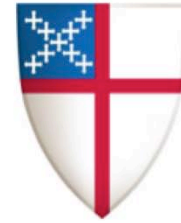




**Song of Simeon**  
 St. Luke's e-Newsletter  
 St. Luke's Episcopal Church, Simeon  
 1333 Thomas Jefferson Parkway  
 P.O. Box 694  
 Charlottesville, VA 22902  
[www.stlukessimeon.org](http://www.stlukessimeon.org)



July 6, 2017

Calendar of Events

Date	Event/Activity	Location	POC
9 Jul 9:15 am	Holy Eucharist	St. Luke's	Rev. Ann
16 Jul 9:15 am	Holy Eucharist	St. Luke's	Rev. Ann
23 Jul 9:15 am	Holy Eucharist	St. Luke's	Rev. Ann
28 Jul 6:00 pm (doors open) 6:30 pm (movie starts)	Friday Night Flicks	St. Luke's	Joanne Brust & Brian Hutcherson
30 Jul 9:15 am	Holy Eucharist	St. Luke's	Rev. Ann
<i>Vestry Meeting</i> 2 <sup>nd</sup> Tuesday each month at 6:30 PM		<i>"Bad Girls of the Bible"</i> Every Thursday at 12:00 in the Parish Hall <b>Currently on Summer Recess</b>	
<i>Bible Challenge Discussion Group</i> Every Tuesday at 10:30 in the Parish Hall		<i>Pot Luck – 1<sup>st</sup> Sunday each month</i>	

**St. Luke's Prayer List**

Laura Stotz, Charlie Bull, Pat Hanly, Bruce Frimannndy Decker, Scott & James Anderson, Elizabeth Reeves, Gerda Heidel, Sue Cairo, Kathleen Buckley, Snowden, Scott Allen, Chris and family, Ashley and the Gonzalez family, John Hoggard, Stewart Moneyemaker, Karl Brust, Seleen Collins, Timothy, Mary Beth, John Staton, Denise Mills, Gavin Duffy and family.

**Friday Flicks**

Friday Flicks are returning to St Luke's. We will be showing some terrific movies on Friday nights at 6:30, and enjoying some delicious snacks. And it's all Free! What a great way to start the weekend! The July 28th offer is "The Ultimate Gift". Click below for the trailer. Any questions see Joanne Brust or Brian Hutcherson. <https://www.amazon.com/Ultimate-Gift-James-Garner/dp/B004CQ3HVM>

**Budget and Stewardship Committee**

The Vestry is organizing the Budget and Stewardship Committee for 2017. If you would like to join the committee, please contact Tom Torrance at 434-825-7581 or [tetorrance@aol.com](mailto:tetorrance@aol.com). Some have expressed an interest in only working on the budget or on the stewardship campaign. So, feel free to choose one or both issues.

*Tom Torrance*

**Faith Practice of the week: Blessing Children in the Home**

**(Grandparents can also bless their grandchildren in this way!)**

Blessing Children in the Home *by David Gortner and Heather VanDeventer*

**Why is this Faith Practice Important?**

When our first daughter was a newborn we began the practice of blessing her at bedtime. Each night, one or both of us would give a blessing while making the sign of the cross on her little forehead. As she grew, and as our second daughter was born, the blessing we prayed at bedtime changed.

Occasionally, the girls didn't want a blessing. But more often, if we left without doing so, we would get called back in: "Mommy, Daddy, I need my blessing."

Our elder daughter is now 11. She gets a blessing every night. She says that she likes receiving a blessing and that it helps her calm down. Our younger daughter is now 9 and is happy to bless others, including her favorite babysitter!

Our prayer is that both of them know how much we love them and how beloved they are by God.



**Materials Needed**

None!

**How to Do It**

**Start simple:** Our first blessing was short and sweet: "I bless you in the name of the Father, the Son, and the Holy Spirit" or, "I bless you in the name of the Creator, Redeemer, and Sustainer."

**Be creative:** As the girls got wiggly and squiggly, we wove their bodies into the blessing: "I bless you in the name of the Father, the Son, and the Holy Spirit. From the top of your head to the tips of your wiggly toes. From the fingers on this hand to the fingers on this hand. And everywhere in between – on the inside, outside, and when you are upside down."

**Give and receive:** One night when our second daughter was about 3, she reached out to give us blessings as well. The phrase was similar, but in her own words. Over the years, our blessings have also changed to reflect the qualities each girl has, or ones we want them to cultivate.

### Resources for this Practice

#### Blessings

##### Basic blessings

*I bless you in the name of the Father, the Son, and the Holy Spirit.*

*I bless you in the name of the Creator, Redeemer, and Sustainer.*

##### Aaronic blessing (Numbers 6:24-26)

*The Lord bless you and keep you; the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace.*

##### Wiggly squiggly blessing

*I bless you in the name of the Father, the Son, and the Holy Spirit. From the top of your head to the tips of your wiggly toes. From the fingers on this hand to the fingers on this hand. And everywhere in between – on the inside, outside, and when you are upside down.*

##### Heather's blessing

*I love you and bless you in the name of the Father, the Son, and the Holy Spirit; the Creator, Redeemer, and Sustainer; the God who knows and loves you, who watches over you and keeps you safe, growing strong, living, loving, and serving more and more. Amen.*

##### David's blessing

*I bless you in the name of the Father, the Son, and the Holy Spirit, this night and always. God give you good rest, and keep you growing stronger, wiser, kinder, and ready to serve – and always knowing how much you are loved. Amen.*

### About the Authors

*Heather VanDeventer is the Associate Rector at Christ Church, Alexandria, VA. She is married to David Gortner, Director of the Doctor of Ministry programs and Professor of Evangelism and Congregational Leadership at Virginia Theological Seminary. Heather and David have two daughters, Cassie and Miriam.*

## [St. Luke's Volunteer Sign Up Sheet \(click me\)](#)

Date	Greeter	Reader 1	Reader 2	Eucharistic Minister	Acolyte	Teller Senior Warden	Altar Guild Bob & Judy Bi	Coffee Hour Judy Crosby	Altar Flowers (Babs Fickes)
9 July	Stewart Moneymaker	Stewart Moneymaker	Marta Engdahl	Don Fickes	Judy Bill	Jim Brookeman	Lou Lamb	Fickes	Fickes 54th Aniv.
16 July	Marta Engdahl	Stewart Moneymaker	Jo-Anne Brust	Marta Engdahl		Jim Brookeman	Ruby Parrish		
23 July	Stewart Moneymaker	Jo-Anne Brust	Stewart Moneymaker		Marta Engdahl	Jim Brookeman	Ruby Parrish		
30 July		Marta Engdahl	Lynne Sprouse			Jim Brookeman			

***Remember...if all else fails, call or write Bob Lamb at 703-407-2365 or [bob.j.lamb@gmail.com](mailto:bob.j.lamb@gmail.com)***