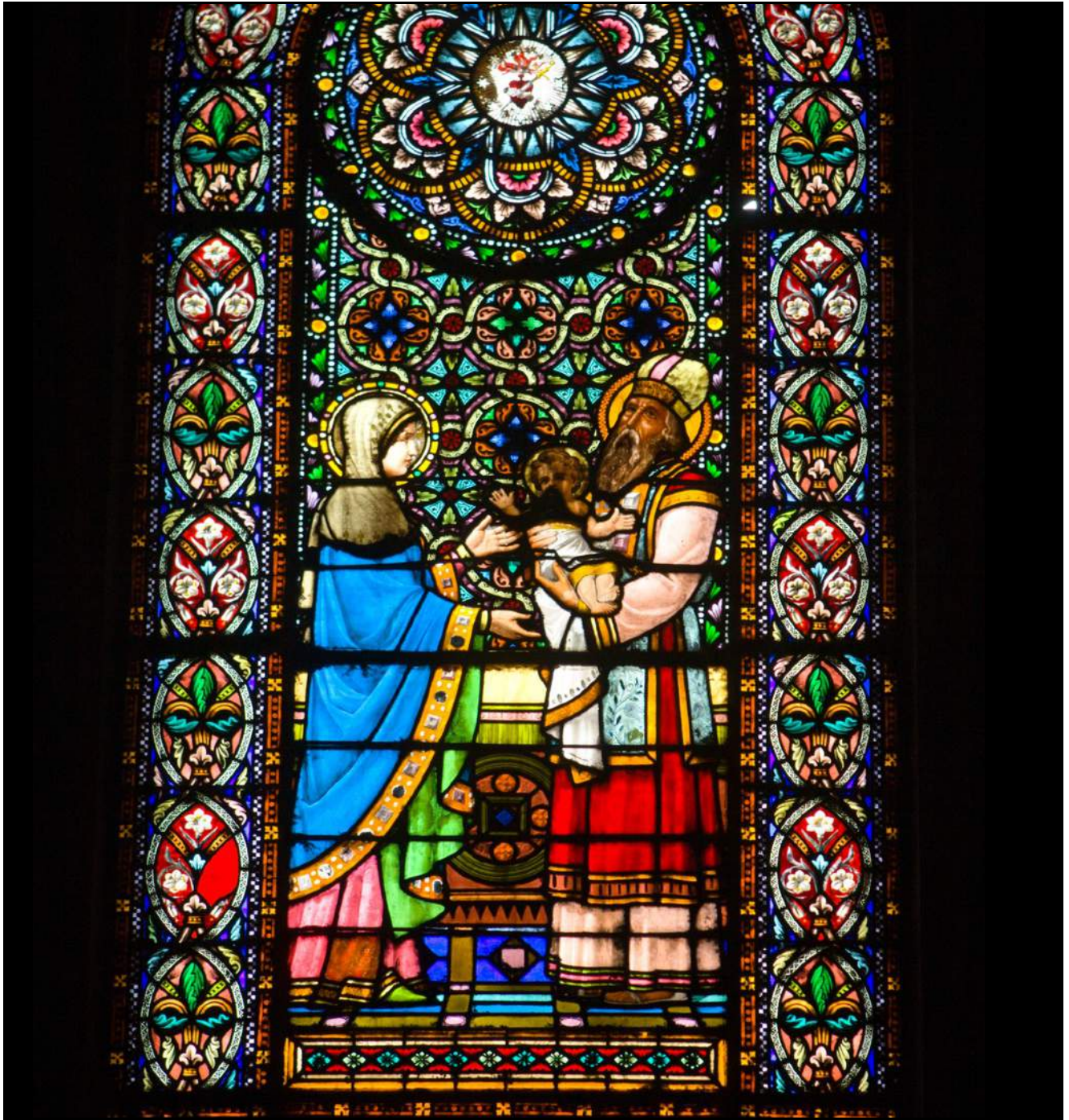


# WLTAM

## signs

THE PULSE OF SAINT LUKE'S PARISH LIFE

Volume 17 Issue 3 February 2020 St Luke's Episcopal Church Camillus, New York





## Warden's Message

### Greetings everyone,

Well 2020 is here. It sounds like it's so far away into the future but it's not! We hope everyone had a great Christmas and New Year!

If you attended the annual meeting you heard we finished off 2019 on a positive note with finances, even if just barely. It's significant because we had projected a deficit. So one last time, thanks to all for your generous support to St. Luke's and it's ministries.

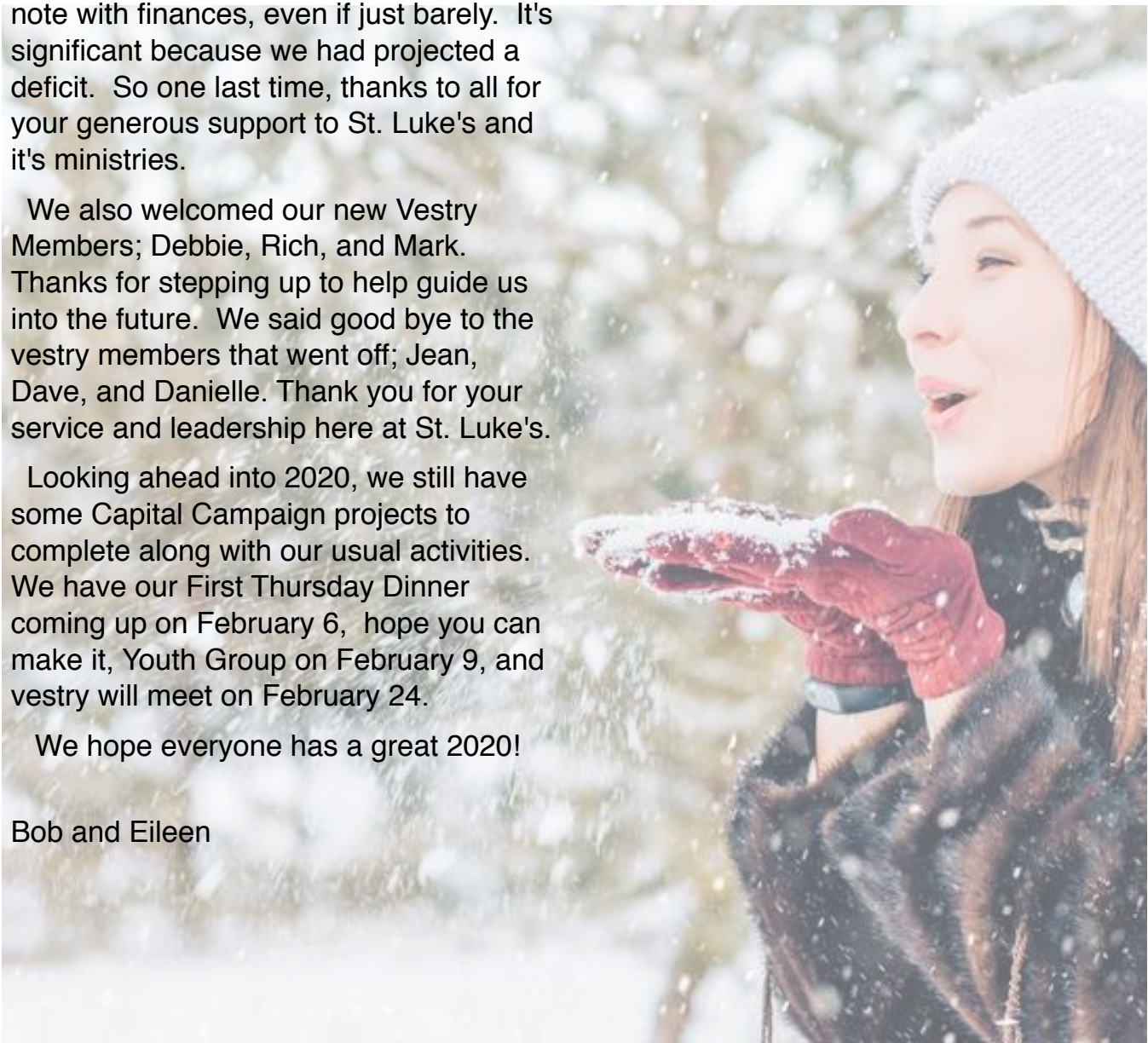
We also welcomed our new Vestry Members; Debbie, Rich, and Mark. Thanks for stepping up to help guide us into the future. We said good bye to the vestry members that went off; Jean, Dave, and Danielle. Thank you for your service and leadership here at St. Luke's.

Looking ahead into 2020, we still have some Capital Campaign projects to complete along with our usual activities. We have our First Thursday Dinner coming up on February 6, hope you can make it, Youth Group on February 9, and vestry will meet on February 24.

We hope everyone has a great 2020!

Bob and Eileen

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## A word...

*Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people.*

*Matthew 4:23*

This passage comes from near the beginning of Matthew's gospel and describes the very beginning of Jesus' public ministry. Jesus' invitation to each of us is to make a commitment to live our lives by following his example.

Here we see how Jesus went about fulfilling His call from the Father; by teaching about God, by showing how God's will for us is the good news that leads to purpose, meaning, and fulfillment, and by making whole what has been broken.

In our individual lives, and in our lives as a community of God's people, we are called into doing the same kinds of ministry. We build the kingdom of God when we undertake to reflect Jesus' example and continue His work.

Later this month we will be entering into Lent, which is an invitation for us to reflect on how our lives reflect Jesus' own (or not). I invite you into a holy Lent that brings into clear focus for you God's presence and God's call on you to join your gifts, talents, and creativity with everyone else's in this community to fulfill our call to be light in the darkness to this place we call home.



Lent will begin near the end of February this year. Ash Wednesday is February 26 and we will mark it with services at Noon and 7pm. I hope that you will find a way to honor the tradition of giving up or taking on something in Lent that will help remind you of God's presence in your life.

*Ash Wednesday*



*Remember that you are dust,  
and to dust you shall return.*

**ECCLESIASTES 3:20**



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## Outreach News



than last year to avoid competing with the festival season in Syracuse. We will begin accepting donations on Sunday May 3, 2020.



A new year means a new cycle of Outreach events. Our first collection for 2020 will be sample size personal care items for the Samaritan Center. This collection takes place during the Lenten season. We have done this collection for several years now and the folks at the Samaritan center are always very thankful for these items. This year the Bake and Treasure sale will be held on Saturday, May 30, 2020. This date is earlier

The last day for donations is Sunday May 24, 2020. We have done the same cycle of events for many years now. If anyone has suggestions for new Outreach opportunities, please contact Eileen Robertson at (315)673-4324 or (315)243-2579.



## Circle of Prayer

*“So it is when I step through the gate of prayer from time into eternity...”* –

Walter Rauschenbusch

Starting Thursday, February 6, at 10:00 a.m., Betsy Shake and Cheryl Neff Lorenz will lead a time of quiet prayer in the back of the Sanctuary. Circle of Prayer will last 20-30 minutes and is scheduled for the first and third Thursdays of the month. This is new, and we'll see where the Holy Spirit takes us. We invite you to join us in prayer on any first or third Thursday morning at 10:00—for St. Luke's and for whatever needs, concerns, and joys you bring to it. All are welcome.



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*Cathy is feted by the congregation for her long years of service as church administrator.*



4West Youth Group will meet February 9, 5pm at St John's in Marcellus.



## **New Community Class in Qigong**

The new community class in qigong continues to be offered on Thursday evenings 7-8pm at St. Luke's. No experience is necessary, and you can attend any class in the 8-week session that goes through March 5<sup>th</sup>. Qigong provides an excellent way to practice mindfulness through simple breathing and movement exercises. Classes are led by Ralph Lorenz, a certified group practice leader in Spring Forest Qigong. If you have any questions, please contact Ralph at [rlorenzmusic@yahoo.com](mailto:rlorenzmusic@yahoo.com) or [330-283-5290](tel:330-283-5290).



## 6 tests you should ask your doctor to run

By: Sherry Brescia, MSHN, Holistic Nutritionist

If you've made a commitment to improve your health, congratulations! (And if you haven't, time to get going!) The best place to start is to have a diet of wholesome real foods (not packaged stuff or fast food), get regular exercise, and see your doctor for a checkup.

### *But beware!*

Because although you may get a clean bill of health after an exam and bloodwork, trouble may still be brewing. To get a more complete picture and help nip potential problems in the bud, here are...

### **6 tests you should ask your doctor to run**

#### **1- C-reactive protein (CRP)**

C-reactive protein is a marker for inflammation. C-reactive protein is a compound that, when elevated, indicates inflammatory or free radical damage is occurring within your blood vessels in a way that contributes to cardiovascular disease.

#### **2- Homocysteine**

Homocysteine is an amino acid produced as a by-product of your digestion of animal proteins. High levels of homocysteine in the bloodstream can cause inflammation in the blood vessels and increase your heart disease risk.



*Article continued on back page*

## Annual Meeting

We held our annual parish meeting on January 26 at noon along with a pot-luck lunch. The reports booklet and spending plan for 2020 are available at the church or can be mailed to you if you call Sara in the office and request one.

Bob Shafer was elected two a second term as Warden and our new Vestry members are Debbie Kazubinski, Rich Conley, and Mark Winn.

We also reviewed last year's finances and the budget for 2020. Despite anticipating a deficit of several thousand dollars, we actually ended 2019 with a small surplus! The budget for 2020 is largely unchanged from 2019 and we are again anticipating a small deficit excluding any earnings from investments.

Thank you to everyone who offered reports, who helped with set-up and cleanup, and who provided the delicious dishes and desserts!





# THANKS & PRAYERS

## We Ask Your Thoughts & Prayers for...

Elizabeth, Helen, Fran Smith, Shirley, Marilyn, Mary, Kathleen, Don R, Carol, Eileen Mitchell, Fran Smith, Mary Kate, Dick Chrisfield, David Hoare, Tish

*(Note: Call the church office to add anyone to our Sunday prayer list. However, the name will stay on for only one month. You must call each month to have the name put back on the list.)*

### Also members of the armed forces:

*(Note: We will continue to pray for our loved ones serving in the military, but only for those who are deployed in harm's way. Please call the church office to submit a name.)*

Ryan Sorotkin and Tyler Pledger

## Happy Birthday

- 8 David Mitchell, Jr.  
(son, goes by "DJ")
- 17 Debbie Bille
- 20 Mia Michell
- 22 Lorie Erlenback
- 25 Christian Nightingale



## Happy Anniversary

- 16 Bob & Marie Tackman

## Prayer for Spiritual Renewal

God, heavenly Father, look upon me and hear my **prayer** during this holy Season of **Lent**. By the good works You inspire, help me to discipline my body and to be **renewed** in spirit. Without You, I can do nothing. By Your Spirit help me to know what is right and to be eager in doing Your will.

## Happy Valentines Day February 14

The second is this:  
'You shall love your neighbor as yourself.' There is no other commandment greater than ...



*Please remember the grocery cart each week.*

## 6 Tests continued from page 6

### 3- Magnesium

Your entire body needs magnesium for numerous functions, and being low in it can have devastating consequences.

Here are some conditions that are caused or worsened by magnesium deficiency:

- Osteoporosis
- Irregular heartbeat
- Restless leg syndrome/muscle cramps
- Fibromyalgia
- Gallstones and joint problems
- Autoimmune conditions and impaired immune function
- Chronic fatigue
- Depression
- Low insulin levels (a concern for Type 2 diabetes)

### 4- Vitamin D

Vitamin D is a common deficiency, especially here in the northeast where sunshine is limited. Vitamin D is crucial for bone health, maintaining healthy blood glucose and insulin levels, proper immune system functioning, controlling inflammation in your blood vessels (thereby reducing heart disease risk) and cancer prevention, among other things.

### 5- TRH stimulation (or TRH challenge) test

When assessing thyroid function, the typical go-to is the TSH (thyroid stimulating hormone) test. But TSH is secreted by your pituitary to “nudge” your thyroid into action...so the TSH test primarily assesses the functioning of your pituitary—not necessarily your thyroid!

A far more accurate and sensitive test that assesses thyroid health is the "TRH stimulation test" also known as the “TRH challenge test.”

### 6- Vitamin B12

Vitamin B12 is also a very common deficiency due to our heavy reliance on acid reducers (stomach acid is needed for proper B12 assimilation) and high prevalence of digestive issues which can impact absorption in the intestinal tract.



We love our church. Find out why!