Leftovers

Over the last couple of years I have developed a greater appreciation for Leftovers.

Leftovers, in the culinary arts, refer to the food leftover after a meal which at times could be rather substantial in making additional meals possible.

In fact, they are often more tasty as the spices and other ingredients tend to have time to seep in enhance the flavor of the dish.

Cooks are ecstatic to have leftover meals, as often they just require being nuked in the microwave or heated up on the stove. Pretty low maintenance.

Now with culinary leftovers there are rules:

Rule 1. No more than a week in a refrigerator and, if it is from a restaurant, a few days at most.

Rule 2. No double dipping.

Rule 3. Do not use your hands to pick through the food unless you intend to finish it.

Rule 4. Respect ownership of leftovers; label it or lose it!

Rule 5. Once mold appears it is time to throw it out or throw it in the microwave, which kills bacteria.

The other night at the Theology Pub we discussed leftover spiritual practices; You know those hard and true practices which have seen you through thick and thin. Perhaps you have a special psalm or favorite hymn, a special reading or even an author that helps you engage the presence of God.

There are also spiritual leftover rules as well:

Rule 1. Anything before 1928 should be held reverently (at a distance.)

Rule 2. If you are going to sing the hymn then you got to sing all the verses. No short cuts.

Rule 3. Consider your audience. Not everyone enjoys the same spiritual leftovers as you.

Rule 4. No idol worship of the spiritual practice. Remember to whom it is engaging.

Rule 5. See these spiritual practices as stepping stones not anchors.

Inspirational Words

The journey that life takes us on can be unexpected. Walk bravely among the memories as you find peace.

(unknown)

"Live! Live the wonderful life that is in you! Let nothing be lost upon you. Be always searching for new sensations. Be afraid of nothing."  
Oscar Wilde

"Stars over snow,  
And in the west a star -  
Look for a lovely thing and you will find it.  
It is not far --  
It never will be far."

Sara Teasdale Night

"When you get into a tight place and it seems you can't go on, hold on, for that's just the place and the time that the tide will turn."  
Harriet Beecher Stowe
St. Luke’s Book Group

Next Book Group meeting is January 13, 2021.

At our first meeting, we discussed *Between the World and Me*, by Ta-Nehisi Coates. The book takes the form of a letter from the author to his beloved son, delving into the American racial divide and the circumstances of Black families. Coates does not propose a solution but shares with his son “the gift of study,” which brings its own kind of joy.

How to be an Antiracist, by Ibram X Kendi, will be our topic on January 13, 2021. In the first pages, the author recalls taking part in a high school speech contest. At the time, he took pride in his well-prepared presentation. Now, however, he remembers it with horror, recognizing that he had internalized all the pejoratives he had ever heard about African-Americans. The crowd rewarded him with great applause, but now he feels shame at his own former racism.

The story of Kendi’s life and learning is interwoven with the presentation of a highly-logical system he has developed to distinguish between Racism and Antiracism and place members of all races on an equal footing. (“Not racist” is ruled out in the first chapter.) The term Antiracist has entered the current news cycle vocabulary--here’s your chance to find out what it means!


If you would like to join the group, please notify Jean Keplinger or Holly Wolf.

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Book review: "The Sound of Light" by Don Cusic, 2002

After a year of reading through half-chapters at a time, I finally finished this epic work describing a history of Gospel and Christian music (see this web site [http://www.doncusic.com](http://www.doncusic.com)). This is a history book, after all, so much of its 500+ pages give dry facts and figures. The attraction of the book is as a single source for a description of how music evolved along with Christianity over 2000 years, and particularly how music has played a role within American Christianity. Finally, in the Conclusion chapter, Cusic describes the three types of contemporary Christian music (CCM), with credit to “Apostles of Rock” by Howard and Streck:

- “Separational” CCM proselytizes to non-believers, encourages believers, or praises God. Christians know something no one else knows, hence the separation.
- “Integrational” CCM attempts to provide a wholesome product that integrates with mainstream culture, rather than as a product for a separate subculture.
- “Transformational” CCM exists for the sake of art, and often challenges and confronts listeners with uncomfortable truths.

CCM is popular on the air, with 4 stations in Rochester according to radiolineup.com. By far, most CCM produced and consumed today is of the separational type. The implication is that most Christians generally want comforting support for their beliefs, while thinking of themselves as separated from secular culture, and without wanting to be challenged. Recording artists are happy to provide the product consumers demand. But isn’t Jesus himself integrational and transformational?

-Gary Gocek

(Originally reviewed by Gary in a blog post in 2007.)
Reverse Advent Calendar—Success!

Wow! We can’t thank you enough for the generosity shown at the Reverse Advent Calendar drop-off on Sunday, November 29th. This year, the Sunday School class talked about giving thanks leading up to the month of November and challenged the congregation to participate in a Reverse Advent Calendar leading up to the first Sunday of Advent. Each day, an item of food, drink, or paper products was put into a box or bag to donate to our local food cupboard, the Perinton Food Shelf.

We received donations at the church on the First Sunday of Advent from over a dozen church families!

A huge thank you to all who participated!

-Rachel Hucko & the Sunday School Class

Virtual Christmas Pageant

What a year it has been! 2020 will certainly be remembered as a time of change and technological growth :) As such, our annual Christmas Pageant will be Virtual this year. We will be video recording on our own, either at home or in church, and editing it together for a YouTube premiere Christmas Pageant! Actors of all ages will have a part in the show! We’re looking for approximately 7 households to participate. If you’re interested, please let the church office know so we can get scripts to you! Thank you!

Remembering Christ’s Call for the Least of These

Dear Lord, our Heavenly Father,

Help us to be your servants to those hungry for peace, not division; people whose souls clamor for the sustenance of justice, an end to crimes of violence and greed; to those longing for a night’s sleep without gnawing hunger, the fear of starvation.

Empower us to feed your sheep, your lambs.

Help us to be your servants to those thirsty for water, unpolluted water, parched for understanding, for living water.

Enable us to quench their thirst, to offer them the Blood of Christ.

Help us to be your servants to those strangers who live next door, the handicapped, the addicted, the outcasts.

Remind us they are your friends, made in your image.

Help us to be your servants to those naked in their loss by fire, water, or tornado; exposed by the media; unable to hide their emotions.

Give us grace to clothe their needs.

Help us to be your servants to those sick grown-ups and children, waiting for diagnoses, transplants, or cures; people sick from the world’s ills and disappointments.

Beloved Physician, heal them, we pray.

Help us to your servants to those imprisoned, awaiting sentence or parole; imprisoned by debt or an abusive relationship; locked in prisons that have no bars.

Help us to free them, to speak of your love.

Forgive us our failures. May we see you in others each day of our lives. This we pray, for Christ’s sake. Amen.

- The Reverend Marie Elizabeth Dyer
(taken from Women’s Uncommon Prayers)
Submit by Susan Palomaki
The Conductor

An orchestra conductor hired 200 musicians. At first, they all played in different musical keys, and even switched keys while playing. It sounded terrible. They held to an evil, selfish purpose, confident that in the large crowd no one could hear them individually. 1 The conductor convinced a dozen or so to play only in the key of C. In their corner of the orchestra, the sound was beautiful, but overall, the orchestra still sounded terrible. After a while, musicians near the group playing in C heard the beautiful music, so they, too, switched to the key of C. Overall, the orchestra still sounded terrible, but it was better than before. Gradually, more and more musicians heard the beautiful sound and switched to the key of C, and the conductor was confident that on some future day, all people would behold how good and how pleasant it is for all to play together in unity. After a long, long time, only a few stragglers still played in different keys. Previously, when only a few musicians played in the key of C, the conductor’s options were limited; he needed a large number of players, so he pressed on through the cacophony. When almost all had switched to the key of C, the conductor rebuked the stragglers and they fled; the beauty of the sound of unity was as thunder to the stragglers, and they hurried away. 3

1 - Psalm 64, 3 They hold fast to their evil purpose; they talk of laying snares secretly, thinking, "Who can see us?"
2 - Psalm 133, 1 How very good and pleasant it is when kindred live together in unity!
3 - Psalm 104, At your rebuke they flee; at the sound of your thunder they take to flight.

Scripture quotation from New Revised Standard Version Bible, copyright © 1989 National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

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My Forgetter

My forgetter's getting better but my rememberer is broke.

To you that may seem funny, but to me, it is no joke.

For when I'm "here" I'm wondering if I really should be "there".

And when I try to think it through, I haven't got a prayer!

Oft times I walk into a room saying, "What am I here for?"

I wrack my brain but all in vain, zero is my score.

Some times I put a thing away where it is safe, but, gee!

The person it is safest from is generally me!

When shopping I may see someone, say "Hi" and have a chat,

Then when the person walks away, I ask myself, "Who the heck was that?"

Yes, my forgetter is getting better but my rememberer is broke.

It's driving me plumb crazy, and that isn't any joke.

adapted from "Help, Lord! I'm Having A Senior Moment" Notes to God on Growing Older by Karen O'Connor

Submit by Pat Knapp
Every morning I awaken to the measured strains of classical music on WXII-FM. These encouraging sounds provide background for the core-strengthening physical exercises that accompany my first spiritual exercises of the day: praying the Lord’s Prayer and a seasonal collect that I’ve managed to memorize. All of this occurs before dawn atop the supportive calm of a memory-foam mattress—good preparation for a day that always brings its own demands and anxieties.

On Sunday 29 November at 6:30 a.m. the radio host announced an appropriate companion piece to my physical and spiritual endeavors: a Bach cantata for Advent. “About time!” I mentally exclaimed, chuckling to myself at this early morning double-entendre. Briefly lulled into Advent musings, I was abruptly brought to fully wide-awake. The next selection was an offering by Solid Brass, A Medley of English Christmas Carols! Had I, like a modern-day Rip Van Winkle, fallen asleep and missed the entire season? Was it Christmas Day already? Yet no, my clock indicated that only fifteen minutes had elapsed. But there it was: doubtless the shortest Advent season on record.

Now fully awake I trundled down the stairs toward my first task of the day: retrieving the Sunday D&C. Like everyone else on a similar mission, I was greeted by the large print title of the front page major article: THE SEASON OF EXPECTATION. I immediately felt like a joyous Ebenezer Scrooge who discovered that the spirits had done their work in one night! Alas, I was doomed to disappointment by the three journalists who had written the piece. For the very first sentence read:

For Christians, Nov. 29 marks the start of Advent, a period of expectation, anticipating Christmas and the reason for the season: The birth of Jesus. [emphasis added]

The article once again confirmed that the only way the world seems to be able to understand Advent is as a count-down to Christmas that in fact celebrates the Feast of the Incarnation well before the day itself. The counter-sign to this, for Christians, is to ask, “Is that it? Does Advent have no integrity of its own? Is its focus and meaning solely on preparing for the Twelve Day season to follow?”

After three consecutive years of observing an expanded Advent as the start of the new Christian year, St Lukers will know the answer to these questions. Even in the face of observing a shorter Advent this year due to constraints on worship occasioned by a menacing pandemic, we realize that the focus and meaning of Advent has principally to do with anticipating the fulfillment of the Reign of God / Kingdom of Christ / Commonwealth of the Holy Spirit. Since the Sunday after All Saints’ Day, the Scripture readings and the text of the hymns we sing in Advent are all focused on this hope that characterizes a new year. And this year, 2020, with its global pandemic, serious economic and social dislocations, and political turmoil cannot, in the opinion of most people, come to an end too soon!

So in Advent—regardless of the world’s mis-reading—we celebrate the end to which God calls us. We hear the Prophets’ urgent message that things will be set right; we listen to the Apostle Paul exhorting us to hope for the Day of the Lord, full of light as a remedy for the world’s darkness; as the Gospel is proclaimed Sunday-by-Sunday, we perceive that in Jesus as the Christ the victory is won. And around all this we sing of higher expectations, deeper understandings, and broader horizons for a graceful new year. And, having started our new year before God in this manner, we will know why we are made “glad by the yearly festival of the birth of Jesus Christ” (Collect for Christmas Day, BCP, 212).

All this had a fitting concluding vision set forth in the Gospel for Christ the King Sunday on November 22. We heard recounted from Matthew what has been called the Great Judgment, wherein at the end of all things Christ separates the sheep from the goats, the righteous from the unrighteous. We also heard an excellent sermon from Fr. Ken explicating and interpreting that text. Indeed, that Gospel vision provides a “solemn warning” that so many of our Advent hymns set forth. But it also sets forth a hopeful perspective for our life and mission as members of the Body of Christ, not by-and-but, but here-and-now. At the judgment, the faithful are surprised to be accounted among the righteous. They (we!) discover at the fulfillment of Christ’s reign that all the while they had been living lives that exemplified the Kingdom: in other words, fostering the flourishing of the common good that God intends for all creation and every creature.

So after all, I have not missed anything from my first awakening. During this Advent season, whether longer or shorter, let us make this our new year’s resolution: to join with renewed hope those blessed ones of every time and place. Let us like them be a blessing to a desolate world. Thus, as time goes by, we will miss neither the season nor the Kingdom.

New Advent of the love of Christ, shall we again refuse thee, till in the night of hate and war, we perish as we lose thee?
From old unfaith our souls release to seek the kingdom of thy peace, by which alone we choose thee.
The Hymnal 1982, # 598, v. 3

Submitted by William H. Petersen
# DECEMBER 2020

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Theology Pub 7pm
FEBRUARY 2021

Sun | Mon | Tue | Wed | Thu | Fri | Sat
---|-----|-----|-----|-----|-----|-----
31 | 1   | 2   | 3   | 4   | 5   | 6
   | The Fourth Sunday after Epiphany |   | Staff Meeting 11am |   |   | Theology Pub 7pm
7  | 8   | 9   | 10  | 11  | 12  | 13
   | The Fifth Sunday after Epiphany |   |   |   |   | Theology Pub 7pm
14 | 15  | 16  | 17  | 18  | 19  | 20
   | The Last Sunday after Epiphany | Vestry Meeting 7pm | Ash Wednesday |   |   | Theology Pub 7pm
21 | 22  | 23  | 24  | 25  | 26  | 27
   | The First Sunday in Lent |   |   |   |   | Theology Pub 7pm
28 |     |     |     |     |     |     
   | The Second Sunday in Lent |   |   |   |   |   

December Birthdays & Anniversaries

12/1 - Ann Rugelis
12/2 - Richard McDougal
12/3 - Andrew Grantham
12/4 - Susan Jasie
12/5 - Sue Veronda
12/7 - Suzanne Roscoe
12/7 - Henry Bacon
12/9 - Jean Patterson
12/14 - Susan Prener
12/20 - Andrea D’Orsi
12/22 - Maxwell Benesh
12/28 - Jacob Jasie
12/30 - Jim Keegan
12/31 - Grosvenor Richardson

January & February Birthdays & Anniversaries

1/4 - Karen Keegan
1/4 - William Steenburgh
1/6 - Phil Wilkinson
1/7 - Cathi Franchino
1/7 - Jessica St. George
1/11 - Sharon Scott
1/13 - Eva Miller
1/13 - Lily Gandell
1/16 - Theresa Solomon
1/20 - Jeremy Thayer
1/21 - Roja Singh
1/22 - Isaiah St. George
1/23 - Marti St. George
1/25 - Matthew Irving
1/28 - Jay Benesh
2/1 - David Grantham
2/6 - Jon Liston
2/7 - Dave Prener
2/7 - Paul Cusker
2/8 - Jackie Masciangelo
2/8 - Meg McGee
2/13 - William Petersen
2/14 - Hunter Wasson
2/25 - Peter Osborn
2/26 - Sharon Murray

If your birthday or anniversary is missing from our list and you would like it included, please email the church office at slukefpt@frontiernet.net
For those suffering with Covid-19, the families of those diagnosed, and all who care for them.

Almighty God, we entrust all who are dear to us to your never-failing care and love, for this life and the life to come, knowing that you are doing for them better things than we can desire or pray for; Through Jesus Christ our Lord. Amen.


For those known to us who are serving in the military overseas…

For those suffering with Covid-19, the families of those diagnosed, and all who care for them.

For those who have died…

For the Church and School…

For Dalit Children in Kothapalli, India, and our efforts to build a companion relationship with families and children there.

In thanksgiving for…