

St. Luke's Episcopal Church Weekly Newsletter

October 23, 2026



You are invited to the
St. Luke's in-person
Sunday Morning
Service at 9:00 a.m.

If you are unable or
prefer to join us on Zoom, we will send you
a Zoom invitation through email. If you
are not receiving the email, please send the
office a message.

LINKS TO ALL OF OUR WEEKLY SERVICES CAN BE FOUND ON
stlukesatascadero.org



Sunday
Tuesdays
Thursdays

Sunday Eucharist 9:00 a.m.
Evening Prayer 5:00 p.m.
Evening Prayer 5:00 p.m.



October 25

Leviticus 19:1-2,15-18, Psalm 1

1 Thessalonians 2:1-8, Matthew 22:34-46



SUNDAY SERVICE SCHEDULE THANK YOU FOR SERVING

**THANK YOU TO THOSE WHO ARE SERVING
ON SUNDAY, OCTOBER 25**

PRESIDER: REV. KAREN SIEGFRIEDT
EUCCHARISTIC MINISTER: STEPHANIE SHERMAN
MUSICIAN: LAURA DELOYE
FIRST LESSON AND PSALM: JUDY LEWIS
SECOND LESSON: MARY GRUBER
USHERS/GREETERS: JAN HICKOK

ANNOUNCEMENTS FOR OCTOBER:
LEANN BROOKS

COFFEE HOUR HOSTS:



ST. LUKE'S FALL CALENDAR

- Zoom Morning Prayer 8:30 a.m. every morning
- Tuesday and Thursday evenings at 5:00 p.m.
Zoom Evening prayer (link on the website)

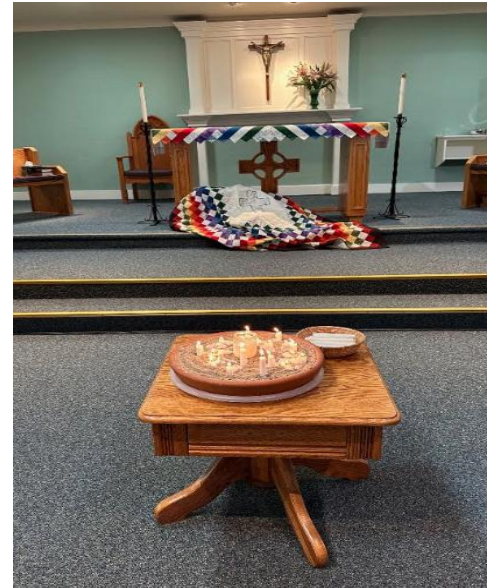
October 25	Rev. Richard Rollefson presiding
November 1	All Saints Sunday, Rev. Karen Siegfriedt presiding
November 8	Morning Prayer, Rev. Tim Peck leading Bible Study
November 14	Planning the Calendar Day 10 a.m.
November 15	Rev. Karen Siegfriedt presiding
November 21	Eucharistic Minister and visitor training 10 a.m.
November 22	Rev. Richard Rollefson presiding



MARK YOUR CALENDARS

The Bishop's visit for 2026 is scheduled for **December 13**. We hope you can be with us in person on that day. If you haven't met the Bishop, it is a great time to do so. If you have met her already, it is still a great time say hello and to extend the hospitality of our St. Luke's community.

The Healing Service on Sunday was a very moving and special time and the exact right way of celebrating our namesake, St. Luke the physician. Rev. Karen preached a sermon on how we help to heal each other. We lit candles and prayed for special needs both publicly and privately. The altar was decorated with the quilt that was made when St. Luke's became a Parish. That year at the Annual Convention, members of the churches in the Diocese wrote blessings on small scraps of fabric which were then sewn together by Mother Barbara to make this quilt, reminding us that we are always surrounded by the love and support of our sister churches and their members.



THE VESTRY OF THE WHOLE HAS GOOD NEWS

At our Vestry of the Whole Meeting last Sunday we learned that we have a candidate ready and willing to serve as Sr. Warden! The Senior Wardens for St. Luke's are appointed by the Bishop, so that decision is not final yet but we do celebrate that yet again God has provided the leadership we need as we go forward.

We also approved the formation of a Landscape Long Range Planning committee to consider ideas for how to deal with our fading lawns and outside areas. This group will gather ideas and form a plan and bring it back to the Vestry. They will be deciding when and where to meet

in the next month or so. Work will begin in earnest after the start of the new year. If you are interested in being a part of this group, contact Roger Taber.

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ONLY A FEW MORE WEEKS TO CONTRIBUTE CANDY FOR THE GOBLINS AND PRINCESSES



In no time at all the ghosts and goblins will be knocking at our doors pleading for treats. Many will be flooding down Entrada Avenue where churches and stores and individuals will have set up booths to make the annual Trick or Treat ritual easier on parents and safer for the kids. St. Luke's is always enthusiastically represented by Leann Brooks and Barb Babka and Joe McJimsey and Jeannie Owen. They will be placing a box in the back of the church so that during the month of October, you can contribute to their candy munificence. Candies must be individually wrapped. No homemade treats please.

IT IS NOT TOO LATE TO LEARN TO BE EUCHARISTIC MINISTER OR A EUCHARISTIC VISITOR



All it takes is 3 hours of training by our friends Deacon's Jim and Susan Arnold. The next training will be offered on Saturday, November 21, 2026 10 a.m. to 1:30 p.m. at St. Luke's. The Diocese issues a 3 year "license" and then you too are free to hold the chalice during communion or take communion to a shut-in when needed. I always find it quite meaningful to be able to offer the Cup of Salvation, to know that in many different ways and on many different levels this is comforting and sustaining to those who come to receive it. We currently have only two licensed EM's and two licensed EV's. So, if you have a thought sometimes that you might like to be part of serving communion, please consider that thought a tiny whispering of the Holy Spirit. Contact: Judy Lewis, (805) 226-6662 voice/text, LewmanyJ@gmail.com for more information or to indicate your intention to attend.

RULES FOR THE BLUE BIN

Carol DeLisle who puts out our garbage cans has mentioned that there are often things in our recycling can which could incur a fine. She is spending a lot of time sorting out the non-recyclables on some weeks. As a reminder, plastic bags full of dirty plates and forks and coffee cups are unfortunately not recyclable. Please place these in the trash bin.



EXECUTIVE COMMITTEE TAKES ON THE STEWARDSHIP HONCHO ROLE



Consider this the very first faint echo of the approaching Stewardship campaign for the year 2027. The Executive Committee has agreed to send the letters, schedule the speakers and, of course, receive and tabulate your pledge cards in the coming weeks. Alice Taber, past Stewardship Honcho for many years, will guide the process. The first step is for all of us to consider the blessings of our lives, the things we are grateful for, the things we are responsible for and what we can reasonably give to St. Luke's for its annual budget. We know you all give generously of your time and skills and food and often money. A church like any organization just needs a certain amount to keep the electricity on and the doors open and it is important for planning to know if the funds will be adequate for the coming year. For now, think and pray about it. You will hear more from the Executive Committee in the coming weeks.

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Pastor Karen send us another great article from WellnessCompass.org. Thank you Pastor Karen!

Mental Health: Name It. Claim It. Reframe It. WellnessCompass.org



"October is Mental Health Awareness Month, a good time to reflect on how we think and talk about mental health in ourselves, our families, and our communities.

Name It: Naming mental health challenges is an essential step toward removing the stigma that still surrounds them. Too often, we describe a struggling person by their behavior rather than by what they are going through. We say, "He's just so negative these days," or "She's been really irritable lately." We hope to become just as comfortable naming mental health challenges as we are naming physical ones. Instead of "He's so negative," we can learn to say, "He's struggling with depression right now." We can say the same about ourselves, "I've been

dealing with some anxiety lately." Naming it also does something important: it separates the person from the challenge.

Claim It: Once we have named what is going on, the next step is to claim it. Claiming has several dimensions. First, claiming means taking responsibility. When our own mental health is low or ebbing, we can own that without shame. It might sound like, "I know I'm not showing up the way I usually do. It's not that something is wrong between us. I'm dealing with something right now." That kind of honesty helps the people around us understand what is happening, rather than guessing, or worse, assuming they are the cause.

Second, claiming means owning our story. If we or members of our family have a history of mental health challenges, that history is part of our lived experience, just as a history of physical illness or financial hardship would be. It is part of our story, but never our whole story.

Finally, claiming mental health means making it a priority. When we claim our mental health as something worth caring for, we commit to tending it proactively, rather than waiting for a crisis.

Reframe It: Mental health is often talked about as a purely individual issue. In our work, we think systemically, and we know there is a reciprocal relationship between our mental health and our relationships.

A person's mental health affects their family, their extended family, and the wider network of relationships they are part of. In turn, what is happening in that family and network of relationships affects the mental health of each person in it. This reframe widens our lens. Mental health challenges are both individual and systemic. Neither is more important than the other; they are interconnected. So when we seek help or work to address a mental health challenge, we want to include that family systems perspective, paying attention not only to the person, but to the relationships that surround them as well.

This October, let's honor Mental Health Awareness Month by naming it, claiming it, and reframing it. When we do, not only does our own well-being benefit, but so do all of our relationships: our friends, our families, and the wider circle of people whose lives are connected to ours."



Gather with Taizé Music Sunday Evenings at 7:00 pm If interested and would like an invitation to attend, please send an email to castlewood16@gmail.com to get on the list.

Got Newsletter Articles?

Please send them to Kathy Hansen

Rubykat710@gmail.com

Put "Newsletter" in the subject line.

The deadline for each week is

Tuesday evening.



MUJERES DE ACCION distributes food to families suffering the effects of ICE actions in our area on the Saturday following the third Wednesday each

month. You can contribute non-perishable food to the distribution by placing it in the box at the back of the church or arranging to drop it off with Mary Gruber by the Friday of that week. Items asked for are: Evaporated milk, chicken bouillon, sugar, instant coffee, pancake mix, apple juice, pinto beans, corn tortillas, rice, pasta, gallon water, peanut butter, strawberry jam, canola oil and diapers.

THE BOOK GROUP



The Book Group meets on Tuesdays at 11:30 a.m. skipping the first Tuesday of each month when Rev. Caro leads a Bible Study. The current book is "Exodus for Normal People" by Peter Enns and Jared Byas. Contact Jeannie Owen for more information.

THE BIDDING BOOK & PRAYER REQUESTS



Prayers of thanksgiving or intercession written in the bidding book on the podium at the back of the church are offered during the worship service. They are also added to the Parish Prayer List, maintained by the Daughters of the King, and prayed for during Zoom Evening Prayer on Tuesdays and Thursdays. Emergency prayer requests may be made by calling the church office and leaving a message. Messages are checked daily. The prayer list is updated and refreshed on a regular basis. We are grateful for the faithfulness of the community in praying for those in need.

JOIN US FOR EVENING PRAYER



This is a wonderful way to bookend your day with a varied and brief service every Tuesday and Thursday at 5:00 PM. You may use the link available on the St. Luke's website (www.stlukesatascadero.com) or use any Zoom Evening Prayer invite you have on file. We welcome you to join us.