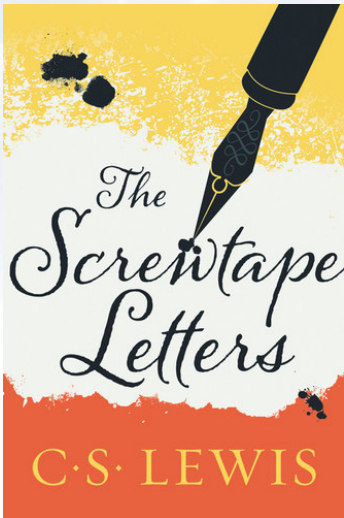


# Lent Study: The Screwtape Letters

March 4, 11, 18 and 25 | 6 pm in the Guild Room



## Meet Mondays in Lent for a book study on C.S. Lewis' "The Screwtape Letters."

Please get a copy of the book and print out the study guide found at [Screwtape\\_StudyGuideWeb\\_cor.pdf](#) ([cslewisinstitute.org](#)). (Or request a printout from the parish office.)

We will listen to a video from the C.S. Lewis Institute then will discuss about 5 letters per session.

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# St. Luke's EPISCOPAL CHURCH



## From the Rector

By Martha Kester

*[The Lawyer] answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." And [Jesus] said to him, "You have given the right answer; do this, and you will live." (NRSV Luke 10:27-28)*

Seems simple enough; yet how well do we listen to what in another place Jesus states are the two greatest commandments? We need to remember Jesus is not saying these are suggestions or good ideas or something we should just strive to do and be. No, we are commanded to love God, our creator and savior, above all else and treat those we encounter as we desire to be treated. And with a command you are either obedient or disobedient.

As we enter Lent this is a wonderful time to do a self-inventory in terms of how we are loving God and others. How well are we being obedient to what Jesus has commanded? What or who do we really worship? Sadly, in the west it is often everything and anyone except Jesus. Watching the news today there is a campaign to make the Monday after the Super Bowl into a National Holiday.

SERIOUSLY! We have come to worship sports, celebrities, our positions, reputations, etc. over and above Jesus. How sad. It has been said that how we spend our time and what we spend our money on, reveals the god or gods we worship. Do I reveal a love for Jesus or my secular desires? It is a question I often ask myself.

I remember when I was in seminary, I used to have to drive by 3-River Stadium (where the Pittsburgh Steelers played) on my way to church early on Sunday morning. When the Steelers were at home by 7am the parking lots would be packed with tailgaters. Unsurprisingly, rarely was the parking lot of the church as packed. It was pointed out to me that they were in their sanctuary serving the god they loved. As much as I do love football and many professional sports; I believe this makes God weep. We have so quickly forgotten



our first love – forgotten the price paid so we can be saved, so we can be children of the Most High God.

This is why I love the fact we do a Stations of the Cross every Friday night during lent. Stations offers a time to truly contemplate and ruminate on the reality of what Jesus willingly went through for each one of us, to offer us salvation. The amazing thing is he did it even for those of us who thumb our noses at his sacrifice, who ignore his commands, who refuse to repent and believe in him. So, as we make our way to the celebration of Easter may we use the time to examine our lives and recommit to ‘loving the Lord our God with all our heart, all our soul, all our strength, and all our mind; and our neighbor as ourselves’.

Second Priest Update

We continue to pray with expectation for the individual God desires to come and serve at St. Luke's. As of now there are no candidates.

COMMUNITY SPOTLIGHT  
Service Pride

By Vince Carter

I got a new ball cap the other day. It is tan in color. On the left side of the body are the words VAQ-142 Grey Wolves. In the front is an embroidered head of a grey timber wolf. It is unique for a ball cap and that’s not surprising because of who gave it to me.

My grandson came to visit with his mother. He had just completed a long tour in the Mediterranean aboard the air craft carrier, the Gerald Ford CVN-78. The first thing he did as he walked through my front door was to hand me the cap. His squadron on board the air craft carrier Gerald Ford is called the Grey Wolves. In a way, I felt he was giving me an honorary recognition for the squadron. I didn’t do much. I did send a box of equipment, games and various items he and some of his team members needed and couldn’t get on the ocean.

I could barely get thank you out of my mouth. I hugged him and that seemed to cover anything more I could say. The pride I was feeling for my grandson and those pilots and crews was overwhelming.

Scripture tells us to beware of pride and arrogance. I certainly agree with that. Pride has a tendency to come back on you and leave you little, other than humiliation and defeat. At the same time, I believe there is a pride that I will call service pride. Service that goes against the danger of being prideful.

Pride is considered one of the seven deadly sins because it glorifies oneself and not God. Service pride to the community is God’s teaching. Pride is selfish. Service pride is strictly the act of giving to others with no restitution. Pride rages against all wise counsel. Service pride is intent upon following the teachings of the church and scripture. Pride is not submissive to authority. Service pride is based upon God’s authority. Pride is judgmental. Service pride is service to all that are in danger of violence or the perils of a secular life.

I’ve just described the parish of Saint Luke’s. The work and services supplied by our parish is indeed service and we and the Good Lord can be pleased. We feed the poor, educate those that can’t afford it, insure there are worship services on a daily basis, and take responsibility for many other services. I think all of us should be serviceably proud of what we have accomplished, and of what we will continue to grow and contribute to the kingdom, with God’s help. Bringing notice to these services is done at an annual parish meeting. I wonder if we should do it more often?

I like to think my grandson and the rest of the Gerald Ford’s crew are members of a service pride. They are doing whatever they can to protect and defend you and me and help others as Jesus has commanded. They are doing it by providing that service at the risk of their own lives every day. It makes me feel like sometime during my daily routine I could growl like a grey wolf.

C.S. Lewis Institute then will discuss about 5 letters per session.

March 28—Maundy Thursday Service 7p.m.

March 29—Good Friday Stations of the Cross at 7a.m. in the Nave. Sign up in the Guild Room if you are willing to read or carry the cross for one or more services.

March 29—Just for Fun Breakfast following the Good Friday Morning Stations of the Cross Service. Stay tuned for details about location and how to RSVP.

March 29—Good Friday Liturgy 1p.m.

March 29—Good Friday Evening Stations of the Cross at 7p.m. in the Nave. Sign up in the Guild Room if you are willing to read or carry the cross for one or more services.

March 30—Holy Saturday Service 8a.m.

March 30—Reconciliation of a Penitent 8:30a.m.—10:30a.m. (Times also available by appointment, contact Pastor Martha or the church office to schedule.)

March 31—Easter Sunday Services at 8a.m. & 10a.m.

March 31—Easter Egg Hunt Hosted by the ECW following the 10a.m. service.

APRIL

April 14—ECW Monthly Meeting The ECW meets upstairs in Orvis hall the second Sunday of each month between the morning services (approximately 9a.m.). All are welcome!

April 16—Vestry Meeting 5:45p.m.

April 23—Homeless Shelter Meal Volunteers will be needed to help cook and serve the evening meal for the homeless residents at Central Iowa Shelter & Services. Donations of groceries (or cash) will also be needed. A signup sheet will be posted about a month before the meal. For more info contact either Dan Hart (612-0309 (feel free to text), danielwardhart@gmail.com) or Mark Johnson (336-0727, pamejohnson83@gmail.com).

April 28—Sunday Afternoon at the Movies at 2p.m. Bring your own snacks and watch the movie on the wall in Orvis Hall. This month’s movie is *The Post*.

MAY

May 12—ECW Monthly Meeting The ECW meets upstairs in Orvis hall the second Sunday of each month between the morning services (approximately 9a.m.). All are welcome!

May 21—Vestry Meeting 5:45p.m.

May 26—Sunday Afternoon at the Movies at 2p.m. Bring your own snacks and watch the movie on the wall in Orvis Hall. This month’s movie is *Jesus Revolution*.

upcoming events

Fridays During Lent  
Starting March 1

Soup and Stations

Soup supper at 6pm | Stations of the Cross at 7 pm

March 24

Palm Sunday Services

with Distribution of Palms at 8 & 10 am

March 28

Maundy Thursday Service | 7 pm

March 29

Good Friday

Stations of the Cross | 7 am & 7 pm

Just for Fun Breakfast following the Stations of the Cross Service

Liturgy | 1 pm

March 30

Holy Saturday Service | 8 am

Reconciliation of a Penitent | 8:30 am

March 31

Easter Sunday Services

8 am & 10 am

Easter Egg Hunt

following the 10 am service





# ANNOUNCEMENTS

## MARCH

### March 1— Soup & Stations

Please join us on Fridays during Lent for a soup supper at 6pm and then Stations of the Cross at 7pm. This a great opportunity for fellowship, food and reflection and we look forward to being together. There will be a sign up sheet on the bulletin board in the Guild Room if you are willing to read or carry the cross for one or more services.

### March 4—Lent Study:The Screwtape Letters at 6p.m.

Meet in the Guild Room Mondays in Lent for a book study on C.S. Lewis' "The Screwtape Letters" Please get a copy of the book and print out the study guide found at Screwtape\_StudyGuideWeb\_cor.pdf(cslewisinstitute.org) (Or request a printout from the parish office.)We will listen to a video from the C.S. Lewis Institute then will discuss about 5 letters per session.

### March 5—Homeless Shelter Meal TIME TO SIGN UP

St. Luke's first meal of 2024 at the homeless shelter operated by Central Iowa Shelter & Services will be on March 5 (a Tuesday). As usual, we need donations of groceries (or cash), a crew to prepare the meal at St. Luke's on the morning of March 5, and a supper-time crew to transport the meal and serve it at the shelter. To help, see the sign-up sheet on the table outside the Guild Room. From home, sign up for St. Luke's "potluck" on Meal Train, at mealtrain.com/vg3r68. Or contact either Dan Hart (at 612-0309 (feel free to text) or danielwardhart@gmail.com) or Mark Johnson (at 336-0727 or

pamejohnson83@gmail.com). Cash donations can be made through Angela at the church office.

### March 8— Soup & Stations

Please join us on Fridays during Lent for a soup supper at 6pm and then Stations of the Cross at 7pm. This a great opportunity for fellowship, food and reflection and we look forward to being together. There will be a sign up sheet on the bulletin board in the Guild Room if you are willing to read or carry the cross for one or more services.

### March 10—ECW Monthly Meeting

The ECW meets upstairs in Orvis hall the second Sunday of each month between the morning services (approximately at 9a.m.). All are welcome!

### March 11—Lent Study: The Screwtape Letters at 6p.m.

Meet in the Guild Room Mondays in Lent for a book study on C.S. Lewis' "The Screwtape Letters" Please get a copy of the book and print out the study guide found at Screwtape\_StudyGuideWeb\_cor.pdf(cslewisinstitute.org) (Or request a printout from the parish office.)We will listen to a video from the C.S. Lewis Institute then will discuss about 5 letters per session.

### March 15— Soup & Stations

Please join us on Fridays during Lent for a soup supper at 6pm and then Stations of the Cross at 7pm. This a great opportunity for fellowship, food and reflection and we look forward to being together. There will be a sign up sheet on the bulletin board in the Guild Room if you are willing to read or carry the cross for one or more services.

### March 18—Lent Study:

#### The Screwtape Letters at 6p.m.

Meet Mondays in Lent for a book study on C.S. Lewis' "The Screwtape Letters" Please get a copy of the book and print out the study guide found at Screwtape\_StudyGuideWeb\_cor.pdf(cslewisinstitute.org) (Or request a printout from the parish office.)We will listen to a video from the C.S. Lewis Institute then will discuss about 5 letters per session.

### March 19—Vestry Meeting 5:45p.m.

### March 22— Soup & Stations

Please join us on Fridays during Lent for a soup supper at 6pm and then Stations of the Cross at 7pm. This a great opportunity for fellowship, food and reflection and we look forward to being together. There will be a sign up sheet on the bulletin board in the Guild Room if you are willing to read or carry the cross for one or more services.

### March 24—Palm Sunday Services with Distribution of Palms at 8 & 10a.m.

### March 24—Sunday Afternoon at the Movies at 2p.m.

Bring your own snacks and watch the movie on the wall in Orvis Hall. This month's movie is *Sound of Freedom*.

### March 25—Lent Study:

#### The Screwtape Letters at 6p.m.

Meet Mondays in Lent for a book study on C.S. Lewis' "The Screwtape Letters" Please get a copy of the book and print out the study guide found at Screwtape\_StudyGuideWeb\_cor.pdf(cslewisinstitute.org) (Or request a printout from the parish office.) We will listen to a video from the

# Music Notes

By Akira Mori

As I think everyone knows by now, we had some repairs done to our organ last year—the first major repair work since the organ was installed 40 years ago. But we need to enter the next phase of the repairs this year. The additional repairs should get some of the pipes that currently aren't speaking to make sound. The new repairs should also fix balance issues, which have been a problem for quite some time.

Our organ technician, Art Aadland, hopes to be in Des Moines to work on our organ sometime in March. As of the writing of this newsletter article (in mid-February), he is currently in Colorado working on a big organ project. This project has been delayed by nearly a year due to several factors, including the severe drought in the area. (News reports show that 65% of the state is “abnormally dry or worse.”) This dryness has caused several pipe organ emergencies since pipe organs are so sensitive to climate. Art has assured us that once his “Colorado Organ Project” is completed, St. Luke's is the priority project.

This week, while writing my newsletter article, Conductor Seiji Ozawa died. He was music director of Boston Symphony Orchestra for several decades, and he was also director of Vienna State Opera House. This week, another member of St. Luke's also died. Their deaths made me think



of the past funerals I have played at St. Luke's. It's always hard to see someone you know and love pass.

When I was a student in Boston, Maestro Ozawa was director of Boston Symphony. I never missed any concerts of his! I had known him since I was in Japan when he was conductor of Japan

Philharmonic Orchestra. On one occasion, I had a chance to visit his house for a reception. I was able to have a personal conversation with him. He was always a conductor I admired. Interestingly, Seiji was raised in a Christian household. (Not many Japanese are Christians.) His mother was Christian. Seiji's first music love was singing hymns! Seiji was one of four brothers (two tenors and two basses). During the Christmas season, the brothers would form a quartet and sing Christmas carols and hymns. He also had a hymn-singing group called Shiro no Ne (Castle of Sound). It was a student group he coached and conducted.

Hymns are an important part of the church and play a special role at funerals. While there are some “standard” hymns that are often used at funerals, it seems that most families have special hymns they want played at the funeral of their loved one.

# ECW News

By Sue Frambach, Secretary

Thank you to everyone who brought food, helped serve, set up and clean up for the annual meeting. I think everyone left nourished in both body and soul.The ECW has 3 remaining meetings prior to our summer break. We are required to present a slate of officers at our March and April meetings, with voting in May. Please consider joining us and serving in some capacity. The work load is light but the rewards are many.

We will be sponsoring the Easter egg hunt for children of the parish following the 10 a.m. service on Easter Sunday. Also, we continue to provide coffee hour treats on "Birthday Sundays", which are the first Sunday of every month.

ECW | Join us for meetings at 9 a.m. in Orvis Hall on March 10, April 14 and May 12.



OUTREACH  
Kenya Success



Since 2018 St. Luke's has sponsored Mercyline Atieno and Mercy Ogol with educational support and living expenses for their education and safety. Thanks be to God they have each progressed from their local school to the University, a new world and opportunity for both.

Mercyline Atieno is at Kenyatta University  
in Nairobi

- She has 3 semesters until graduation
- Mercyline is studying to be a Nurse
- In a Zoom conference in December, she commented that while biology is challenging, it is not a barrier

Mercy Ogol is at Africa Nazarene University  
Law School in Nairobi

- She is completing her first year
- Mercy is studying to be a lawyer
- Course work is very demanding, Mercy is busy

Pray for the safety of Mercyline and Mercy, and for their continued progress towards their educational goals, may their future be bright.

Acolyte Program

At St Luke's, we currently have 5 students that participate in our acolyte program. Students need to be in 4th grade or older to participate. Our current acolytes are: Caeden and Liam McDonald, Ryan, Aura and Claire Frambach. Caeden has been an acolyte for 5 years and Liam, Ryan, Aura and Claire have participated for 3 years. With this group, we are able to have acolytes at 2 Sunday services each month and at our Christmas and Easter services, they all participate in the services.

I am so pleased that these students are willing to serve at St Luke's and I thank their families too. It is a time commitment not only for the students but their families as well. My motto for this group is — we are small but mighty!

If you have a student or know of a student that would be interested in joining our acolyte group, please reach out to me by calling me at 515-669-5331.

— Thank you, Ronda Montgomery

King School Pantry  
FEBRUARY 2024



One of four pallets delivered by Food Bank of Iowa on Dec 1, 2023, to the King School Pantry. The other 3 pallets were smaller, yet heavier. It takes lots of bags to send this much food home with the families.

On February 2nd 100 families came to the pantry: lots of food, lots of bags, and lots of thank you's.

Thank you, St. Luke's, for keeping the Pantry supplied with bags.

Recent Happenings



St Luke's had great help packing sack lunches for the local shelter from the Drake/Grandview ROTC cadets and InterVarsity on Sunday, February 18. Thanks to all!!



Our Winter Sleigh Ride was switched to a wagon ride due to lack of snow but we still had a lot of fun on a crisp and bright January day!

The ECW coordinated the annual Adopt a Military Family for Christmas, as usual St. Luke's gave generously!



We were happy to have a pageant in December!

Are you interested in attending shows, cultural events, etc. around the city?  
The vestry is looking to plan some outings, if you have ideas/would like to help please talk to a vestry members!