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# St. Luke's Voice

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

October 2023

**"Pray, and let God worry."  
— Martin Luther**

## **St. Luke's**

### **Lutheran Church**

95 Eastchester Road  
New Rochelle, NY 10801

Rev. Cricket Cooper,  
Interim Pastor

### **Sunday Worship: 10 A.M.**

phone: (914) 632-2116  
StLuke654@aol.com  
SLNR.org

Visit us on Facebook!

### **Newsletter**

Editor: Pat Fredericks

With fall finally upon us, I feel that energy that comes with the season. Maybe it is in our memories from "Back to School" years, or it's in our DNA when once we had to gather and store more food for the winter... I don't know. I only know that for me, at least, this is the time of year to Get Things Done.

A recent task was renewing/rewriting my contract as your Intentional Interim Pastor (IIP), since my original 13-month contract was through September 30th.

It is typical for an IIP contract to be extended slightly at the end of its original term, up to the two-year maximum length of tenure.

My new contract reduces my position to  $\frac{3}{4}$  time (3 weeks/month), and is a quarterly contract which can be renewed, up to a possible total of another eleven months. Every 3 months, the Council, the Synod, and I will have the opportunity to review and renew the contract.

I am enthusiastic about the  $\frac{3}{4}$  time change, as it both allows me some flexibility in my life as well as adds back into the annual budget a lump of cash each month. The pastor is the largest single expense on most church budgets, and I am grateful to be able to assist with the current budget crunch in a direct way. One Sunday each month, we will worship using the Service of the Word (prayer, reflection, hymns, but no communion). St. Luke's is fortunate in having several people who are trained and called to lead this worship, and I am grateful for their support and leadership.

One thing we have confirmed in this past month is that the spirit in the congregation is strong. In this unusual time of transition, discovery, and visioning, please keep your Council in your prayers. They will continue to share with everyone as they discern opportunities ahead.

And know yourselves to be in my prayers at all times.  
You are brave and kind and loving.  
God has you by the hand, and will not let you go.

# Emergency Appeal

Lutheran World Relief needs YOU!

1) Can you purchase & donate  
ANY of the below items?  
Or donate money for the purchase of these?

2) JOIN US for the Gratitude Brunch  
on Oct 29th, to help assemble  
Care Kits to send to LWS!

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\*ONE light-weight **bath-size towel** (between 20" x 40" and 52" x 27"), dark color

\*TWO or three bath-size **bars of soap** (8 to 9 oz.), in original wrapping

\*ONE **adult-size toothbrush** in its original packaging\*

\*ONE sturdy **comb**

\*ONE metal **nail clippers**

\* Toothbrush multi-packs may be used by sealing an individual toothbrush in a business-size envelope; no plastic bags or wrap



**LUTHERAN WORLD RELIEF**

## **“But how can I help? How can I make a difference?”**

These are the questions I hear all the time, every day. As natural disasters occur close to home and around the globe, we can feel so helpless.

Please make note of the ingathering of items and/or monetary donations to buy these items, which **Lutheran World Relief** distributes to those in need.

**YOU CAN HELP, TODAY!**

## **CHURCH COUNCIL SEPTEMBER REPORT**

With the start of the Church year the Church Council has been very busy in many areas. On September 11<sup>th</sup> the Council along with the Transition team, Pastor Cooper and Pastor Chris Meitlowski met with Holy Cow Consulting via zoom for a 2-and-a-half-hour presentation regarding the survey we participated in this summer. It was an interesting presentation and was an in-depth report regarding their findings. There was much to digest. The Council then met again on September 19<sup>th</sup> to discuss next steps and to prepare for the September 24<sup>th</sup> meeting with Holy Cow and the Congregation.



The Council is exploring options suggested by Pastor Chris with our attention focused on avenues available to cover costs of repairs needed to the parsonage and the church building. Pastor Chris indicated that these are essential items that must be addressed. We will report our progress on this in a timely manner, however,

this will not be a quick process as much information must be accumulated and reviewed.

The Churches financial situation was stable in the month of August, but we still have a Year-to-Date deficit of \$(12,080). Expenses are still exceeding our income and we are using our savings to cover expenses. Your continued generosity is essential to our wellbeing.

We will be looking to you, members of the congregation, to help us as we move forward in the transition process. We are a small group of dedicated leaders, but we will need your time and talents as we form committees and move this process ahead.

## YOU'RE INVITED TO TRY CHAIR YOGA

**Wednesday Nights in October: Chair Yoga! October 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> 6:30-7:30pm**

In this series, Pastor Cricket will be offering 3 evenings of simple, easy chair yoga. The word "Yoga" means "yoke"- it was always intended to be a way to yoke body, breath, and mind together.

The yoking of body/mind/spirit is a way of stilling the static in our brains and finding peace and ease in our lives. Like prayer and meditation, this practice is for EVERY Body! The poses are ALL done while seated in a chair. Stretches are simple, and you only stretch as far as is comfortable for YOU. There is no "goal," and no competition.

Looking for a practice that will both relax and energize you?  
Curious about yoga, but can't get to the floor?  
Want to do something good for yourself this fall?  
Come and See!

## COOKING FOR HOPE

Thanks to Angelika Ridulfo and Joan Bast for undertaking the "Hope Shop" and to Bill Rodriguez and Leam McEvoy for getting a "jump" on cooking up the chicken thighs so that the Team could assemble the delicious meal pictured here.

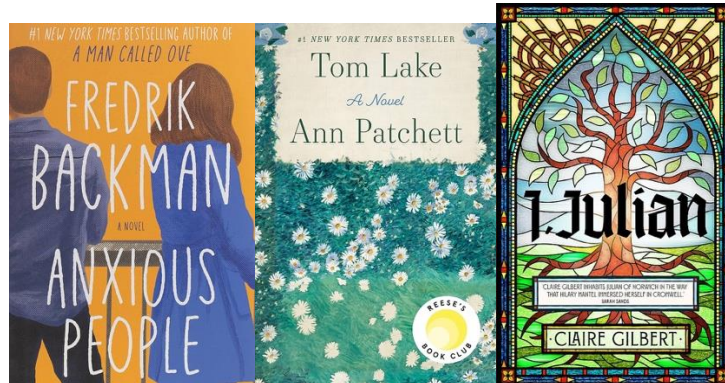


The next Hope Cook is Sunday, October 15<sup>th</sup>. All are welcome to lend a hand!



## BOOK CLUB CORNER

### St. Luke's Book Club Fall 2023 Reading Selections



OCTOBER 26th → ANXIOUS PEOPLE by FREDRIK BACKMAN

NOVEMBER 16th → TOM LAKE by ANN PATCHETT

DECEMBER 14th → I, JULIAN by CLAIRE GILBERT

Our Book Club met September 20, at Barnes & Noble in Scarsdale. We discussed the novel MASTER SLAVE HUSBAND WIFE by Ilyon Woo. We dined al fresco while discussing the true 1848 epic journey of Ellen and William Craft. History, slavery, freedom, politics and courage were some of our topics. This amazing and incredible story captured our hearts and minds. We enjoyed the splendid weather and lively discussion. All agreed that the Crafts' unforgettable and inspirational story will stay with us for a lifetime.

We welcome new members! For more information contact Jennifer Archer by email: [ktembo@aol.com](mailto:ktembo@aol.com) or [stluke654@aol.com](mailto:stluke654@aol.com).

Please consider joining us. We meet monthly on **Thursdays**.

*There never yet have been, nor are there now, too many good books.*

--- Martin Luther (1483-1546)



# THANK YOU, ALEX MOHAMMED

## St. Luke's Prayer Garden Rejuvenation

### Boy Scout Troop 11

I am sure you have noticed all the work that was done this summer in and around the prayer garden and back area of the Church. Alex Mohammed from Boy Scout Troop 11 repaired and beautified our back area as his Eagle Project. He spent 298 hours working to improve this area and his work included:

1. To remove the brick oven and replace it with a flower bed.
2. Repair the corner foundation of prayer garden, sealing cracks with cement
3. Wash memorial bricks to remove moss.
4. Removed 5 dead bushes and replanted them with new plants.
5. Removed debris from back of yard
6. Spread soil and mulched the bocce ball pit
7. Made 3 flower beds and planted flowers in bocce ball pit.
8. Added flowers to 2 huge cement flowerpots.

You may know Alex as the young man who sold the delicious brownies and baked goods at the Church Holiday Boutique the past few years.

Alex has graduated from High School and is attending Northeastern College at their Oakland California campus. He is majoring in Business Administration and Marketing.

We thank Alex for all his hard work this summer and for a job well done, and we wish him well as he begins his college career.



## HAPPY AUTUMN from the FELLOWSHIP

So wonderful to see everyone back from vacations, the children are back in Sunday School and fall events are starting.

Our Koinonia Family retreat is Oct 13-15<sup>th</sup>. “Blest Be the ties that Bind”. See the flyer on the next page – all are welcome! RSVP ASAP – space is limited! Need final reservations by October 5<sup>th</sup>.

October 29<sup>th</sup> is our annual Gratitude Brunch – See flyer with all the details on page 9 of this issue. We will also have a service project that Day. More information following from Pastor Cooper.

Save the date for Holiday Boutique, Nov 4<sup>th</sup>. Please share the flyer which is elsewhere in this issue!!! Set up is the 3<sup>rd</sup> and clean up for Rummage sale is the 4<sup>th</sup> and upstairs the 5<sup>th</sup>. PLEASE join us! Many hands make light work, and the Fellowship is priceless! One hour – two or five... sign up will be in the Narthex.

Before you know it, the Holidays will be here! Looking forward to worshipping and working with you all!

If you are on Facebook, please join our page. “St. Luke’s New Rochelle”. Please visit our Website at SLNR.org.

Thank you to our committee and 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.

**Yours In Christ**

Dawn McEvoy email: [Mmcevoy33@aol.com](mailto:Mmcevoy33@aol.com) cell: 347-604-3969

Committee members: Julia Ungewitter, Angelika Ridulfo, Leam, Melissa and Vicky McEvoy, Susanne and Jacob Kuligowski, Renee, Bill and Shari Taylor, Lydia Bersito and Traci Daniele

TBT (Throw Back Thursday) ... St. Luke’s at Carmines and Broadway for “Amazing Grace” in 2015





# St. Luke's Lutheran Church

## Annual Family Retreat

### Koinonia

October 13 – 15th 2023

*“Blest be the ties that Bind”*

**All are invited and welcome!**



Enjoy their beautiful retreat center in Highland Lake, New York (approx. 1 ½ hours from New Rochelle)

165 Lakeview Drive Road  
Highland Lake, NY

Rates include 2 nights' accommodations and 5 meals

Single room \$265 per person  
Double room \$165 per person  
Triple room \$445 in total  
(Children 12 and under \$100 per person)

Activities include Fellowship, Bible Study, Hiking, Boating, Puzzles, Crafts – PUMPKIN Carving and more.

**Rooms are limited** so please contact Dawn McEvoy

As soon as possible at [mmcevoy33@aol.com](mailto:mmcevoy33@aol.com).

Reservation must be confirmed and paid by September 15<sup>th</sup>.

Make checks payable to “St. Luke’s Church” memo KOINONIA

Visit their website for pictures and more information ~ [www.koinoniany.org](http://www.koinoniany.org)

*We hope you will join us!*





*St. Luke's Lutheran Church  
Stewardship and Fellowship Committees  
Invite you to join us for a*

# Gratitude Brunch

## Oct. 29<sup>th</sup>, 2023



Please join us Sunday,  
October 29<sup>th</sup> immediately  
following Worship Service

In the Fellowship Hall

To recognize and appreciate  
all that we have to be  
thankful for....

As a Church and as a  
Church Family.

There will be a free  
will offering.

Please rsvp by Oct. 22<sup>nd</sup>

To Dawn McEvoy at  
[mmcevoy33@aol.com](mailto:mmcevoy33@aol.com)

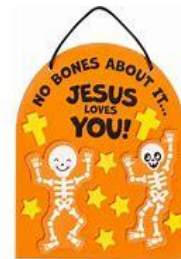
Or use the sign up sheet in  
the Narthex.

All are Welcome!

# HAPPY HALLOWEEN & HAPPY FALL from the SUNDAY SCHOOL!!!! All Are Welcome!!!

We continue welcoming guests and new students to the Sunday School. If you would like to register, or if you have not registered yet, please do so by contacting me.

Rally Day on Sept. 10<sup>th</sup> was a huge success... Thank you all for joining us!  
All children aged 3 to High School are welcome. We have wonderful teachers that are all Sunday School grads including ME!



We have Sunday School each week at 10am till the end of church service. You can come down after worship to pick up your children. We prepare weekly lessons and crafts to teach God's Good News thru Bible stories. A child's Lutheran education is vital for their spiritual growth.

All students should have their own envelopes to use for the Sunday Donations. We like to teach them the importance of tithing at an early age and all of your donations help us to do all the things we do for the Sunday School; their lessons, supplies, crafts, gifts, pageants, costumes, parties... We ask that all children use their envelopes; if the children do not have then we will provide them. Please help to support the Sunday school with your contributions.

*God Bless you and your families.... Hope to see you all Sunday!*

*Please visit our website and Facebook pages. [www.Slnr.org](http://www.Slnr.org) and [@slnr.org](https://www.facebook.com/slnr.org)*

*Yours in Christ,*

*Dawn McEvoy – Superintendent*

*Email: [mmcevoy33@aol.com](mailto:mmcevoy33@aol.com)*

*Karen Fontecchio – Asst. Superintendent*

*Traci Daniele – Treasurer*

*Teachers – Melissa McEvoy, Vicky McEvoy,*

*Shari Taylor and Jacob Kuligowski*



Sunday  
School Staff



Sunday School Students

Sept. 2023





\*\*\* SAVE THE DATE \*\*\*

***November 4, 2023***



# *Holiday Boutique*

**St. Luke's Lutheran Church  
95 Eastchester Road, New Rochelle  
10 am to 3 pm**

**RUMMAGE SALE  
RAFFLES!!!**

***New Holiday Merchandise***

***Beautiful Handcrafted Items***

**AVON, BAKE Sale  
Tastefully Simple**

**Jewelry & Gifts, Books & Media**

**Tastefully Simple  
"Christkindl" Booth**

**Have Lunch at the CAFÉ !**





## AROUND THE PARISH



**In Our Prayers** this month are those hospitalized, with health concerns, or in transition or treatment, and all those in our Sunday prayers.

## OCTOBER BIRTHDAYS & ANNIVERSARIES

### **Birthdays**

10/1 Catherine Behrend  
10/3 Jennifer Archer  
10/6 Ryan Head  
10/8 Paul O'Riordan-Shimkin  
10/9 Robert Brisson  
10/10 Dawn McEvoy  
10/11 Harold Schombert, Jr.  
10/12 Silvia Moreno  
Elijah Malachi Shellukindo  
10/13 Richard Tobin  
10/17 Debra Luiso  
Joseph Ferraro

10/18 Caitlin Fredericks  
Maxwell Harris  
10/19 Elizabeth Brent  
10/23 Tyler Head  
10/24 Rosalind Wallace  
10/25 John T. Amato  
Gabrielle Rubicco-Tamburro  
10/27 Michael Wirak  
10/29 Anna Shiels  
Nathaniel Ross  
Jeremy Harris  
Iryna Arbatska  
10/30 Kris Haymon

### **Anniversaries**

10/3 Mr. & Mrs. Robert Doerr  
10/12 Robert & Karen DiBicarri  
Sherry Fraser & John Pulvermiller  
10/16 Edmond & Camille O'Garro  
Lucy Hoffman & Mike Guido



# St. Luke's Lutheran Church – October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 10a-Worship Service 10a-Sunday School 11a-Deepening our Prayer 11a-Coffee Hour, Host: Church Council	<b>2</b> 7p –Basketball Group	<b>3</b>	<b>4</b> 10a-Prayer Group*  6:30p- Chair Yoga	<b>5</b>	<b>6</b> 7:15p-Boy Scouts	<b>7</b> 9:30a-A.A. Men's Group
<b>8</b> 9a-Choir Rehearsal 10a- <b>Service of the Word</b> Worship Leader, Deacon Nancy Sigler <b>No Sunday School</b> 11a-Deepening our Prayer 11a-Coffee Hour, Host: Social Ministry	<b>9 Columbus Day</b> Office Closed 7p –Basketball Group	<b>10</b> 7p-Church Council	<b>11</b> 10a-Prayer Group*	<b>12</b>	<b>13</b> <b>Koinonia Retreat</b> <b>Oct. 13-15</b> 7:15p-Boy Scouts	<b>14</b> 9:30a-A.A. Men's Group
<b>15</b> 10a-Worship Service 10a-Sunday School 11a-Coffee Hour, Host: Fellowship 11a-Cooking for HOPE	<b>16</b> 10a-Hope Food Pickup 7p –Basketball Group	<b>17</b>	<b>18</b> 10a-Prayer Group* 7p-Book Club in person or Zoom TBA  6:30p- Chair Yoga	<b>19</b>	<b>20</b> 7:15p-Boy Scouts	<b>21</b> 9:30a-A.A. Men's Group
<b>22</b> <b>FIRST COMMUNION!</b> 10a-Worship Service 10a-Sunday School 11a-Coffee Hour, Host: Altar Guild <b>11a-1<sup>st</sup> Communion Reception</b>	<b>23</b> 7p –Basketball Group	<b>24</b>	<b>25</b> 10a-Prayer Group*  6:30p- Chair Yoga	<b>26</b>	<b>27</b> 7:15p-Boy Scouts	<b>28</b> 9:30a-A.A. Men's Group <b>Mid-Afternoon Setup for Gratitude Brunch</b>
<b>29 Reformation Sunday</b> 10a-Worship Service 10a-Sunday School <b>11a-Gratitude Brunch</b> & Kits for Lutheran World Relief	<b>30</b> 7p –Basketball Group	<b>31 Halloween</b>		<b>All Sundays</b> 9a-Choir Rehearsal 10a-Choir 10a-Sunday School 11a-Coffee Hour		

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

Jennifer Archer	Art Rankis
Traci Daniele	Aija Sears
Lorraine Helfer	Nancy Sigler
Walter Glatz	Bob Maresca
Ernest & Rosalind Wallace	

Patrons are those who wish to make a gift to help support the publication of St. Luke's Voice.

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".