

HOT NEWS

March 10, 2024

St. Luke's Episcopal Church

WELCOME!

Are you new or visiting St. Luke's? We are glad to have you join us in this celebration of God's hope for our lives and dream for the world: LOVE! If you want more information or to speak with a priest, please complete a Voice from the Pew Card located in the pew rack and place it in the offering plate OR email Jessica jessica@stlukesbethesda.org

Children are fully welcomed in worship!

We have nursery care available from 9 - 11:30 am, but it is totally optional.

Masks are strongly encouraged.

Lent Yoga & Fitness Class on Thursday Evenings!

Please join certified instructors and fellow parishioners Veronica Walgamotte and Marta Montoro for an opportunity to move, breathe, stretch, build strength, and meditate as a complement to your Lenten journey. The first part of each session will focus on building strength and balance (while wearing athletic shoes) and the second half will be for gentle yoga and a short meditation at the end. Please bring a mat, water bottle, and hand weights; other props will be provided. We look forward to deepening the body-mind connection with you during this Lenten season!

5 Thursdays during Lent in Ludlum Hall from 6:30-7:30PM - Feb. 29; Mar. 7, 14, & 21

Please RSVP with the dates you can attend using SignUp Genius or via email to montoro75@yahoo.com and veronicaw.instructor@gmail.com

Please note we will follow St. Luke's/MCPS closures in cases of inclement weather.



Garden Guild

The Garden Guild is a volunteer group that maintains the gardens on the church grounds. We are a very welcoming group and encourage those who love to garden, or who want to learn more, to join us. The first Garden Guild workday is scheduled for Saturday, March 23 from 9am - 12 noon. If you are interested in joining us, please contact Susie Casson at (301) 983-3898 or scasson@comcast.net for more

Giving statements went out this week covering the period Jan. 1 through Mar. 5. Please contact James at admin@stlukesbethesda.org if you haven't received a statement but made a donation or pledge this year.



These statements go out via email and come from the following address: notifications@onrealmmail.org

Header art by Lee Krasner



"Will You?" A Five Week Lenten Study of Baptismal Promises

February 11 - March 10, 2024, 11:30 am, Conference Room next to Reeves

You're invited to join Deacon Lesley in a five-week Lenten group study about our Baptismal promises, their meaning and their doing, as together we read *Will You? A Lenten Study of Baptismal Promises* by Amanda Perkins McGriff.

This five-week group study offers daily reflections, examples of evangelism in action, and an invitation to think in new ways about the promises we make to God, each other, and ourselves in baptism.

Want to join? Contact or email Deacon Lesley (lesley@stlukesbethesda.org) or James, our parish administrator (admin@stlukesbethesda.org), to sign up.



A Gift Toward Easter Flowers

If you wish to make a gift toward Easter flowers, please feel welcome to use the special envelope in the pews or the QR code to the left. You may indicate whether it is a memorial or thanksgiving gift.

Deadline for acknowledgment in the Easter bulletin is Monday, March 25.



**Basic Needs
Community
Engagement**

Cluster – Featured Organization for March

Bethesda Help is a multi-faith all-volunteer nonprofit organization that delivers groceries, Giant gift cards and kid snack bags to local individuals and families in need. St. Luke's has been an important ongoing contributor donating food, time and money. During 2023 alone, St. Luke's collected more than 1,400 lbs. of canned food including regular donations of cereal boxes, much appreciated by families with school-age children! A special thank you to Mary Kimelblatt for driving the food over every six weeks!

For the month of March, we will have a food drive to help stock Bethesda Help's pantry. Items to donate are listed below with a special emphasis on canned tuna, spaghetti sauce in non-breakable jars and cereal.

You can drop off the food in the labeled boxes in the welcome lobby or in the Community Engagement room downstairs. If you would like to host your own food drive at work, school, with Boy Scout or Girl Scout troops, etc., please contact Meg Shematz at 301-257-8058 or megshematz@gmail.com for ideas, information and help transporting food.

Thank you again to all who have donated in the past!

BETHESDA HELP PANTRY STOCKED ITEMS



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| GRAINS | <ul style="list-style-type: none"> Instant oatmeal packets (6 or 12 individual packs) Oatmeal (round box) Cereal White and Brown Rice (1 lb bag) Pasta (any type) white or whole grain (1 lb. box) Mac n Cheese (7.25 oz) |
| CANNED PROTEIN | <ul style="list-style-type: none"> Tuna (packed in water) – 5 oz Chicken – 12.5 oz Salmon – 12 oz Beans – 15.5 oz (black, garbanzo, pinto, great northern—low sodium) |
| CANNED FRUIT (15 oz –in light syrup or juice) | <ul style="list-style-type: none"> Peaches Pineapple Pears Mandarin Oranges |
| CANNED VEGETABLES | <ul style="list-style-type: none"> Green Beans Corn Peas Mixed Vegetables |
| OTHER ITEMS | <ul style="list-style-type: none"> Canned Spaghetti Sauce Peanut Butter (18 oz) creamy or crunchy Shelf Stable Milk (not powdered) |

Advocating for Positive Change

People of faith, we must protect God’s creation! The Maryland Legislature is in session, and will be voting on a number of environmental bills. We urge St. Luke’s parishioners to raise your voices regarding three important environmental bills. These bills are supported by a range of environmental groups, including Interfaith Partners for the Chesapeake, the Sierra Club, the Maryland League of Conservation Voters, and others. Find out more about these bills at www.interfaithchesapeake.org/advocacy and Maryland Needs a Bottle Bill!

| | |
|--|---|
| Advocate for Environmental Justice! (HB 24 / SB 96) | No state law requires agencies to meaningfully consider climate impacts, environmental justice (EJ) issues, health impacts, and labor implications resulting from their actions. This lack of consideration has led to poorer outcomes for many overburdened and underserved communities. This legislation will give the Maryland Department of the Environment the authority to approve, alter, or deny a permit based on an EJ score, and assessment of other permits and the underlying sociodemographic characteristics of the community. |
| Protect Maryland’s Watersheds! (HB 1165 / SB 969) | The bill will establish a pilot program to identify up to 5 impaired watersheds across Maryland. Watersheds selected for the program will be subject to a comprehensive planning and permitting process bringing together all relevant stakeholders to improve water quality on an expedited timeline using a variety of practices. The goal of the program is to make real, measurable progress in water quality on an expedited timeline. |
| Maryland Needs a Bottle Bill! (HB 735 / SB 642) | After 10 years of trying and failing, the Maryland Assembly is once again considering a Bottle Bill that would add a small deposit to the purchase price of beverage containers that is refunded to customers when the containers are returned by customers for recycling. Based on evidence from other states with such recycling programs in place, a Maryland program could capture more than 3 billion additional beverage containers annually, including 2 billion plastic bottles. |

Now is the time to write to your delegates and senator! Email each one a letter of support for these bills, citing the bill numbers above. Tell them you are from St. Luke’s Episcopal Church, Bethesda, and tell them why you care about these bills. Hearing from constituents makes a difference to legislators! Thank you for being stewards of God’s creation.

Upcoming Parking Lot Drop-Off Opportunity Next Week

| Date | Time | Items Dropped Off |
|--------------------|-------------|---|
| Thursday, March 14 | 4:00-4:30pm | <ul style="list-style-type: none"> • Baked goods for Small Things Matter • Food items for Bethesda Help |



Lunch Bunch

Join us on March 12th for our only meeting in Lent. We will gather at 12:00pm in the Reaves Room for brown bag lunches and conversation. Come and discuss your Lenten journey, greet old friends and make new ones. Or just come and find out what is happening at St. Luke's at all of the various services. We may also have a preview of the Holy Week and Easter schedules. It will be an hour well spent.

Questions can be directed to Marie Holbrook marie.holbrook@verizon.net

Help the Altar Guild Prepare for Holy Week & Easter!

WHEN & WHAT:

General church/building cleaning:

Friday, March 15 ~ 9:00am-11:00am

Saturday, March 16 ~ 9:00am-11:00am



Join the Altar Guild at the times noted above in preparing St. Luke's for Holy Week and Easter – there are tasks for everyone! For more information, please call or text Christine Zakarka at 301-509-4989. Thank you for helping!



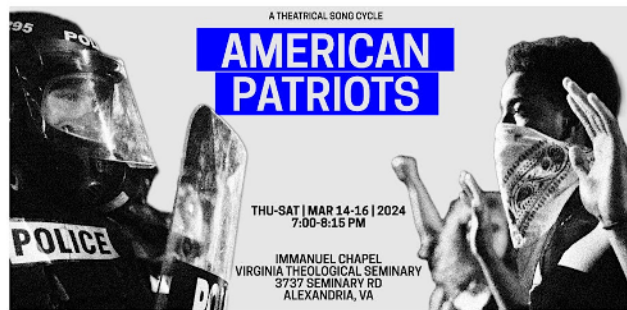
Maundy Thursday

To bring a dish to the Maundy Thursday Simple Supper, beginning at 6:30pm on Thursday, March 28, please sign up online to contribute to the meal or use the sign-up sheet posted in Ludlum Hall (they will be kept parallel). After Supper, we will have foot-washing, followed by Holy Eucharist and the Stripping of the Altar. Please join us for

Easter Brunch

Join us on Sunday,
March 31!

It's back again! We will offer a continental breakfast with additional goodies in Ludlum Hall, following both Easter Sunday services. If you can help with clean-up day-of, please email Marta Montoro at montoro75@yahoo.com Thank you!



American Patriots

Virginia Theological Seminary is excited to host American Patriots, a new theatrical song cycle that portrays the experiences of Americans today from four different perspectives: Black, Indigenous, new American, and white working-class American.

Co-commissioned by VTS, this thought-provoking work asks us to actively examine the way we think about race,

class, and who America is for. It extends an invitation to broaden our perspectives and gain a deeper understanding of the lives of fellow Americans with whom we may not have previously connected.

The songs, which are based on interviews with 50 Americans from across the nation, reflect the diversity of the US, ranging from classical, to jazz, to Broadway, while being funny, serious, and alarming.