

ST. LUKE'S EPISCOPAL

Coil's Corner

FEBRUARY

Dear Friends,

It is a beautiful day as I write this. I am trying to be present to that reality. I am endeavoring to be in the now. I am looking out the window and watching squirrels in the trees chasing each other around the trunks. I see beautiful red cardinals and hear sounds of people working in their yards—no machines, just people activity. I am in a good place and all is well in this moment.

But, I am easily pulled out of this moment with a thought. I think of the approaching spring construction season and the rapid increase in work to be done. I think of the Capital Funds Drive the Bishops Committee has decided we should undertake immediately. I think of the letter I just got an hour ago that has terminated the lease I have on the warehouse I have used for the last several years. I think of all that I must now do in addition to my normal heavy schedule and I feel myself drawing inward and becoming anxious and a bit cynical. I begin to feel rushed and pressured overwhelmed and I can hear my heart pounding in my ears . . . it is steady . . . For that I am thankful . . . I am suddenly not thinking about those things. I feel my world opening up again, even as I write. My eyes lift to the trees and the sunny day and my vision again enlarges and I can feel my chest relax and again a deep breath like a sigh passes.

There are many ways to take in the events of our lives. This morning I have gone back and forth between two of them. I have been excited about what things are on my plate and I have been anxious about the things on my plate. When I first received the certified letter with the news about the termination of my lease, even before I opened it I thought it might be something like that. I have also been looking for a place to move for many months, as I have not been very happy with our location and all the difficulties it makes for us. I have found a building I would like to buy, but I have not moved very aggressively on it. So my first thought when reading the letter was well, God is giving me a nudge now. I sometimes need nudges you know, so I took it as a confirmation that it is time to go forward. And I was ok with the news even though surprised. But, I began to think about it, began to ruminate on it. Began to feel that something was not being told to me, that the landlord was taking away my freedom and forcing me out and I began to have cynical thoughts about it so I called him and he told me the reason and I do not believe the reason he has given me. Then I became angry and began to concoct a story that fed my feelings. Then somehow thankfulness emerged

and I noticed the squirrels and became aware again the I was totally one with all that is and this matter is just a blip, just a blip and of no consequence at all and all will be well and all IS well.

I can go right back into the process and create more stories and become unaware and finally unconscious to the day around me, or I can stay present, in touch with Presence and the wonder of all that is around me with which I am so intimately connected and indeed one.

All this wonder and beauty reappears to me because a thankful thought appeared and drew me out of my little mind and reconnected me to the True Self, the Christ in whom I live and move and have my being.

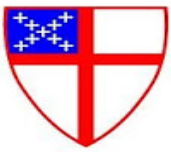
That thankful thought is eternally tied to the Eucharist -- The Great Thanksgiving we celebrate every week when we gather together as God's People. The Eucharist is more than a ceremony we do. It is a celebration of the life that is ours when we allow thankfulness to undergird us in the sunshine and even in the hard passages we all have to travel. The Eucharist is to remind us that it is the core of who we are in our True Selves. It is in our DNA as Gods people to be filled with thanks and being thankful can draw us back to our Source in the darkest moments. This is not some idealistic, Pollyanna attitude; this is the only real Reality. When we are in that Spirit, we become part of the Engine of New Life.

It is our Faith and I for one and so delighted to share in it. I am sure you know what I am talking about. I hope and pray that your sense of Presence appears, if even for a moment, each and every day.

With a truly grateful heart, I remain

Faithfully yours,





CHURCH OF ST. LUKE

PO Box 551

Excelsior Springs MO
64024

FEB2017 GOOD NEWS

Shrove Tuesday: February 28
 Annual Pancake Supper 5:30 pm
 If you would like to volunteer just let Tisha know.

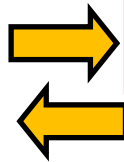
EASTER WEEK:

Palm Sunday: April 9
 Maundy Thursday: April 13
 Good Friday: April 14
 Easter Vigil & Potluck: April 15
 Easter Sunday: April 16

All Evening Services 7:30 pm

We need volunteers if you would be interested in serving on Sundays. We particularly need readers. Just once a month would be wonderful . Let Tisha or Jenny know if you would be interested. Thank you!

Please continue to sign up for Sunday school. Curriculum is downstairs . Thank you!!!!



CALENDAR

2/26	Holy Eucharist	10 am
3/1	Ash Wednesday	730pm
3/5	Holy Eucharist Lent I	10 am
3/12	Holy Eucharist Lent II	10 am
3/19	Holy Eucharist Lent III	10 am