



Rev. Kat Banakis &lt;kbanakis@stlukesevanston.org&gt;

## St. Luke's Newsletter: May 3, 2024

1 message

St. Luke's Episcopal Church &lt;communications@stlukesevanston.org&gt;

Fri, May 3, 2024 at 1:54 PM

Reply-To: webmaster@stlukesevanston.org

To: kbanakis@stlukesevanston.org



# ST. LUKE'S

## NEWS & UPDATES

May 3, 2024 | Volume 24, Issue 18



### The Sixth Sunday of Easter May 5, 2024

#### Lessons

[Acts 10:44-48](#)[1 John 5:1-6](#)[John 15:9-17](#)[Psalm 98](#)

**8:00 AM Spoken Eucharist (Rite I)  
in the Lady Chapel**

**9:00 AM Newcomers' Class**

**9:00 AM Blessing the Moon Baby Yoga  
& Coffee Hour**

**9:30 AM Nursery Opens**

**9:40 AM Godly Play**  
Sunday School for Ages 3-8

**9:40 AM Creation Formation**  
Sunday School for Ages 9-12

**10:00 AM Choral Eucharist (Rite II)**  
**Live Stream and Service Bulletin**

**11:00 AM Coffee Hour**

### Sunday Sermon at St. Luke's: The Impact of Sound on Health with Nina Kraus of Brainvolts Lab

This coming Sunday, St. Luke's is honored to host Dr. Nina Kraus, a neuroscientist and head of Brainvolts, the Auditory Neuroscience Laboratory at Northwestern University. Dr. Kraus will share her expertise on the significant role sound plays in our health and overall well-being.

Have you ever contemplated how sound influences your health? For Dr. Kraus, this question has been a lifelong pursuit. As a child, she found comfort and joy beneath her mother's piano, listening to the tunes of Scarlatti, Scriabin, or Brahms. This auditory refuge, coupled with the voices of her multilingual home, ignited an interest that would guide her career path.

"I must have understood the significance of sound somehow," Dr. Kraus reminisces. "My entire career has been dedicated to examining our life in sound, in both its positive and negative aspects."

As the director of the Brainvolts Lab, Dr. Kraus investigates various aspects of the auditory system. Her research covers fundamental brain mechanisms, the effects of music on language and learning, and how different conditions may affect sound processing. Recently, her team has been focusing on the auditory implications of concussions, resulting in a new five-year research grant from the National Institute of Neurological Disorders and Stroke (NINDS).

With celebration of May birthdays!

### 11:30 AM Youth Acolyte Meeting

**4:00 PM Bach Week Festival**  
*Mass in B Minor*

Join us this Sunday as Dr. Kraus shares her findings about the powerful impact of sound on our lives, health, and interpersonal connections. We invite you to attend and gain a deeper understanding of the world we inhabit and the sounds that shape us.

## THE WEEK AHEAD

### Wednesday, May 8

**10:00 AM** Spoken Eucharist (Rite II)  
in the Lady Chapel

### Thursday, May 9

**9:15 AM** Thursday Morning Baby Yoga  
**5:30 PM** Community Supper  
**6:30 PM** Centering Prayer Circle  
**7:00 PM** A Close Reading of the Book of Ruth

### Friday, May 10

**6:30 AM** Men's Bible Study - Conference Room  
**12:00 PM** Friday Book Group - Parlor

## QUICK LINKS

Treasurer's [Report](#)

St. Luke's [Website](#)

Episcopal Diocese of Chicago [Website](#)

St. Luke's REALM [Directory](#)

St. Luke's [Vestry](#)



*Dr. Nina Kraus speaks at the Music and the Mind Concert for SoundHealth at the Kennedy Center.*

*Shout with joy to the Lord, all you lands;  
lift up your voice, rejoice, and sing.  
Sing to the Lord with the harp,  
with the harp and the voice of song.  
With trumpets and the sound of the horn  
shout with joy before the King, the Lord.*

## Music



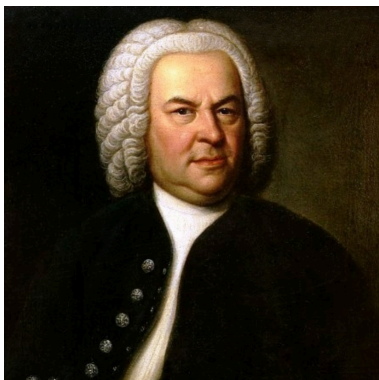
### St. Luke's Seeks Summer Musicians

St. Luke's invites musicians of all types to participate in our summer worship services. As our dedicated choir takes a well-deserved break, we're inviting musicians from the community to share their musical gifts during services held between June 9 and September 1.

During the pandemic, we experienced the power of music in fostering connection and healing as we featured a variety of musicians in our online services. We are excited to continue this tradition and embrace the beauty of inclusivity through music.

Musicians of all kinds are invited! To be considered for this opportunity to share your talent with our St. Luke's congregation, simply fill out a brief form to express your interest. Don't miss this chance to showcase your musical talents!

### Summer Musician Form



### **Bach Week Festival**

**Mass in B Minor**

**Sunday, May 5, 4:00 PM**

The Bach Week Festival will conclude its 50th anniversary and farewell season at St. Luke's with J. S. Bach's Mass in B Minor, BWV 232, hailed as a cathedral of sound, a myriad of musical miracles, and a crowning achievement of Western music. The work is a treasury of many of Bach's greatest musical ideas. Richard Webster, conductor.

[Ticket information at bachweek.org](https://bachweek.org)



### **Organ Recital**

**With Annamarie Collins, Opus 327 Organ Scholar**

**Sunday, May 26, 4:00 PM**

Annamarie Collins will conclude her tenure as the 2023-24 Opus 327 Organ Scholar with a recital featuring the works of Bach, Kim, Rowley, Mendelssohn, and Gigout. All are welcome!



### **Choral Evensong**

**Sunday, June 2, 4:00 PM**

Please join the Choir of St. Luke's for the last Evensong of the program year. Conclude your weekend with this peaceful and contemplative service of choral music, including:

Introit: Greater Love Hath No Man, John Ireland

Preces & Responses: Gabriel Jackson

Psalm: 103, P. A. Tranchell

Evening Canticles: St. Paul's Service, Herbert Howells

Anthem: Evening Hymn, Henry Balfour Gardiner

Hymn: 24, St. Clement



## Choir Banquet

**Sunday, June 2, 5:30 PM**  
**Winnetka Community House**

Following the Evensong, we will celebrate the 2023-24 choir season and our graduating seniors at the Community House in Winnetka. The banquet will be held outdoors in the gardens of the Community House, weather permitting. Seats must be reserved in advance and are \$40/person. Free for children 8 and younger.

RSVP for Choir Banquet



## Recital with Christopher Chroniak

**Sunday, June 9, 4:00 PM**

Countertenor Christopher Chroniak will present a recital of works by Ralph Vaughan Williams on Sunday, June 9th. The program will span the composing career of Vaughan Williams, and include selections from Five Mystical Songs, Songs of Travel, Songs from Shakespeare, Four Last Songs, and others. Mr. Chroniak will be accompanied by pianist Mr. Cody Michael Bradley. This recital is free and open to the public.

## Health & Healing Series



### Safeguard Your Future: Notarize Your Power of Attorney for Health Care Form at St. Luke's

**Sunday, May 19, 11:00 AM - 12:00 PM**

On Sunday, May 19, representatives from the Evanston City Clerk's office will be available to notarize Illinois Power of Attorney for Health Care forms, ensuring your wishes are respected in times of need.

A notarized Power of Attorney for Health Care is crucial for protecting your well-being, as it designates someone to make healthcare decisions on your behalf if you're unable to do so. You can also take advantage of the notary services for other essential documents such as your last will and testament, trusts, and beneficiary designations.

Mark your calendars for May 19 and take this opportunity to prioritize your health, well-being, and personal affairs.

Illinois Power of Attorney for Health Care Form

## Adult Formation



## Education for Ministry (EfM) Open House Invitation

**Wednesday, May 15, 6:00 - 9:00 PM**

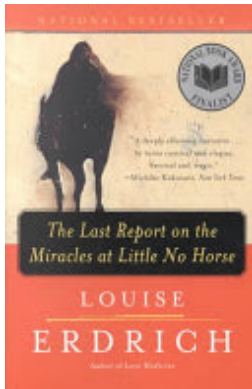
Interested in deepening your relationship with God? Want to study scripture with other committed people? Looking for an intimate intentional spiritual community? Consider joining an EfM group. [Education for Ministry](#) is a four-year seminar course in which you'll study the Old and New Testaments, church history, and theology while engaging in the weekly practice of theological reflection. The EfM program is designed to help us prepare for the ministry we are all called to as Christians. You're invited to participate in an existing group's session at our open house on Wednesday, May 15, from 6:00 until 9:00 p.m. at St. Luke's. Please contact Laura Jenkins at [laura.m.jenkins@icloud.com](mailto:laura.m.jenkins@icloud.com) for more information or to register for the session.

## Save the Date!

### **Night as Bright as Day: A Summer Solstice Retreat**

**Saturday, June 15**

This half-day retreat will focus on the theology of darkness and light and the mutual interplay between the two in our world and in our faith, moving away from binary understandings of these concepts, using Psalms and other Scripture alongside reflection/meditative practices. Led by the Rev. Phil Hooper.



## Save the Date!

### **Women's Book Group & Breakfast**

Discussing *The Last Report on the Miracles at Little No Horse* by Louise Erdrich

**Sunday, September 29, 8:30 AM**

Add this book to your summer reading list, and then join the book club for a discussion in September! Whether you're a regular book club attendee or a first-timer, you are welcome. Contact Judy Herbert [jcherbert@comcast.net](mailto:jcherbert@comcast.net) or Pam McGaghie [p.mcgaghie@gmail.com](mailto:p.mcgaghie@gmail.com) for more information.

## Contemplative & Mindful Living



### **Centering Prayer Circle:**

### **Experience God's Presence Within Us**

**Beginning May 9**

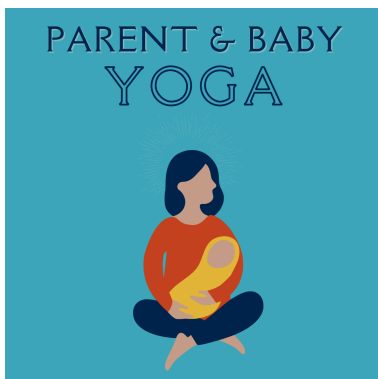
**Thursdays, 6:30 - 7:30 PM**

In our fast-paced world, finding moments of silence and stillness is a valuable discipline. Experience the transformative power of Centering Prayer, an ancient Christian practice, by joining Tim O'Brien and others on Thursday evenings at 6:30 PM. This one-hour group invites beginners and experienced practitioners alike to explore the benefits of inner stillness.

Through guided sessions, Tim O'Brien will introduce the method of Centering Prayer and offer resources for deepening your understanding. Learn to let go of intrusive thoughts and worries, fostering a deeper connection with God. Experience the divine presence within – closer than breathing, thinking, or even consciousness itself.

To learn more about Centering Prayer and embark on a path toward inner peace, join the weekly class. For questions or more information, contact Tim O'Brien at [tim0707@aol.com](mailto:tim0707@aol.com).

## Children, Youth, and Families



### **Blessing the Moon Baby Yoga & Coffee Hour**

**Sunday, May 5, 9:00 - 9:30 AM**

**Thursday, May 9, 9:15 - 10:30 AM**

Join Ms. Reenie for gentle, therapeutic style and story-based yoga for babies and toddlers and their adult caregivers. Ages newborn to 3, accompanied by an adult. Contact Reenie with questions at [reenieruck@stlukesevanston.org](mailto:reenieruck@stlukesevanston.org)



### **Youth Acolyte Meeting**

For new and continuing acolytes

**Sunday, May 5, 11:30 AM**

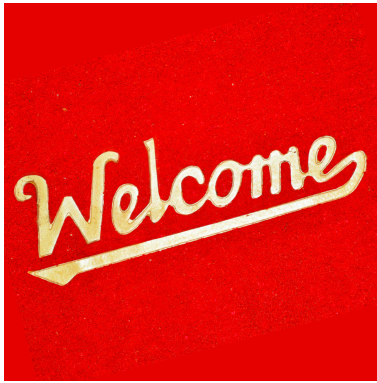
St. Luke's welcomes youth aged 10 and older to serve as acolytes in our worship services. The acolyte ministry offers our older youth a great opportunity to serve in worship and stay connected to their faith. Come this Sunday and learn more about being an acolyte! Contact Reenie with questions at [reenieruck@stlukesevanston.org](mailto:reenieruck@stlukesevanston.org)



### **Attention 2024 Graduates!**

It's almost time to celebrate our 2024 graduates at St. Luke's! All graduating high school seniors are invited to submit their name as they would like to see it printed in the bulletin and newsletter, the name of the high school they are graduating from, and a sentence about where their journey will take them next. College and advanced degree graduates should submit their name as they would like it printed in the bulletin and the name of the institution granting their degree. Please send submissions to [communications@stlukesevanston.org](mailto:communications@stlukesevanston.org) to submit!

## Parish Life



## Newcomers' Class

**Sundays, April 28 - May 12, 9:00 AM**

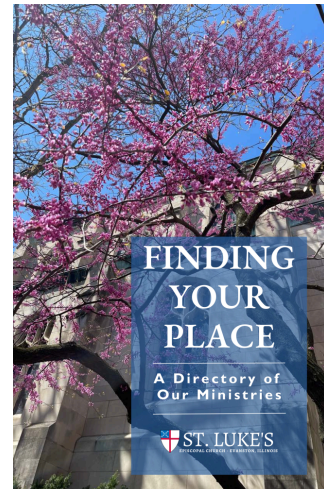
New to St. Luke's? Please join the rector and other leaders for a three-part series to learn more about St. Luke's and the possibility of becoming involved in the congregation. No need to commit to all three sessions. Just come when you can! Register [here](#).

## Open Enrollment of Ministries

Eighty-five percent of St. Luke's households serve in one or more ministries at St. Luke's to help this great congregation run. Each year, we host Open Enrollment between Easter and Pentecost as an opportunity for those eager to get involved in new ways at St. Luke's and for those who are ready to transition out of a ministry to do so gracefully. On June 2nd, we'll celebrate and commission all new ministries, providing a perfect opportunity for newcomers to dive in during the summer months when things are typically a bit quiet.

Interested in joining a new ministry? Fill out a quick survey, and a member of our leadership team will contact you. You can also explore our [ministry directory](#) to learn more about each ministry and connect directly with its leader.

You can access your database profile to review your current commitments at St. Luke's. Need assistance? Contact [realm@stlukesevanston.org](mailto:realm@stlukesevanston.org)



[Ministry Survey](#)

## Faith in Action

### St. Luke's to Serve as Interfaith Action Emergency Overnight Shelter Site May 5 - 26

St. Luke's will serve as an Interfaith Action Emergency Overnight Shelter site from May 5th to May 26th. During this period, guests will be accommodated in the church's basement from 9:00 PM to 6:30 AM.

This opportunity to serve our community aligns with our congregation's core values of service and justice. To learn more about the shelter program, please contact the Director of Operations Ahnquajj Kahmanne at [akahmanne@stlukesevanston.org](mailto:akahmanne@stlukesevanston.org).

### Calling All Fiber Artists: Help Us Explore the Possibility of a Prayer Shawl Ministry at St. Luke's

St. Luke's consistently seeks new ways to support and uplift one another. We are exploring the idea of forming a Prayer Shawl Ministry, where our talented fiber artists can come together to create beautiful, handcrafted shawls as symbols of love, comfort, and prayer. We need your input and participation to make this meaningful ministry a reality.

We are reaching out to all knitters, crocheters, quilters, weavers, and other fiber artists at St. Luke's to join us in exploring this meaningful ministry. These prayer shawls could be given out to those in the congregation who may benefit from the love and support a shawl represents. They could also be shared during communion with those who are homebound or in nursing homes, offering a warm embrace from our faith community.

If you are interested in being part of this potential new ministry and sharing your skills as a fiber artist, please contact Belinda Chandler at [bchan46@earthlink.net](mailto:bchan46@earthlink.net). Be sure to include your name, contact information, and the type of handiwork you enjoy. We look forward to connecting with you and discussing how we can create something beautiful together!

## **Evanston Project for the Local Assessment of Needs (EPLAN)**

Last Sunday, Rev. Kat spoke in her sermon about the Evanston EPLAN, a community health assessment and planning process designed to identify and prioritize our community's most pressing health needs, and to inform the creation of a strategic plan to improve health.

The current EPLAN has identified three health priorities in which to focus health priorities:

- Advancing Health and Racial Equity
- Improving Mental and Emotional Wellbeing
- Strengthening Climate Resilience

[Read the full text of the Evanston EPLAN here.](#)



## **Interfaith Family Pride Festival in Evanston** **Sunday, June 2, 2:00 - 5:00 PM, Raymond Park**

Save the date for the Interfaith Family Pride Festival! St. Luke's has joined with fifteen diverse faith communities to organize this event honoring LGBTQ+ families and recognizing the importance of repairing relationships and building bridges between faith communities and the LGBTQ+ community.

This family-friendly festival will feature captivating performances by renowned artists, including Flamy Grant, Artemis Singers, and The Chicago Gay Men's Chorus, along with engaging activities for children. Additionally, don't miss the inspiring Youth Showcase, highlighting the talents and voices of our younger generation. All are welcome to an afternoon filled with love, acceptance, and celebration of diversity.

Interested in volunteering at the event? Email Mahdia at First Congregational Church:  
[mahdia@firstchurchevanston.org](mailto:mahdia@firstchurchevanston.org)

## **Ricky Byrdsong Memorial Race Against Hate 2024:** **Episcopalians United Against Hate** **Sunday, June 16, 7:30 AM**





Now in its 25th year, the Ricky Byrdsong Memorial Race Against Hate was launched to honor the legacy of Ricky Byrdsong. This race brings together thousands of people from all over the Chicago area on Father's Day to run and walk in unity against racial hatred and violence.

You can donate to or sign up to join Episcopalians United Against Hate, the team we share with St. Matthew's and St. Marks.

[Sign Up for the Team](#)

[Donate](#)

## Around the Church



### Warning About E-mail Scammers

When you receive an e-mail from a St. Luke's staff member, please note if the sender has '[stlukesevanston.org](mailto:stlukesevanston.org)' at the end of their e-mail address. If not, it is likely not us writing to you. Sadly, there are people out there trying to scam congregation members in multiple churches by posing as clergy and asking them to send them gift cards. We will never ask you for money that way. If someone writes to you posing as Kat or another member of staff, please let us know, report the problem to Google (if it is a Gmail address), block the sender and delete the message.

### Now Hiring! Organist

St. Luke's seeks its next organist. Learn more about the position [here](#).

### Photography at St. Luke's

Those attending a St. Luke's worship service or event in person are entering an area where photography, video, and audio recording may occur on behalf of St. Luke's. Please be aware that these images may be used for promotional purposes, including on our website, without obtaining express written permission. If you do not wish for your image to be used, please reach out to our communications team at [communications@stlukesevanston.org](mailto:communications@stlukesevanston.org).

### Share your photos!

We also encourage you to share your photographs of life around St. Luke's! If you have photographs to share, please send them via e-mail to [communications@stlukesevanston.org](mailto:communications@stlukesevanston.org) in .JPG or .PNG formats.

### If you see something, say something!

Our facilities team has put together a ticketing system for issues with the building. If you notice something in need of repair, email: [operations@stlukeseiscopalchurch.zohodesk.com](mailto:operations@stlukeseiscopalchurch.zohodesk.com)

Your request will be entered into the repair queue.

## Your Info Needed!

We're getting ready to send out our next mailers, and we can't wait to invite you to participate in a whole host of great stuff. To help ensure the information gets to you, please check your info in **Realm**, our online database. Or, if you don't have a Realm login and didn't receive our mailer, please send a note to the **office** with your name, address, and email to be added to our list.

## Giving Options

We are grateful to receive your gifts.

- **Website**
- Text: 73256, password stlukes939
- Zelle: **[bookkeeper@stlukesevanston.org](mailto:bookkeeper@stlukesevanston.org)**
- Via USPS: 939 Hinman Ave, Evanston, IL 60202

## Interfaith & Local Events

### Personal Finances Presentation by Northern Trust

Sunday, May 5th, 11:30 AM at St. Mark's / Hybrid Zoom

On Sunday, May 5th, St. Mark's Church has arranged for Northern Trust to present a session covering the basic financial topics of Spending, Saving, and Credit for parishioners of all Evanston Deanery churches. This one-hour session is intended for adults and soon-to-be-adults alike and will focus on developing a plan for spending and saving that aligns with your values and goals, as well as building and using credit responsibly.

If this discussion is as successful as we hope it will be, our plan is to hold additional sessions next fall that will cover more advanced topics, such as planning for retirement and investing basics. The committee is very grateful to Northern Trust for providing these timely and informative classes, and we look forward to hosting a full house at each of them.

This is a hybrid presentation, so all are welcome to attend in person at St. Mark's in the Sanctuary at 1509 Ridge Ave in Evanston, OR you may participate via Zoom at this link:

<https://us02web.zoom.us/j/7465059615?pwd=QlJuZHlvMm1DaGdWcDZHOHprdEVyUT09&omn=86553674144>

Meeting ID: 746 505 9615  
Passcode: saintmarks

To RSVP or for more questions, please contact [pmfurlong@comcast.net](mailto:pmfurlong@comcast.net)



SUNDAY, MAY 5<sup>TH</sup> 2-4 P.M. CDT | FIRST PRESBYTERIAN EVANSTON: 1427 CHICAGO AVE. EVANSTON, IL 60201



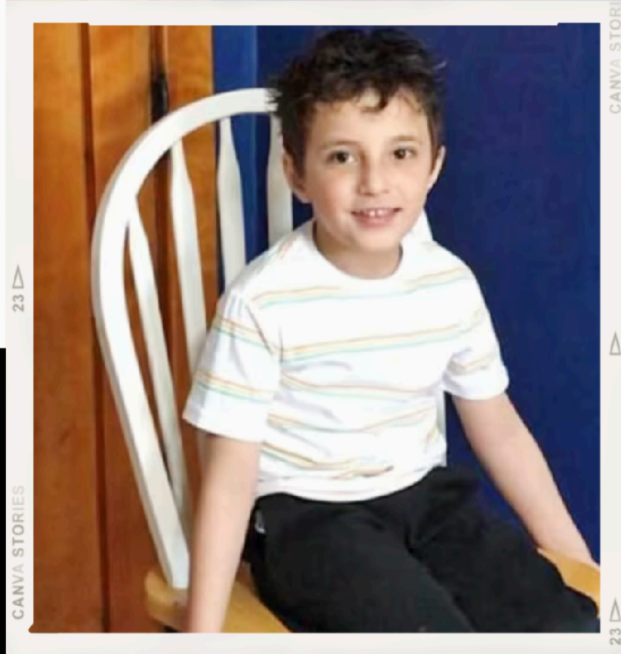
\*MODERATED BY LINDA EDENS, BRIGHT STARS OF BETHLEHEM'S BOARD VICE CHAIR

## SOLIDARITY SPONSORS



# Honoring the memory of **WADEE ALFAYOUMI**

*2017-2023*



Remember Wadee and honor him by standing for the Wadee Resolution and demanding a Congressional hearing on Palestinian discrimination.

**MAY 19, 2024 • 4:00 PM**

First United Methodist Church  
77 W Washington St., Chicago



To register, scan the QR code or go to  
<https://tinyurl.com/wadecalfayoumi>



**ST. LUKE'S EPISCOPAL CHURCH**  
[stlukesevanston.org](http://stlukesevanston.org)

St. Luke's Episcopal Church | 939 Hinman Avenue, Corner of Hinman & Lee Street, Evanston,  
IL 60202

Unsubscribe [kbanakis@stlukesevanston.org](mailto:kbanakis@stlukesevanston.org)



5/4/24, 6:27 PM

St Luke's Episcopal Church Mail - St. Luke's Newsletter: May 3, 2024

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