



THE BELLRINGER

SAINT LUKE'S CHURCH

FOREST HILLS, NEW YORK

APRIL 2016

Wholeness and Health

Dear Friends,

In our shared life as members of Saint Luke's Church, we have many grace-filled opportunities. In our worship together we grow in faith and become closer to each other.

Program offerings for discussions and study groups deepen our faith and help us to make connections between Jesus Christ and our everyday lives. Yet, I want to underline some other possibilities because not everything happens in a group setting and sometimes we might feel awfully alone.

Whether praying for the needs of others or for one's self, our petitions as well as our laments, voiced from the soul and sent to God, always are about wholeness and health. Well-being--spiritual and physical--is both what makes each day potentially wonderful and what gives us the energy and strength to face situations which challenge us and our well-being. Well-being is both a goal and what we need to live and move towards that goal.

So often, it seems easier to help others (send a note, flash a smile, say you are praying for them) than it is to care for yourself. And when you are feeling this way-- at sea about what's going on or not happening in your own life--a group experience might be the last thing you are looking for. But your wholeness and health, your taking time and the needed steps to care for yourself, are just as important as responding to the needs of others.

You cannot always be the well from which others draw. You have the responsibility and need to seek the deeper streams, the flow of

life. There are times and circumstances during which you need to heed the words of Jesus that you stop for awhile and consider the ways in which God might quench the encroaching dryness you start to sense when you swallow.

At these times, if you need someone to listen, I am available. Whether your concern is about faith in God, your life with people, or dealing with yourself, if you have a challenge you'd like to talk about then, as your priest and pastor, consider me as someone who will encourage you to take good care of yourself.

I am not a therapist. I am a spiritual friend-- one who will actively listen and proactively respond in the context of our shared faith and calling to love God and to be lovingly engaged with others.

There cannot be community, common-wealth, without individual well being. Parish family is a wonderful reality. However, each individual is uniquely important. Jesus Christ calls each one of us by name. But other noises can be distracting; or silences deadening.

So, if you ever want to talk, send me an email (stlukestom@gmail.com) or give me a call (office [718-268-6021](tel:718-268-6021)) so we can set up a meeting time. And in an emergency, you can reach me via my cell ([917-714-5647](tel:917-714-5647)).

Faithfully yours,

A Note of Thanks

I would like to thank my Saint Luke's community for the prayers, shiva calls and other kindnesses and gestures of support offered following the loss of my brother.

Joan Marlow Golan

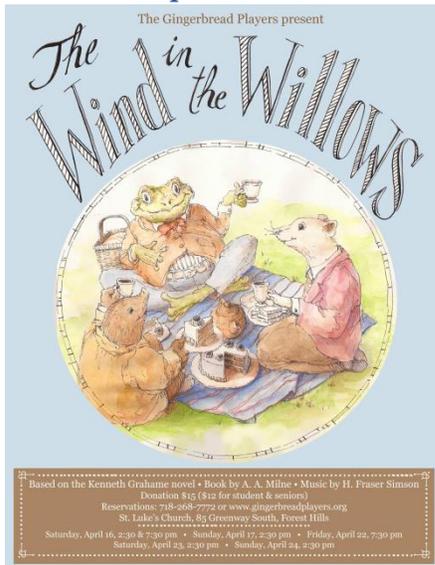


Bakers Needed
for Gingerbread Players' Production of

"WIND IN THE WILLOWS"

Carrying on the Gingerbread Players' beloved tradition of selling baked goods at intermission, we're looking for bakers and sellers for all 6 performances We welcome all home-baked goodies, not just gingerbread, so if you can bake, sell (or maybe both!), please contact Louise Foisy lmf325@aol.com, or Alison Hagge ahagge@earthlink.com.

Gingerbread Players
present



Sat. April 16 at 2:30 and 7:30pm
Sun. April 17 at 2:30pm
Fri. April 22 at 7:30pm, Sat. April 23 at 2:30pm,
Sun. April 24 at 2:30pm

This delightful musical features the adventures of egotistical Mr. Toad and his loving but long-suffering companions Rat, Mole and Badger, with book by A.A. Milne (of *Winnie-the-Pooh* fame) and score by H. Fraser Simson, with additional songs by our own William Ryden. Tickets will be on sale at Hospitality Hour this Sunday and next for a donation of \$15 for adults, and \$12 for seniors, students, and groups. Reservations can also be made by calling 718-268-7772. And of course, you can purchase tickets at the door on performance days. All donations directly support Saint Luke's and its mission.



"YOU'RE THE PREACHER"
Conversations Continue
April 17 and 24, and May 1

Each Sunday in Easter Season, you are invited to a fast-paced conversation about the next Sunday's scripture readings led by Father Tom. Focusing on the question, "What would you preach about?" participants find themselves in the role of the preacher, considering the theological theme(s) present in the appointed reading and linking them to what is going on in our lives.

The 30-minute gathering begins at 12 noon following Hospitality Hour in the chapel off the narthex. All are welcome to join in.

Gratitude for Gift to Saint Luke's

"Let there be light" is exclaimed at The Great Vigil of Easter. And the Paschal Candle burns bright throughout the season. Well, light of a practical sort has been enhanced too this season in the church. What began at Christmas time with the improved lighting of the sanctuary was extended to the nave this spring. Energy-efficient, long-lasting bulbs are lighting up our worship home.

We thank Bob Lin for coordinating not only the light-bulb purchase and replacement, but for securing the labor needed to climb high to complete the task.

Furthermore, we thank Bob and Suzanne for offering the cost of material and labor as a thanksgiving to Saint Luke's Church. Such generous gifts provide wonderful assistance in caring for our facilities. *Thank you!*



Interfaith Community Food Pantry Project

Are you looking for a rewarding volunteer experience in which you can truly make a difference? The Forest Hills Interfaith Food Pantry project, created by clergy and lay representatives of the various local Jewish and Christian congregations, can use your help.

The Food Pantry will operate on the last Wednesday night of each month. The first shift will work on the afternoon of distribution day from 3:00 to 5:00pm, organizing the food donations. The second shift, from 5:30 to 7:30pm, will supervise the actual distribution to clients.

For further information about how you can help, please contact Lisanne Ponce, Saint Luke's representative to the Pantry Project, at 718-296-1029 or blueorchid1130@aol.com.



April Birthdays and Anniversaries

1	Nathan Lai
2	Diane Santana
3	Wayne Baxter
4	Christopher Curran
4	Kevin Keating
5	Alice and David Chodkowski (A)
6	Margaret Schotte
7	Mollie Smith
8	Theresa O'Rourke
9	Gary Carldon
10	Peter and Joan Wang
14	Elizabeth Chiroski
15	Kalitheia Bowman
17	Carlos Ponce
18	Julia Khan
20	Oscar Moron
20	Marlowe Curran
21	Freya Butler
21	David Smith
25	Barbara Gratz
25	Thomas Saver
25	Emily Taylor
28	Tyson and Titcha Ho (A)
30	Maria Ryding

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85 Greenway South
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The Very Reverend Thomas F. Reese, Rector