
St. Luke's Voice

St. Luke's Lutheran Church, New Rochelle, NY

February 2025

**St. Luke's
Lutheran Church**

95 Eastchester Road
New Rochelle, NY
10801

Rev. James O'Hanlon,
Coverage Pastor
917 803-3974

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

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

Visit us on Facebook!

Newsletter

Editor: Pat Fredericks

A Word from Pastor Jim

Katherine May is the author of "Wintering: The Power of Rest and Retreat in Difficult Times." She talks about her life and trying to make use of difficult times and difficult emotions. Many of us are uncomfortable with sadness. Our instinct, when someone tells us that they are sad, is to see it as a problem to solve. We set about fixing it for them, we search for a message that's going to reassure or inspire them, chase their sadness away. Ironically, pushing past the feeling they are expressing can feel a lot like being pushed away yourself. It can feel a lot like being told that our feelings aren't acceptable, or someone's discomfort is intolerable to us. When we're in this position of sadness, it's more than a feeling, it's a whole state of being. It's not a permanent state of being or all-that-we-are but it is not something separate from us. Being empathic is a skill that we can all learn, to say to people when they're suffering, "Oh, that's awful," and to listen and make space for their sadness. Opening up a space so that their sadness is acknowledged and validated. We have heard and seen them.

Winter can be sad. The decrease of sunlight, the isolation from being inside.

Katherine May has talked about her book, "What I love about snow is the way that it makes a clean break. It transforms the landscape. Everything's different. Everything sounds different. The quality of light is different. The light kind of sparkles off it. ... it's a break in the routine. It's a little bit like a kind of pause. You can't go about your normal business. But you get to see your world in a different way. And it's beautiful."

"I'm beginning to think," she writes, "that unhappiness is one of the simple things in life: a pure, basic emotion to be respected, if not savored. I'd never dream of suggesting that we should wallow in misery or shrink from doing everything we can to alleviate it, but I do think it's instructive. After all, unhappiness has a function: it tells us that something is going wrong. There will be moments when we're riding high and moments when we can't bear to get out of bed. Both are normal. Both in fact require a little perspective."

She talks about sadness and happiness as cycles that we all go through and which each have their purpose. You might think of the book of Ecclesiastes, the portion that inspired "Turn, Turn, Turn" by the Birds: "to everything there is a season." May talks about these cycles.

We don't go through winter to have a life of summer happily ever after. She writes about winter: "It is all very well to survive the abundant months of spring and the summer, but in winter, we witness the full glory of nature's flourishing in lean times.... Plants and animals don't fight the winter; they don't pretend it's not happening and attempt to carry on living the same lives they lived in the summer. They prepare. They adapt. They perform extraordinary acts of metamorphosis to get them through. Wintering is a time of withdrawing from the world, maximizing scant resources, carrying out acts of brutal efficiency and vanishing from sight; but that's where the transformation occurs. Winter is not the death of the life cycle, but it's crucible."

An important book for me on this topic has been, Thomas Moore's "Care of the Soul."(1992) He shows us how to be more comfortable with difficult emotions. Moore is a psychologist and was a monk novice as well as a university professor. He calls for us to return to the original sense of soul by reconnecting psychology and spirituality. It is not about fixing a central "flaw" in life but instead "attending to the small details of everyday life, as well as to major decisions and changes."

Katherine May includes the critical balance of time alone and time in community. She talks about how we need each other in difficult times: "We need friends who wince along with our pain, who tolerate our gloom, and who allow us to be weak for a while, while we're finding our feet again. We need people who acknowledge that we can't always hang on. That sometimes everything breaks. Short of that, we need to perform those functions for ourselves: to give ourselves a break when we need it and to be kind, to find our own grit in our own time."

"And I think we're often afraid of opening the door to sadness," she writes, "because we see it as this unruly thing. But my belief is that it's only unruly when it's being pushed away...."

Growing up in the Northeast, I like winter and I always have. Maybe I'll feel different when I'm older, but I enjoy being out in all kinds of weather. Being out in a heavy snow can feel exhilarating to me. I think it brings me closer to my breath. If you have your ears covered with a hood and a scarf, you hear your breathing. When you pay attention to your breath you can also notice your heart beating.

"To everything there is a season, and a time for every purpose under heaven....," the author of Ecclesiastes writes, "I know that whatever God does endures forever; nothing can be added to it, nor anything taken from it; God has done this, so that all should stand in awe before him."

Our feelings, however overwhelming they are to us, they have been felt before us and will be felt by everyone at some time. Difficult emotions can make us feel alone but actually they are what connect us. We do not need to search for some special feeling inside us to find God; when we listen to our breath and attend to our emotions we are connecting to God.

--

peace,

Pastor Jim

SAVE THE DATE. . .

and plan to attend the Annual
Congregational Meeting

Sunday, February 9th immediately
following the Worship Service



PLANNING OUR FUTURE

We have begun work on a Strategic Plan for St. Luke's. In order to include as many people as possible, we are meeting most Sundays after worship and some time for fellowship during coffee hour. These brief planning sessions begin about 11:20 and run for 20-30 minutes.

We have begun the discussion to re-write our mission statement and have reviewed the results of the Congregation Assessment that was completed in the summer of 2023. During February we will discuss our strengths, weaknesses/challenges, opportunities and threats. From there we will develop goals and objectives and establish committees to work on them.



We invite everyone to participate in this process with us. Whether you attend worship at St. Luke's regularly, occasionally, or not for a long time, your thoughts and opinions are welcome and valued.

We are looking forward to writing the next chapter in the history book of St. Luke's, with faith that God will guide us in this process.

If you have any questions or ideas about the strategic planning process, please contact Susanne Kuligowski at susanne912@optonline.net

SOCIAL MINISTRY COMMITTEE AT WORK

Let me begin by thanking Lisa Connors for her pragmatic leadership of the Social Ministry Team in the past year, and I will do my best to follow her great example with your support!

The Social Ministry Team will come together for a meeting on Feb. 2nd to discuss what our ministry will focus on in the year ahead.

Everyone is welcome to join this amazing and dedicated team if you feel called to express your faith and love for God and others by serving those in need.



Stay tuned for exciting updates in our next newsletter.

Peace,
Angelika Ridulfo

Committee Members: Jennifer Archer, Joan Bast, Leam McEvoy, Ken & Lisa & Olivia Connors, Bill Rodriguez, Denise Tolles

CHURCH COUNCIL REPORT



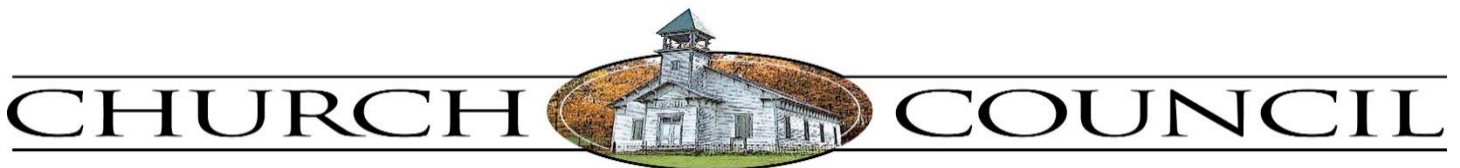
Happy Valentines Day from your Church Council.

VERY IMPORTANT!

The Annual Congregation Meeting is February 9th, immediately following Worship Service. We will be reviewing the status of the church for the last year as well as electing three new council members and other officers of the church. All voting members (those who have received Holy Communion at least once in the previous year and have made a contribution of record) are urged to please attend, and to bring all eligible family members, since a quorum of 30 members is required for any approval."

As we sold our Parsonage this past December, we have been getting estimates for the major repair work that needs to be done. We do not think we will have anything to be approved by the Annual Meeting, but we hope to give an update at that time. A few things we are excited about are: we have repairmen from the bell company, that actually installed our bell, meeting with Leam to determine how we can get our bell ringing again. We have an engineering firm coming to review our current boiler system and our needs to see what our best course of action to replace the boiler would be. Again, as soon as we have anything to share we will do so.

We are grateful to our coverage Pastor, Jim O'Hanlon, who has agreed to extend his commitment through April 30, 2025. He is planning for Confirmation on April 27th.



Currently we have Pastors confirmed for every Sunday through the end of April 2025, including the Lenten Season. Our Shrove Tuesday Pancake Supper is planned for March 4th. We will again start serving earlier, at 5 pm through 7pm so we can accommodate everyone. Please join us and bring your family and friends.

Thank you to Traci Daniele, Ed O'Garro and Melissa McEvoy for your time and commitment to our Church through the years you have served on our Council. Thank you, Cathie Berhend, for your many years of service to the Stewardship Committee. We are so grateful for all of you.

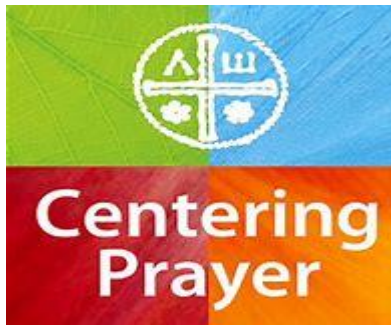
We want to thank our Deacons and Lay Leaders, Deacon Nancy Sigler, Deacon Renee Taylor and Susanne Kuligowski for leading through Christmas. Thank you to Carla LaBarbera, our Church Secretary, for everything! Thank you to our custodian, Steven, and to our committees who make the church so beautiful and volunteer their time to the success of our Church!

We are constantly working hard to build our church and its ministry. Susanne Kuligowski has started leading us in strategic planning meetings after coffee hour on available Sundays. Please join us! We need your support and participation. God's Blessings to you all!

Respectfully Submitted,
Dawn McEvoy, Council President

Denise Tolles, Vice President; Steve Olsen, Treasurer; Traci Daniele, Finance Secretary

Melissa McEvoy, Secretary; Brett Buehrer, Donna Elmer, Karen Fontecchio, Ed O'Garro and Angelika Ridulfo



Be still, and know that I am God!

(Psalm 46:10)

Accept God's invitation to enter into an intimate relationship with Him through the quietness of prayer. In Centering Prayer, we will experience God's presence within us. Centering Prayer emphasizes prayer as a personal relationship with God and as movement beyond conversation with Christ to communion with Christ.

Come join us for 20 minutes in the quietness of prayer, finding your deepest center, "awaking the profound depths of our being in the presence of God, who is the Source of our being and of our life."

Please join us anytime in this prayer of the heart after church on **three Sundays during Lent, 3/9/25, 3/23/25, and 3/30/25.**

RSVP to Synodical Deacon Nancy Sigler, at sawnls805@gmail.com.

BOOK CLUB CORNER

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

--- Martin Luther.

St. Luke's Book Club meets monthly to discuss selected works of fiction, memoirs and non-fiction.

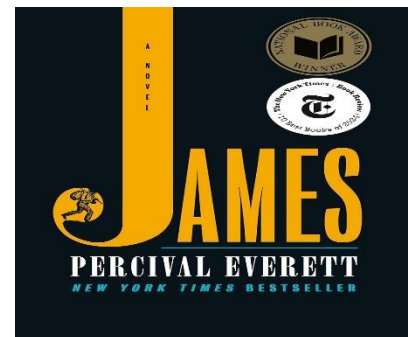
We gather at 12:30 P.M. at Barnes & Noble in Scarsdale. We share lunch and a lively discussion about our current work of literature. We have a strong core of avid and dedicated members. We exchange viewpoints and examine each book by citing quotations and favorite passages.

Our book titles and meeting dates are posted in Book Club Corner in St. Luke's Newsletter.

Our February title is *JAMES* by Percival Everett.

Our slated meeting date is: Thursday, February 27th.

Everyone is welcome to join us!



One book is enough, but a thousand books is not too many.

--- Martin Luther

COOKING FOR HOPE

The January Hope Cook Team prepared a delicious meal of Ranch Chicken, rice and mixed vegetables. Special thanks to Joan Bast, Bill Rodriguez and Leam McEvoy for "Getting the show on the road early and staying the course!"



The Hope Cook Team

Olivia Connors assists Angelika Ridulfo in labeling the food trays.



The next Hope Cook is March 17th. All are welcome!

Lots of Love and Warm
Thoughts ...
from the Fellowship Committee



Christmas was a magical time in our Church. It's my favorite time of year and spending it with our Church family makes it even more special.

We had Advent Vespers, some of our Confirmands acted as Lectors, we had 2 services on Christmas Eve, both well attended; thank you to Pastor Backe, Denise Tolles and the Altar Guild for making that happen.



We helped to facilitate the first of hopefully many Christmas Concerts, featuring Julia Ungewitter and her trio and our wonderful Choir. If you missed it, you missed out! We had a great time, and it was well attended.

We also facilitated the Congregation Christmas Party; thank you to our kitchen masters and all that helped.

We continue to have Supply Pastors every week, through Holy Week and Easter. There will be weekly Communion.

SOUPerbowl Sunday is Feb 9th, same day as our Annual Meeting. The children and Sunday School will be collecting for Lutheran World Hunger. Please help us to once again reach our goal of \$1500 to feed the hungry!

The Lenten Season is approaching fast. We start with our Shrove Tuesday Pancake Supper on March 4th - 5pm -7pm. Please join us and bring your friends.

We are planning our Annual Women's Retreat to Koinonia March 28th to 30th. We still have a few rooms, if you are interested, please see the flyer and contact me.

We continue to look forward to seeing everyone at church and at coffee hours. Thank you to the committees for helping to make coffee hour so successful!

God's blessings to you and your families! God Bless our Congregation and our beloved church!

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 cell: 347-604-3969

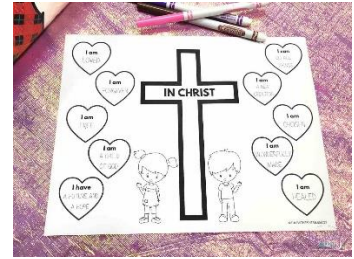
Committee members: Julia Ungewitter, Angelika Ridulfo, Leam, Melissa and Vicky McEvoy, Susanne and Jacob Kuligowski, Renee, Bill and Shari Taylor, Lydia Bersito and Traci Daniele



CHRISTMAS MEMORIES, 2025



HAPPY VALENTINE'S DAY from the Sunday School



Our Sunday School is small but mighty! Did you see their Christmas Pageant? And how much fun was the Christmas Party? Thank you, Santa, for making a visit! They also helped with the toy and coat drive for hope, our Confirmands read on Sunday.

They help cook in the kitchen... they are truly Mighty!



Please check out the bulletin board. It shows you how much love our Sunday School has. Now we need to share that love with others. We need to grow our Sunday School. How can we do that? How can you help?

Share that Love! Tell your neighbors how great our church is. Jesus said go forth and be fishers of men... that includes children!

We will always continue to welcome guests and new students to the Sunday School. All children aged 3 to High School are welcome. We have wonderful teachers that are all Sunday School grads including ME!

All students have their own envelopes to use for Sunday donations. It helps to defray the costs of everything we do for the children.

We would also welcome any donations from the congregation!!! 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 and @ slnr.org

LOVE and blessings to you all!

Yours in Christ,

Dawn McEvoy – Superintendent

Email: mmcevoy33@aol.com

Karen Fontecchio – Asst. Superintendent

Traci Daniele – Treasurer

Teachers – Melissa McEvoy, Shari Taylor, Jacob Kuligowski and Vicky McEvoy



St. Luke's Women's Retreat
March 28-30th, 2025
at Koinonia Conference & Retreat Center
165 Lakeview Drive Rd, Highland Lake, NY 12743

Join us for a wonderful weekend with friends.

Cost: \$183 double pp, \$300 single pp, Prices include cleaning, 5 meals, bible study, worship, crafts, hiking, boating (tbd) and more.

Massages available for an additional fee.

RSVP to Dawn to reserve your room.

Mmcevoy33@aol.com or 347-604-3969



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.

FEBRUARY BIRTHDAYS

Birthdays

2/1	Connor Fredericks
2/2	Thyra Brooks
2/4	Melbourne Taylor
2/5	Nathaniel Ross
2/7	Jessica Horn (Fraser-Brockhoff)
2/8	Julia Ungewitter Sarah Guido
2/10	Marva Montalvo Robert Brent
2/11	Angelika Ridulfo Kathleen Wirak Frank Kimber
2/23	Nadia Conroy Stacia Ross
2/25	Gloria Head Corinne Fredericks Blake
2/27	Alessandra Battaglino
2/28	Chandler Carter



Call for 2025 Patrons of "St. Luke's Voice"

Members and friends become patrons of "St. Luke's Voice". Your name appears in each issue of the newsletter as a Patron. Patrons help to defray the expensive costs of producing the congregation newsletter by contributing a special gift of \$25 per calendar year.

(Those who participated in 2024 should send their donation now for the new calendar year 2025).

Patrons will also receive their newsletter by First Class Mail if they desire!

To become a patron mail your gift of \$25.00 to St. Luke's and attach it to this form.

PATRON OF ST. LUKE'S VOICE

Please include my household name as a patron of our church newsletter:

Name _____

Address _____

Do Do not send my monthly issue by First Class Mail.

Send to St. Luke's Lutheran Church, 95 Eastchester Rd., New Rochelle, NY 10801.

Please designate the gift toward "Patron of newsletter".

St. Luke's Lutheran Church – February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>All Sundays</i> 9a- <i>Choir Rehearsal</i> 10a- <i>Sunday School</i> 11a- <i>Coffee Hour</i>						1 9:30a-A.A. Men's Group
2 10q- Worship with Rev. Brown 10a-Sunday School 11a-Coffee Hour, Host: Altar Guild	3 7p-Basketball Group	4	5 7p-Confirmation Class	6	7 7:15p-Boy Scouts	8 9:30a-A.A. Men's Group
9 <i>Souper Bowl Sunday</i> 10q- Worship with Rev. Brown 10a-Sunday School 11a-Coffee Hour, Host: Sr. Choir 11a-Annual Mtg.	10 7p-Basketball Group	11	12 7p-Confirmation Class	13	14 7:15p-Boy Scouts	15 9:30a-A.A. Men's Group
16 10q- Worship with Rev. Reddimalla 10a-Sunday School 11a-Coffee Hour, Host: Sunday School	17 Presidents' Day No Basketball Office Closed Schools Closed-Mid-Winter Recess	18	19 7p-Confirmation Class	20	21 No Boy Scouts	22 9:30a-A.A. Men's Group
23 10q- Worship with Rev. Backe 10a-Sunday School 11a-Coffee Hour, Host: Social Ministry 11a-Cooking for HOPE	24 10a-HOPE Food Pickup 7p-Basketball Group 7p-Church Council Mtg.	25	26	27 12:30p-Book Club at Barnes & Noble	28 7:15p-Boy Scouts	