

THE EPISTLE

T H A N K S G I V I N G

St. Luke's family, with the Thanksgiving holiday this month, I wanted to take a look at a Psalm of thanksgiving—thanksgiving for deliverance from many troubles.

Psalm 107:1-7, 33-37:

O give thanks to the Lord, for he is good; for his steadfast love endures forever. Let the redeemed of the Lord say so, those he redeemed from trouble and gathered in from the lands, from the east and from the west, from the north and from the south. Some wandered in desert wastes, finding no way to an inhabited town; hungry and thirsty, their soul fainted within them. Then they cried to the Lord in their trouble, and he delivered them from their distress; he led them by a straight way, until they reached an inhabited town.

He turns rivers into a desert, springs of water into thirsty ground, a fruitful land into a salty waste, because of the wickedness of its inhabitants. He turns a desert into pools of water, a parched land into springs of water. And there he lets the hungry live, and they establish a town to live in; they sow fields, and plant vineyards, and get a fruitful yield.

Are you giving thanks to the Lord?

- Or are you taking His many blessings in your life for granted?
- Can you recall the times in your life that He has reached in and picked you up into His loving arms?
- How about those times when hopelessness filled your heart and loneliness descended upon you like a dense and chilling fog?
- Looking back, can you see how God's love helped you to endure those times?

Have you been redeemed?

- Have your sins and transgressions been exchanged for a promise of eternal life?

- Have you been washed clean by the grace of God and the sacrifice of Jesus Christ?
- Are you overfilled with the excitement to share this good news with others?
- Are you willing to stand before the world, raise your hands in praise, and shout loud hosannas to the Lord in thanksgiving?
- Are words of praise constantly on your lips?

Has God ever turned you down?

- In times of trouble or distress has God ever refused to respond to your prayers?
- Are you amazed by His faithfulness?
- Have you grown to rely on His steadfast love?
- When your soul thirsts and your heart hungers, have you learned to always turn to God?
- As you do, are you eternally blessed?
- Are you, in turn, a blessing to others?
- Are you planting in the fields of His kingdom?
- Are you fruitful?

St. Luke's, the promise of this Psalm is to show us that God is never far away. At times in our lives, we may find that we have drifted. Maybe it was when we were young and focused on all the new freedoms before us. Maybe it was when we became overly focused on our career or in balancing the checkbook. Maybe it was during the untimely death of a loved one. Maybe it was simply that we became too busy. We may drift, but God is always there to lift us from the wilderness, and when He does—WOW! When He does, we will be extremely blessed and words of thanksgiving and praise will be forever on our lips.

Happy Thanksgiving,

Jim

Children's Ministry

Terri Theil, terri.theil@stlukesumc.org • 452-6262, ext. 103

Last year, one of our young moms shared an experience she had with her preschoolers while traveling. She gave them each thank you notes that contained small amount gift cards and told them they were to find people on their trip that were helpful along the way. As an act of kindness and thankfulness, they were to give those people one of these cards. The joy they all felt in doing this activity is so irreplaceable. Teaching our children gratitude and expressing that to others is one way that God teaches us to love others as He loves us.

1. Model and teach gratitude

Our children want to be like us. We provide the blueprint for what to say and do. Expressing gratitude through words, writing, and small gifts or acts are all ways to teach children how to become grateful.

2. Spend time with your kids and be mindful when with them

Another way to spell love is T-I-M-E. Believe it or not, children and, yes, even adolescents, like being with their parents. Giving a child a lot of quality time with you teaches them the language of love—life's greatest gift. Savor every moment together, big and small, and rid yourself of distractions at such times, including your smartphone.

3. Support your child's autonomy

Using a parenting style, which is firm, yet flexible, supports children's autonomy. This will enhance family relationships, improve the atmosphere at home, and help bring out their strengths and talents, all good for making grateful

kids. By taking ownership over their skills and talents and being responsible for developing them, children gain support from others.

4. Use kids' strengths to fuel gratitude

After you've identified your children's strengths, you should encourage and help them to use those strengths whenever possible. This enables your children to strengthen their ability to be helpful and cooperative toward others, which will make them more grateful. To directly promote gratitude, encourage and help your children to use their strengths to thank and be kind to others.

5. Encourage helping others and nurturing relationships

Helping others and being generous are two key ingredients for making grateful kids. When children lend a hand, they feel more connected to those they're helping. A great way to do this is by teaching them through your actions that other people matter and that tending to relationships should be a priority.

6. Help kids find what matters to them

Having a sense of purpose in life gives them a compass for creating a meaningful life. The deepest sense of gratitude in life comes from connecting to a bigger picture. Anything worthwhile takes a lot of time and effort. It's up to all of us to make it happen.

• **Kid's Konnect:** Sundays, 5:00-6:15 p.m.

• **Advent Make and Take,** Sunday, November 24. (This is also the last Kid's Konnect for 2019.)

• **Sunday, December 1:** Kid's Konnect will sing for the Advent service.

Mission Project to Benefit the Food Pantry

Each day, add an item to the sack for the Food Pantry and on Sunday, December 1, bring your donation to church.

Sacks are available at the Hospitality Desk.



Sunday, November 24	Peanut Butter, 16 oz
Monday, November 25	Can of fruit
Tuesday, November 26	Can of tuna
Wednesday, November 27	Box of crackers
Thursday, November 28	Can of soup
Friday, November 29	Can of chili
Saturday, November 30	Can of corn

United Methodist Women

Pat Anderson, panderson105@hotmail.com



United Methodist Neighborhood Center is asking for \$25 gifts cards to Walmart or Kroger instead of food baskets this

year. Please get these to Pat Anderson by Sunday, November 10. You may also donate money to be used to buy gift cards.

Dining for \$\$\$ will be held Saturday morning, December 7. Orders will be taken beginning November 10.

Thank you to everyone who helped with our recent **Craft Fair**. It was a great success! We have already set our 2020 dates: October 2 and 3. Yes, we are having a 2-day sale!

Our birthday celebrations and perfect attendance celebrations at our adopted school, **Sherwood Elementary**, are going well. A sign up sheet is in the reservation book at the Hospitality hall desk.



Sign Up Now!

Download a registration form at stlukesumc.org or pick up a copy in Hospitality Hall.

(Age as of June 1, 2019)

Junior Jammers

(ages 4 and 5)

Games: Saturday mornings at St. Luke's
January 11-February 15, 9:00-11:00 a.m.
\$60 – Register by Sunday, December 15

Questions? Call Keaton Morris 452-6262 or keaton.morris@stlukesumc.org.

Sit & Sew

Sit & Sew members are loving their new space. It's so easy to get to our supplies and machines without disrupting staff or security for help. More organizing will be happening as we continue to sort and purge our supplies.

Currently, there are four people learning to sew, including little ones. Due to my rehab appointments, the hours for Sit & Sew have been reduced to 9 a.m. until 12:30 p.m. on Mondays and Wednesdays. I am teaching children from 4:30 p.m. to 5:30 p.m. on Mondays. This will be the schedule through February 2020. It is working out very well.

This year, members of Sit & Sew have donated over 100 baby burial outfits to Methodist South and the Regional Medical Center's NICU. Alterations and clothing repairs continue for church members. God has blessed us in so many ways that all we can do is praise Him. For more information, please contact me at martystitches@aol.com.—*Marty Cobb*

Reconciling Group Meeting, Sunday, November 10 at 12:15 p.m. in the Lounge. Guest speaker Les Johnson will reflect on what he learned at a recent United Methodist Church Leadership seminar. All are invited to attend.

* * *

Room At The Inn starts November 16. We are looking for volunteers. You may sign up at the Hospitality Hall desk. We provide a safe, warm night of lodging and a meal to eight homeless women each third Saturday in November, December, January, February, and March.

* * *

Craft Club Holiday Sale will be held on Sunday, November 17, from 8:30 a.m.-12:30 p.m. in the CLC Hallway.

* * *

Bingo. Join us for Bingo on Monday, November 18 from 10 a.m.-1 p.m. in the Lounge. Bring a sack lunch and a few gifts for prizes. For more information contact Alice Roberts at 299-8620.

* * *

Craft Room. Free knitting lessons will be held on Wednesdays beginning November 6 from 4:30-6:30 p.m. in Room 103 in the CLC.

Music Ministry

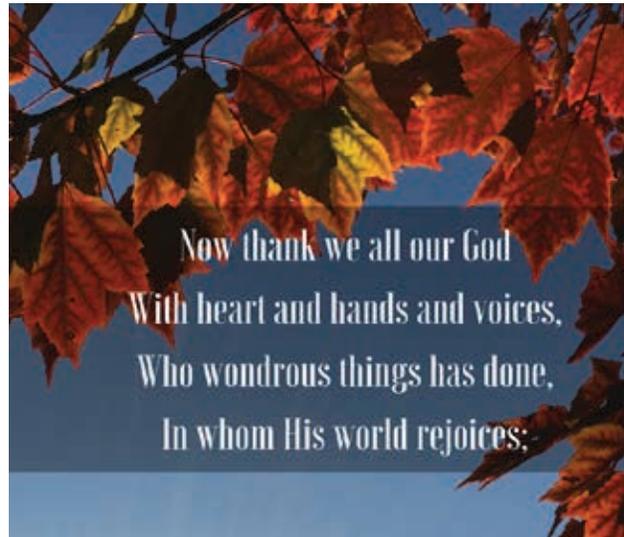
Terri Theil, terri.theil@stlukesumc.org • 452-6262, ext. 103

I often encounter people that tell me of ways that God has spoken to them through music. It can comfort, soothe, promote healing, inspire memories, and remind us of loved ones.

After a personal battle with cancer, I found that turning to hymns gave me great comfort and helped to ease my questions and fear.

Martin Rinckart (1586-1649) was an accomplished German musician who studied at the University of Leipzig during the Thirty Years' War. British Hymnologist J.R. Watson accounts that as one of the last surviving ministers in the city, Rinckart had to stretch his personal resources to take care of refugees and spent most of his time performing nearly fifty funerals per day at the height of the plague. This experience during the Thirty Years' War had a profound impact on Rinckart's poetry, just as it did for his hymnwriter contemporaries. He composed the poem, "Now Thank We All Our God" at the height of the suffering around him. The powerful words in this expression of abundant gratitude might seem exaggerated. If you don't live in constant fear of starvation, the plague, and invading armies, you

are already quite a bit more fortunate than he, yet he found himself praising God and calling those around him to do the same.



Now Thank We All Our God

**Now thank we all our God,
with heart and hands and
voices,**

**Who wondrous things has
done, in Whom this world
rejoices;**

**Who from our mothers' arms
has blessed us on our way
With countless gifts of love,
and still is ours today.**

**Oh, may this bounteous God
through all our life be near us,
With ever joyful hearts and
blessed peace to cheer us;**

**And keep us in His grace, and guide us when
perplexed;**

**And guard us through all ills in this world, till
the next!**

**All praise and thanks to God the Father now be
given,**

**The Son, and Him Who reigns with Them in
highest Heaven—**

**The one eternal God, Whom earth and Heav'n
adore;**

For thus it was, is now, and shall be evermore.



Saturday, December 7 at 7:00 p.m.

Sunday, December 8 at 3:30 p.m.

The Chancel Choir along with the youth ensemble, Wesley Ringers, and guest band, will present a program of secular and sacred classics. Tickets are \$15 per person for this choir fundraiser that also includes tasty desserts. Performances will be in the Fellowship Hall. Tickets go on sale Sunday, November 10.

Youth & Young Adults

Beth Ryan, beth.ryan@stlukesumc.org • 452-6262, ext. 119

Our Youth Sunday School classes continue to meet every Sunday. Confirmation classes are underway for 5th, 6th and 7th graders. We have a great group! Please pray for our Confirmands as they begin their journeys.

Our 8th-12th graders have been talking about some very important Mental Health issues, thanks to Denise Hensley. They have been learning how to take care of themselves and others.



On Sunday nights in November, Youth will focus on "Us for Them" (God is for us, we're called to be for others, and Jesus proves that God is for us.) from 5-7 p.m.



The **Serve-a-thon** is happening again this fall for a limited time. If you have a job for our youth to do, please call Beth Ryan. We can only take a few jobs this fall! All proceeds from both fundraisers will go to summer 2020 youth activities.

Young Adults are meeting in the Lounge every Sunday morning as the Working in Faith class! Our college-age folks are always welcome at the Wesley Foundation on Tuesday nights at 7:00 p.m.!

If you know someone who may be interested in Youth or Young Adult activities or you have questions, contact Beth Ryan for more information! beth.ryan@stlukesumc.org

St. Luke's DAY SCHOOL

Amy Turman, amy.turman@stlukesumc.org • 452-6262, ext. 130

Have you walked down to the Day School hallway lately? You should see it! It is so bright and full of fall projects from our little friends. As we enter this season of Thanksgiving, I want to brag on our staff. I am so thankful for the teachers that serve our families and students each day.

Our staff is among the very best in our community and it is reflected daily if you ever get the chance to see our teachers in action. It is a rarity to find a group of ladies that enjoy working together, love Jesus and love serving little people each day. We are so blessed to have such wonderful women pouring into our students each day. Thank you St. Luke's leadership for having the vision to serve children and thank you for supporting our staff so well. Blessings to you this Thanksgiving.

Help Decorate The Mitten Tree

The traditional Mitten Tree for Sherwood Elementary students is now up in the north hallway near the elevator. Cold weather is coming.

Please help decorate the tree with mittens, gloves, caps, scarves, and new / used jackets.

Also, socks and underwear for boys and girls sizes small are needed. The tree will be up through December 1.

Questions? Contact Barbara Caldwell at 323-0919.



Gifts in Memory

Reesy Williams from Mary Lou Cushing
Chuck Hensley from Ray and Fay Weatherly
Burns Landes from Vic and Carole Feisal
Hank and Bonnie Nabers from Deb Sanders
Pat Murrell from Miller Delgadillo;
Hal and Betty Padgett
Vicki Nabers from Deb Sanders
Emily Ward Taylor from Lawrence Taylor

Gifts in Honor

St. Luke's Staff from Deb Sanders
Carolyn Graves from Deb Sanders
Randy Ingraham from Deb Sanders
Joyce Hall from Deb Sanders
Allan and Linda Hensley; David, Denise and
Elizabeth Hensley from Steven and
Barbara Scarborough
Karen Kinney from Steven and Barbara
Scarborough
Phyllis Gay from Steven and Barbara Scarborough
Larry Romey from Mary Lou Cushing

Prayer Requests

To submit or update a prayer request, please contact Janie Hendrix at janie.hendrix@icloud.com or call the church office at 452-6262.



Hear Ye! Hear Ye!

What? What? Speak Up!

Having problems hearing Pastor Jim on Sunday mornings?

Maybe you need to have your hearing checked! You have a great opportunity on Friday November 22 from 12 noon until 3 p.m. at St. Luke's.

Our neighbors, the students at the University of Memphis Audiology Department, have offered FREE hearing tests at our church. Appointments are not required. Come and join us for this free health service.



On October 16, members of The Fun Bunch enjoyed a day trip to Shiloh National Military Park followed by lunch at Hagy's Catfish Hotel.



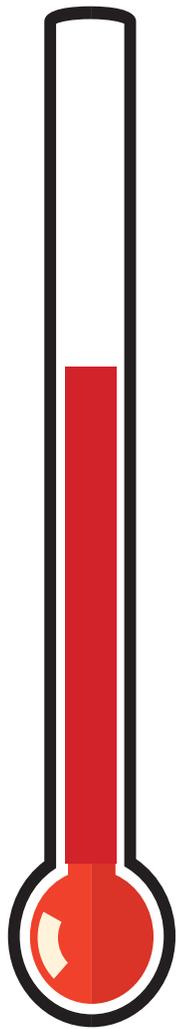
Wednesday, November 13

11:30 a.m., Thanksgiving Potluck Dinner, Lounge
Jeanne and Jim Debo will provide the meat and drinks. Bring your favorite dish to add to our feast! Also, we are asking you to bring donations for our Food Pantry. Suggested items include 16-oz. jar of peanut butter, canned tuna, or canned soup. **Newcomers are welcome!** Please sign up in Hospitality Hall and let us know what you will be bringing to add to our feast.

Wednesday, December 11

Meet at the church at 9:30 a.m. for a road trip to the Historic Peabody Hotel for the March of the Ducks and to see the the hotel decorations for Christmas. We plan on lunch at the Arcade Restaurant. Please sign up to reserve your seat on the bus.

Sign up at Hospitality Hall desk or call 452-6262.



\$600,000

\$500,000

\$400,000

*\$387,004 in pledges
received as of Oct. 29*

\$300,000

\$200,000

\$100,000

\$0

Annual Pledges for 2020

***"An Attitude of Gratitude
Changes Our LATITUDE!"***

**Our Giving Goal is
\$625,000!**



Financial Peace University Class Starts Sunday, February 2, 2020 9:00 – 10:30 a.m.

FEAR is the enemy of HOPE! The nine-lesson *Financial Peace University* (FPU) course is a proven plan to help you keep a budget, beat debt, build wealth and give generously! The course centers around video lessons taught by Dave Ramsey and his team of financial experts, followed by group discussion. Every lesson is taught with biblical wisdom, and you'll get support and encouragement along the way. FPU includes your workbook and a free year of Financial Peace Membership, an online tool kit to support your journey.

Watch for our information table in the Hospitality Hall. We will be happy to answer any questions you may have, or call George or Cindy Mullins at 269-589-7414 for more information. You can register at fpu.com/1103624.

Financial Peace University Livestream Event. One Wednesday, November 20, Cindy and George Mullins are hosting a Dave Ramsey Financial Peace University livestream event from 5:45-8:45 p.m. at their home. If you are interested, you may stop by the table in Hospitality Hall today or contact Cindy at 269-589-7414 or cindy.mullins@icloud.com.

THE EPISTLE

St. Luke's United Methodist Church
480 S. Highland Street
Memphis, Tennessee 38111-4302

Sunday Worship at 8:30 and 11 a.m.

"We are becoming a faithful community of disciples striving to share the heart, mind, and hands of Jesus Christ with ALL people."



Help Beautify our Sanctuary for the Christmas Season!

Donors and honorees will be listed in a special bulletin insert on Sunday, December 15. Poinsettias are \$12 each. Please complete this form and return to Business Office by Monday, December 9 with your check made payable to St. Luke's UMC and noted for "poinsettias."

Name _____

Phone _____

Email _____

In Honor of

In Memory of

_____ Poinsettias @ \$12 each = \$_____