

St. Luke's Voice

St. Luke's Lutheran Church, New Rochelle, N.Y.

June-August 2021

St. Luke's

Lutheran

Church

95 EASTCHESTER
ROAD
NEW ROCHELLE,
NEW YORK 10801

REV. DR. WILLIAM J.
DAMROW, PASTOR

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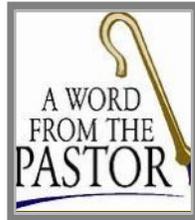
CHECK OUR
WEBSITE:
SLNR.org
For 10 a.m. Sunday
Worship

[Visit us on Facebook!](#)

Newsletter Editor: Pat
Fredericks.

Renee Taylor: Produc-
tion.

Time for Re-Creation



it?

Three short weeks into June and it is already Summer! Can you believe it? While we are hopefully recovering from the pandemic, summer could not come any sooner. Most of us missed the freedom and joy of life last year that summers usually bring. Now you can feel it in the air – a growing positive spirit, travel plans, connecting with family and friends. In fact, it has already begun!

It is a season *for recreation, recouping, regrouping, repentance and renewal.*

As people of faith and people of the Word, we carry within us the first words of scripture, “In the beginning God created the heavens and the earth.” (Genesis 1:1) God took delight in creation. “It was very good.” (Genesis 1:31) *The heart of this season is not only recreation but “re-creation”.*

Enjoy this time. Take delight in nature. Ever notice how people come back from vacation smiling and relaxed? It is because we get in touch with simpler things. Our childhood is renewed in delight, more time, freedom to roam and discover, to see things with new eyes and awaken our curiosity and open our hearts to beauty, joy, gratitude and praise of all God’s creation including life itself. “Thank you God, for this day”, is a prayer of praise. Take this time for re-creation to connect with God, “the Creator of heaven and earth”! In it all God takes delight. We can too!

When the children of Abraham crossed the Red Sea into the wilderness for forty years, it is not hard to imagine that they dreamt of what a new life in the Promised Land might feel like. In part they imagined how it once was and in part had no idea what new possibilities and challenges awaited them. All of our lives have been disrupted in one way or another. Now we face the future with faith in God.

As a church community and individually we need to *re-coup our losses* this past year and regain a way of life. I believe that by the fall we will fully re-coup that sense of togetherness, larger community, and greater openness to events of fellowship, education, helping others and music than we have. At least this is the direction we look forward to in the unveiling of a return.

Even more, as we make ready planning this summer for the fall, we will need to re-group. Every church’s attendance has been affected. According to a Barna study, whether in-person or online, still 32% of practicing Christians have dropped out of church for the time being.

We need to re-group. I love the example of “re-grouping” in the dictionary: “The general regrouped his forces after the retreat.” *Our general* of course is *Christ*.

Finally, we seek renewal. *We need renewal in the spirit, renewal in Christ Jesus.* Anytime we seek renewal – renewed wedding vows, renewed baptismal vows, renewed living – it is always preceded by some form of *repentance* -how we sometimes lost our way along the journey and seek God’s forgiveness (and other’s forgiveness as well as our own) in order to begin with afresh. Our nature’s have been tested and now a door to re-creating living in freedom, joy and love is opening.

I pray we will have the faith to walk through that door together through re-creation, re-couping, and re-grouping as the people of God in Christ and His community of St. Luke’s.

As you know, Summer is the best time for living things to grow and flourish and blossom!

Faithfully,

Pastor Bill Damrow

Reverend Dr. William J. Damrow

Pastor



RITE OF SETTING APART OF RENEE TAYLOR AS SYNODICAL DEACON

Our own Renee Taylor will join other synodical deacons in the Rite of Setting Apart of Synodical Deacons at St. Peter's Lutheran Church, Huntington Station on Saturday, June 19 at 9:30 a.m. This holy service will be opportunity for a limited number "by invitation only" (in compliance with synod and NYS guidelines) to gather in person and via live stream.

A stole from St. Luke's will be presented by Pastor Damrow at the time of setting apart. Be sure to offer Renee your congratulations!

HOLY BAPTISM BY ZOOM



Logan Henry Head, son of Matthew and Kristen (Johnson) Head and grandson of Larry and Gloria Head and Peter and Martha Johnson was baptized in Houston, Texas by Pastor Damrow (in New Rochelle) via Zoom on May 15th. The sponsors were with Logan and the Head family while family and friends were able to participate safely via zoom.

A beautiful hand made bowl and matching container for the baptismal oil were made by Martha Johnson and used during the baptism. Matthew and Kristen poured the baptismal water and applied the oil, making the sign of the cross and saying, "Logan, child of God, you have been sealed by the Holy Spirit and marked with the cross of Christ forever."

A very warm and amazing day.

WEDDING OF DANIELLE TOLLES AND JON



The wedding of Danielle Tolles (daughter of Denise and the late Jim Tolles) and Jon Finocchiaro is scheduled for Saturday, August 7th at 6 p.m. at the Bear Mountain Inn, with Pastor Damrow presiding. Our congratulations as the couple and family plan and look forward to their new life together.

SOCIAL MINISTRY NEWS

May's Hope Cook Team (Joan Bast and Bill Rodriguez, Lisa and Olivia Connors, Karen Jantzen and Denise Tolles) prepared a tasty meal of sweet chicken sausage and roasted peppers, rice and green beans in the Church kitchen. Next Hope Cook is Sunday, June 20th. All welcome."



REACHING OUT TO NEWCOMERS

St. Luke's is forming a new group to reach out to newcomers in New Rochelle as the new apartment buildings attract young people to the area. This Reaching Out/Evangelism group will meet on June 23rd and plans to target young families and single people. Many newcomers feel isolated and are looking to connect with a community. St. Luke's offers a faith-based family where all are valued and loved by God.

REOPENING COMMITTEE



Congregants were a sea of red for the May 23rd Service of Pentecost in the shade of the Church's yard. There was a gentle breeze appropriately punctuated by a bit of a "rushing wind" in accordance with the biblical story! We will continue to meet in the garden (weather permitting/default to indoors for inclement weather) at least through June. Note that we have resumed liturgical responses and singing for outdoor services. Hope to see you all!"

The Re-Opening Committee met on Wednesday, May 12th and agreed to extend Outdoor Services through June (weather permitting, default to indoors as necessary. The Committee (Ed O'Garro, Chair; Jeremy

Harris, Council President; Deacon Nancy Sigler; Joy Mitchel; Denise Tolles, and Pastor Bill Damrow) welcomes questions from the Congregation.

(edmondogarro@verizon.net, jeremy.harris15@gmail.com, nls11@optonline.net, joybell84@aol.com, ddink629@aol.com, PastorBillDamrow@aol.com). The Re-opening Committee will meet again on Wednesday, June 2nd.

GRADUATES THIS YEAR

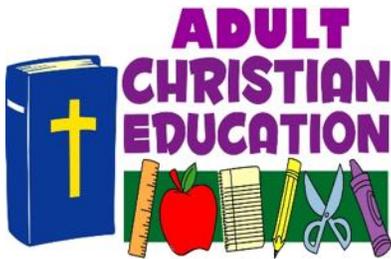
We are blessed to have several young people in the St. Luke's family graduating this year. They are:
Melissa McEvoy – Lockhaven University Pa. Bachelors' degree in Outdoor Recreation. She is currently the Program and Camp Director at Koinonia!

Shari Taylor – New Rochelle High School
Simon O'Rourke – Rye Neck High School
Madeline Buehrer – Pelham Memorial High



If you know of any others, please send the name and school of your recent graduate to the Church Office (StLuke654@aol.com or call 914-632-2116 and let Carla know so that we can include them in the church bulletin on Sunday, June 20th - the close of the Sunday School year. (Also Summer begins and it is Father's Day!) If there are immediate plans after graduation, let us know that too for the next newsletter.

ADULT EDUCATION COMPLETES SPRING CLASS AND LOOKS TO THE FALL



Twenty-three members and guests completed the Spring adult education program, “**The New Testament You Never Knew**” in June. The course was led by Pastor Bill via Zoom which also enabled several guests and family members from Northern Westchester and New Jersey to participate. Zoom even allowed participation by car on two occasions! Both content and discussion were rich in discovery and personal sharing – the best of having a “small group”.

Plans are being made for the next program, tentatively, “**Sacred Pathways – Nine Ways to Connect with God**”. Sessions include 1. The Journey of the Soul 2. Pathways of Wonder 3. Pathways of Contemplation. 4. Pathways of Action 5. Tending the Garden of the Soul.

Not every person engages God in the same way. We are built unique! For this reason, it is important to discover the particular pathway that will best help you grow in your faith as well as appreciate others who have different spiritual temperaments from your own.

WE NEED YOUR HELP! COUNTERS WANTED!!!

The finance committee is still in need of additional support. Please consider joining us on a Sunday after church services for approximately 1 hour, once per month. Please contact Traci Daniele at twdaniele@gmail.com for more information or to sign up. Thank you for your consideration and support.

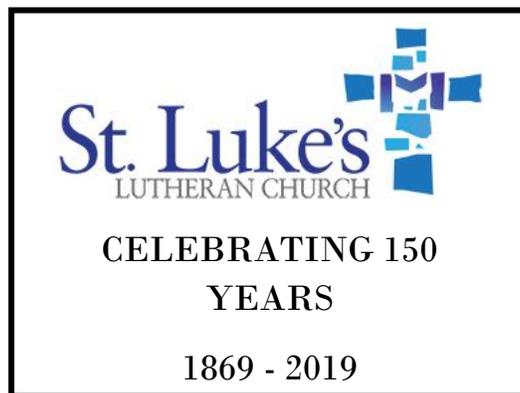
HAPPY FATHER'S DAY! & HAPPY SUMMER!!
from the Fellowship Committee

Blessings to all our Dads and Grads!

We hope this newsletter finds you and your families healthy and happy and enjoying this springtime/summertime weather.

St. Luke's has been open for in person service while also streaming live via zoom or virtual, for those not able to attend. Please be on the lookout for those emails. We hope to be able to see you all in person soon.

Koinonia is finally reopening for retreats! We have reserved our regular weekend Oct 15-17th. Please see the flier enclosed and rsvp as soon as possible as space is limited. Only 3 rooms remaining. You may even recognize their newest Program Director!



We will again be working along with the Social Ministry Committee to host a FOOD Drive for HOPE Community Services on June 20th, Father's Day, from 11-12pm in the parking lot. If you cannot make it on that Sunday, you can bring your donations on a previous Sunday or make arrangements with the church office for a drop off delivery.

Please look for September Newsletter and emails for Rally Day, Sept. 12th and Fall events to come!

While our committee has successfully managed to retain an active membership, we continue to recruit, in the name of St. Luke's Fellowship, all those with the time and talents to support our mission of unity and oneness in Christ. Our church is an amazing family because we are all part of it. Thank you for your continued support and dedication! Please let us know if there is anything we can do for you.

Yours in Christ and fellowship

Pat Damrow and Dawn McEvoy

FROM THE SUNDAY SCHOOL & YOUTH GROUP

Happy Father's Day and Happy Graduation!

We wish all the dads in your life a blessed Father's Day!

If you haven't seen them or aren't getting the weekly lessons, we have been sending – please let me know. I will make sure I have you on our email list. Thanks to the magic of the internet, God's Good News and our Spiritual Education continue. We are continuing to send the lessons until we can meet in person again and throughout the summer.

There are weekly Sunday church services now in person, as well as online and recorded. Please look out for the emails from St. Luke's for those opportunities.

June 6th we will be back to Sunday School IN PERSON!!!! We hope to see all of your children's beautiful happy smiling faces – we have missed them so much. As per emails sent previously, we will either be outside on the grass/yard or inside the Sunday School, depending on weather and space. PLEASE let us know if your child will be attending so we can plan ahead.

We want to acknowledge our SUPER Grads...

Melissa McEvoy – Lockhaven University Pa.

Bachelors' degree in Outdoor Recreation

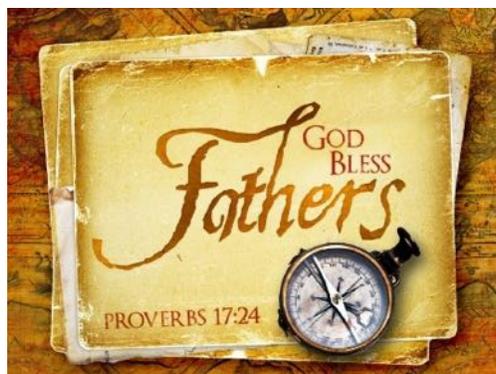
She is currently the Program and Camp Director
at Koinonia!

Shari Taylor – New Rochelle High School

Simon O'Rourke – Rye Neck High School

Madeline Buehrer – Pelham Memorial High School

Please join us in thanking them for their many years of service to our church, our youth group and our Sunday School. We wish them all God's blessings on their next adventure.

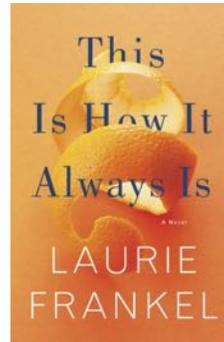


Father's Day, June 20th is Promotion Sunday as well as our next Food Drive For HOPE from 11-12pm. We could use the Youth Group's Help!

God Bless you and your families....
Stay safe and stay strong St. Luke's!!!

Dawn, Jen, Vicky, Shari, Jacob, Karen and Traci

BOOK CLUB CORNER



St. Luke's Book Club met in April to discuss Episcopal Bishop Michael Curry's *Love is the Way: Holding Onto Hope In Troubling Times*. We reviewed Curry's seven steps to help you create your own spiritual practices: Turn - Learn - Pray - Worship - Bless - Go - Rest.

TURN: Pause, listen and choose to follow Jesus

LEARN: Reflect on scripture each day, especially on Jesus' life and teachings

PRAY: Dwell intentionally with God daily

WORSHIP: Gather in community weekly to thank, praise, and dwell with God

BLESS: Share faith and unselfishly give and serve

GO: Cross boundaries, listen deeply and live like Jesus

REST: Receive the gift of God's grace, peace, and restoration

In May, we met via Zoom to talk about *GILEAD*, a Pulitzer Prize-winning novel by Marilynne Robinson. The narrator, Rev. John Ames, in 1956, begins a letter to his young son, intended as an account of himself and his forbears. Ames tells a story about the sacred bonds between fathers and sons. Each member read a favorite passage aloud. This encouraged varied discussion about how history lives through generations and is present even when betrayed or forgotten.

Our June selection is: *The Vanishing Half* by Brit Bennett. Our meeting date is: June 17.

Our summer selection is: *This Is How It Always Is* by Laurie Frankel.

Everyone is welcome to join us.

Have a great summer and happy reading!



St. Luke's Lutheran Church

invites you to join us

Koinonia

Annual Family Retreat

OCTOBER 15TH - 17TH 2021

Weekend includes double occupancy in conference center, Saturday meals Sunday breakfast and all activities. \$200 per person (Single and child rates avail.)

Space is limited
rsvp asap

email Dawn at mmcevoy33@aol.com

*We have only 3 rooms left available for reservations.
Contact Dawn as soon as possible if you are interested
in going.*

St. Luke's Lutheran Church

FOOD DRIVE FOR HOPE

Father's Day June 20th

11 – 12pm in church parking lot



HOPE's greatest need...

Cereal, Pasta Sauce,
Canned Vegetables,
Meals in a Can, Rice,
Canned Fruits, & Tuna

Food drive is hosted by The Fellowship and Social Ministry committees and thanks to a THRIVENT ACTION GRANT. This will also qualify HOPE for an additional \$500 Thrivent Grant awarded if we collect 750 pieces of food. IF you cannot make it on the 20th you may leave food at St. Luke's on prior Sundays.



Start Your Day With Self-Care

By Danielle Eisenberg, LCSW

During these trying times, when the world seems so out of control, it can be helpful to focus on things that are in your control to make your days better. Here are some helpful tips:

1. Start your day an hour earlier. This way your circadian rhythm is in sync (as you should try to wake up with the sun if you can, which will help you sleep better at night). An extra hour will help you set aside time for self-care. Tip: If needed, put your alarm clock/phone further away so that you have to get up to turn it off.
2. Drink a glass of water (or two). The benefits of water are endless. Water helps you lose weight by kick starting your metabolism, reduces inflammation in your body, boosts brain function, helps immunity, eliminates toxins, and nourishes your skin. Water also reduces fatigue and gives our bodies the natural energy that it needs. Hot water is also known to relieve stress and improve circulation.
3. Write down 3 things you are grateful for and thank God for them. Gratitude is a great way to boost your mood, focus on the good in your life, and make you aware of a different, better perspective. There is no better way to start your day than in prayer, asking Jesus for help, guidance, and strength.
4. Write down one goal that you would like to accomplish today. We often try to accomplish more than is realistic. Keep your goal short and manageable, so that when you complete it you feel a sense of accomplishment and pride. It can be something as small as getting your laundry done or making a phone call to a friend to catch up.
5. Meditating for 10-30 minutes will help your automatic nervous system feel centered and calm, slowing you down so you can stay in the moment and set intention. You can find morning meditations on YouTube, or use the app *Headspace*, or *Calm*.
6. Stretching exercises, light yoga or pilates practiced for just 10-20 minutes is a great way to help stiff joints and inflammation, making you feel lighter and in less pain. “Calm body=Calm mind”. The mind-body connection must be balanced for you to feel your best.
7. Exercise-- even a short 10 minute walk will do. This gets your body and mind ready to start the day, and also gives you a boost of energy and serotonin (the ‘feel-good’ neurotransmitters our body needs for pleasure).
8. Eat a healthy breakfast. What we put into our body greatly impacts how we feel. Don’t skip breakfast as this can cause blood sugar levels to drop which can cause spirals of anxiety throughout the day.
9. Read the Bible, devotions, prayers, or spend time reading a chapter in a book or magazine you enjoy. If there’s no time, audible books are always a great option.
10. Plan your day. It will help you feel in control, focused and on top of things.
11. Take a shower, get dressed, and start your day!

Danielle counsels adults for anxiety, depression, women’s issues and grief/loss and is a couples’ counselor. For an appointment or for more information, call LCC at 1-800-317-1173. All sessions are virtual.

AROUND THE PARISH

In our Prayers this month are the hospitalized, those with health concerns, those undergoing further tests, treatments, or healing, especially Bob Tupper, Roz Wallace, Henry Doerr, Doug Smith and Pastor Tim Kennedy, those in our Sunday prayers, and the grieving especially the Tobin family upon the death of Rich Tobin's brother, Bob Tobin.



Baptism -- We rejoice with the Johnson and Head families on the baptism of *Logan Henry Head*, son of Matthew and Kristen (Johnson) Head and grandson of Larry and Gloria Head and Peter and Martha Johnson. Logan was baptized on May 15th in Houston, Texas by Pastor Damrow (in New Rochelle) via Zoom.

BIRTHDAYS AND ANNIVERSARIES

JUNE

Birthdays

6/1	Madeline Buehrer	6/15	Rebecca Cahn
6/3	Kyle Jantzen Karl Jantzen	6/16	Allison Link
6/4	Anthony LoPresti	6/19	Patricia Fredericks
6/5	Sianye Morris	6/22	Christian Shiels
6/8	Steffany O'Neill	6/23	Erik Roksvold
6/12	Jessica Bose Jane Kimber	6/24	John Amato
6/14	Nadia Dassler	6/27	Donald Doerr
		6/29	Bruce Kuligowski Mary O'Riordan

Anniversaries

6/2	Martin & Julia Ungewitter
6/10	Irene & James Breen
6/17	Kris & Stacey Haymon
6/19	Brett Buehrer & Dana Diersen-Buehrer
6/20	Michael & Steffany O'Neill
6/21	Richard & Diane LeBoeuf
6/25	Peter & Resha Conroy
6/26	Gabrielle & Vincent Tamburro
6/27	Cindy & Mark Finegan
6/28	Karen & George Jantzen

JULY
Birthdays

7/2	Trina Lenz	7/14	Axel Distasio
7/5	Courtney Brisson	7/15	Daniel Kehou
7/7	Lindsey Kuligowski	7/16	Samantha Mitze
7/8	Kristine Kuligowski	7/17	Cayden Shellukindo
	Barbara Bersito	7/18	Herbert Doerr
	Shane Sparano	7/19	Ryan Tupper
7/9	Teresa Montalvo	7/21	Michael Amato
7/11	Benjamin Blake	7/28	Henry Doerr
7/12	Christopher Santizo	7/30	Karina Calabro
7/13	Resha Conroy	7/31	Walter Mitze

Anniversaries

7/2	Nancy & Joseph LoPresti	7/16	Joe Triolo & Jeniece Oliveras-Triolo
7/4	Robert & Elizabeth Brent	7/24	Corinne & Matthew Blake
7/14	Rosalind & Ernest Wallace	7/25	Amy & Joseph Lloyd
	7/31		Douglas & Dorothy Smith

AUGUST
Birthdays

8/4	Barbara McLaughlin	8/15	Reign Williamson
8/5	Ashley LeBoeuf	8/17	Edward Walder
8/6	Ernest Wallace		Cait Elser
8/8	Lorraine Helfer	8/18	Bob Lepple
8/10	Danielle Tolles	8/21	Kristina Roksvold
	Brian Dassler	8/26	Ed Schroeder
8/12	Annette Anderson-Georgioudakis		Gary LeBoeuf
	Camille Brock	8/28	Catherine Elser
8/13	Patrice Mitchell		Linda Skillen
	Dominic Summa	8/29	Joy Mitchell
8/14	Faith Bissinger		Jacob Damrow

Anniversaries

8/5	Cathy & Stephen O'Rourke	8/10	Melbourne & Renee Taylor
8/8	Alan & Karen Fontecchio	8/17	Peter & Martha Johnson
	Lydia & Frank Bersito	8/18	Rev. Dr. William & Pat Damrow
	Herbert & Mary Doerr	8/26	Steven & Gail Olsen
	8/28		John & Claudia Rubicco

St. Luke's Lutheran Church – June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>All Services are outdoors, weather permitting. If inclement weather then inside.</i></p>		1	<p>2 10a– Clergy Pericope Study 10a– Wed. Prayer Group 7:30 p- Reopening Group</p>	3	<p>4 7:15p-Boy Scouts Outside only</p>	<p>5 9:30a-A.A. Men's Group</p>
<p>6 10a-Service of Worship 10a-Sunday School <i>(Sunday School begins –Outside if possible or inside if not.)</i></p>	7	<p>8 7:30p– Church Council Mtg.</p>	<p>9 10a– Clergy Pericope Study 10a– Wed. Prayer Group</p>	10	<p>11 7:15p-Boy Scouts Outside only</p>	<p>12 9:30a-A.A. Men's Group</p>
<p>13 10a-Service of Worship</p>	14 Flag Day	15	<p>16 10a– Clergy Pericope Study 10a– Wed. Prayer Group</p>	<p>17 7:00p-St. Luke's Book Club</p>	<p>18 7:15p-Boy Scouts Outside only</p>	<p>19 <i>Deacon Renee Taylor in Setting Apart Liturgy for deacons, St. Peter's, Huntington Station</i> 9:30a-A.A. Men's Group</p>
<p>20 Father's Day 10a-Service of Worship 10a-Blessing of Fathers Cooking for HOPE</p>	<p>21 10a- Hope Food Pickup</p> <p>Summer Begins</p>	22	<p>23 10a– Clergy Pericope Study 10a– Wed. Prayer Group 7:30 p-Outreach Committee</p>	24	<p>25 7:15p-Boy Scouts Outside only</p>	<p>26 9:30a-A.A. Men's Group</p>
<p>27 Summer Schedule Begins 10a-Service of Worship</p>	28	29	<p>30 10a– Clergy Pericope Study 10a– Wed. Prayer Group</p>			

Thank you to the Patrons of St. Luke's Voice – 2021

Jennifer Archer

Nancy Sigler

Bob Maresca

Madeline Tappert

Art Rankis

Ernest & Rosalind Wallace

Aija Sears

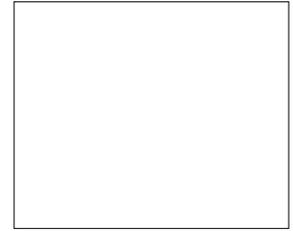
Lilian Warren

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To become a patron, just make a contribution of \$25.00 send to St. Luke's Lutheran Church, 95 Eastchester Rd., New Rochelle, NY 10801.
Please designate the gift toward "Patron of Newsletter".



RETURN SERVICE REQUESTED



St. Luke's
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June-August
2021
Summer
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