

Dear St. Luke's Parents,

There is an exciting new ministry coming to St. Luke's during Lent this year, called *Living Compass*. It is a six-week program, beginning Wednesday, February 29th through March 4th. I am particularly excited about it because it offers a course specifically for us *parents*. The *Living Compass* program will be directed specifically at the challenges and difficulties of parenting today and how our Christian faith can bring us together and make our families stronger. Our school families were especially on my heart as we planned for this study, because we all know that parenting poses unique challenges in our lives, emotionally, intellectually, and spiritually, and requires unique resources to overcome them.

Please read the attached handout for more details about the program and its specific dates and times. Mark your calendars to attend during the upcoming sacred season of Lent. Perhaps you could even think about taking on this study as your Lenten discipline this year. There will be a nursery for infants through Pre-School, and a program offered by St. Luke's for Pre-K through 5th Grade.

We look forward to you joining us for this time together to help strengthen the foundation of our whole St. Luke's Family.

In Christ,



Father Joe Hermerding
Curate and Chaplain
St. Luke's Episcopal Church and Day School

Amy Whitley -Head of School

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Living Compass™



Living Compass focuses on the interconnectedness of all aspects of our lives: our heart, soul, strength and mind. It is important to have a balanced life as parents today, with so many stresses and distractions and responsibilities pulling us in all directions. Living Compass points individuals, families, and organizations in a whole new direction for healthy living by providing them with resources, coaching and education for healthy living in all areas of their lives. It is based on the belief that each individual knows what she or she needs to do to become more whole, and that we cannot become whole by ourselves. This journey requires the support and care of others as well. It will help us all to take inventory of our lives, and make the changes we truly desire to make in an environment of mutuality and support.

The Living Compass Program...

- **Helps us to reduce and manage stress.**
- **Focuses on possibilities, not problems.**
- **Helps you take concrete steps towards reaching the goals we set.**
- **Helps us to achieve better balance in our lives.**
- **Helps us to improve the important relationships in our lives.**
- **Helps you to break bad habits and replace them with good habits.**
- **Is fun, informative and life changing!**

For those who are interested, there will also be a Living Compass mini-retreat on Sunday, February 26th. It will provide participants with quiet time to help them restore, renew, and re-energize their spiritual, emotional, relational and physical wellness. The retreat will be led by the creators of Living Compass, Fr. Scott and Holly Stoner. The core teaching of the Living Compass Wellness Initiative is that all wholeness and wellness must be rooted in our spiritual lives. This Sunday mini-retreat will be a fun, Spirit-filled time that we so often long for but rarely take the time to do.

A note about the Creators of **Living Compass™**

The Reverend Dr. Scott Stoner has been an Episcopal priest, psychotherapist and spiritual director for 30 years. He has led retreats for parishes and dioceses throughout the United States. He and his wife, Holly, are the creators of the Living Compass Wellness Ministry. He serves as the Executive Director of the Samaritan Family Wellness Foundation in Milwaukee, Wisconsin.

Holly Hughes Stoner is a licensed marriage and family therapist, and former teacher of 30 years. She specializes in working with adolescents, young adults, and parents and families. She is the Director of Family Life programming at the Samaritan Family Wellness Foundation. Scott and Holly have been married for 34 years and have three adult children.

Please mark on your calendars the following dates:

Sunday, February 26

12:30 p.m. - Lunch

1:00 p.m. – 4:00 p.m. - Mini retreat - led by Father Scott and Holly Stoner

Wednesday Nights during Lent, beginning February 29

5:30 p.m. – Holy Eucharist

6:00 p.m. – Dinner

6:30 p.m. – 7:15 p.m. – Lenten Series Presentations: Living Compass for Individuals and Parents
Nursery available for infant – Pre-School
Pre-K - 5th Grade, Youth Program

We look forward to you joining us as we take part in this wonderful opportunity of growth together during Lent. If you have any questions, please contact us. We can be reached at the School Office – 927-8601; or the Church Office – 926-5343.

Please RSVP to allow us to prepare enough food for dinner and if you will use the nursery/childcare. You may call the School office (927-8601) or email Lynn Hooks at lhooks@stlukesbrschool.org.