And the blessing of God the Supreme Majesty and our Creator, Jesus Christ the Incarnate Word who is our brother and Saviour, and the Holy Spirit, our Advocate and Guide, be with you and remain with you, this day and forevermore. **Amen.**
(Submitted by the Rev. Deacon Tracey Stagg)

*January 24, 1936-September 13, 2023

Prayer/Poem from St. Teresa of Avila - attributed (Spanish Nun of the 16th C) Christ has no body but yours, no hands, no feet on earth but yours.
Yours are the eyes with which he looks compassionately on this world.
Yours are the feet with which he walks to do good.
Yours are the hands, with which he blesses all the world.
Yours are the hands.
Yours are the feet.
Yours are the eyes.
You are his body.
Christ has no body now but yours, no hands, no feet on earth but yours.
Yours are the eyes with which he looks compassionately on this world.
Christ has no body now on earth but yours. **Amen**

A Prayer for the Middle East

God of mercy and compassion, of grace and reconciliation, pour your power upon all your children in the Middle East: Jews, Muslims and Christians, Palestinians and Israelis. Let hatred be turned into love, fear to trust, despair to hope, oppression to freedom, occupation to liberation, that violent encounters may be replaced by loving embraces, and peace and justice could be experienced by all. We pray that attempts to each a peaceful solution to the conflict are successful. **Amen**

A Prayer for Ukraine

God of peace and justice,
We pray for the people of Ukraine today.
We pray for peace and the laying down of weapons.
We pray for those who fear for tomorrow,
That your Spirit of comfort would draw near to them.
We pray for those with power over war or peace,
For wisdom, discernment and compassion
to guide their decisions.
Above all, we pray for all your precious children, at risk and in fear,
That you would hold and protect them.

We pray this in the name of Jesus, the Prince of Peace. **Amen.**
(from Archbishop Justin Welby and Archbishop Stephen Cottrell)

A Prayer For All Victims of War

Merciful Father, your Son taught us to call the stranger “neighbor”. Our fallen are many—names we will never know, voices we have never heard, in lands we may never visit, yet brothers and sisters all. And so we pray for all victims of war, both past and present, caught in the crossfires of conflicts we could not quell; for soldiers and civilians, adults and children; we pray for those refugees seeking asylum from war, who died in a land that was not their home. For emergencies and calamities everywhere, and those who died amid chaos and confusion.

In Jesus' name, we pray. Amen (Adapted from Catholic Relief Services)

A Prayer for the People of the United States

O God, author and giver of peace,
in whose image and likeness each of us has been created
with a human dignity worthy of respect on earth and destined for eternal glory,
we pray today for the people of the United States
and all others who are affected by the current political situation
with all the conflict, uncertainty and fear that has been created on so many levels.
To all world leaders grant the wisdom
to see beyond the boundaries of race, religion and nation
to that common humanity that makes us all your children
and brothers and sisters to one another.
Grant the grace of conversion to a path of peaceful dialogue
and constructive collaboration. Grant this through Jesus Christ, your Son, our Lord.
Amen. (Adapted from Jesuitresource.org)