

THE EPISTLE

Grateful Givers

Our stewardship campaign will be taking place this month. As we enter into this time, I'm asking all of us to remember the sacred promise we made to God when we joined the church. We stood at the altar and made a significant promise to the church . . . but even more importantly, we promised God that we would support the church with our prayers, our presence, our service, our witness, and our gifts. Yes, our gifts!

We are to be grateful givers. Have you ever thought about what that means? These are the cheerful givers that Paul mentions in his letter to the Corinthians—those who are so grateful to God for all He has done for us that they give cheerfully, joyously, enthusiastically.

A man walked into a mission hospital one day. He saw a young woman missionary washing the ugly sores on the legs and feet of patients with leprosy and he said, "I wouldn't do that for \$100,000!!" The missionary nurse looked up at him; she smiled warmly and said, "Neither would I!" It's amazing what we can do when we are grateful to God for the many blessings He pours out upon us.

When we are truly grateful to God for what He has done for us in Jesus Christ our Lord and Savior, it makes us thanks-givers—that makes us grateful givers.

Dr. Harold Hyde, the president of New Hampshire's Plymouth State College, may well have given the shortest commencement address

in history, just three sentences long. Here it is—his complete address—just three sentences long:

"Know yourself," said Socrates.
"Control yourself," said Cicero.
"Give yourself," said Jesus Christ."

Let us all be grateful givers . . . those who give out of a deep spirit of appreciation and thankfulness to God for what He has done for us in Jesus Christ and for what He continues to do for us day-in and day-out.



Sunday, October 27, 2019 will be Commitment Sunday. This will take place in both services during the closing hymn. That will be the time to come to the altar and make our commitments for 2020. We have several options:

- You may come and place your commitment card on the altar rail and kneel for a brief prayer and then return to your pew.
- You may just come and pray. Some in worship that day will be visitors and some others will have already turned in their cards, so some will be coming without a card, but to pray for our church.
- If you are not able to come to the altar, hold up your hand and an usher will receive your card and bring it to the altar for you.
- You may mail your commitment card to the church business office.

Faithfully,
Jim

Children's Ministry

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

We are off to a great start for fall! Children's Church has some exciting things planned for kids worship this fall and our Kid's Sunday School teachers continue to amaze with their creative lessons.

In Kid's Konnect (Sundays, 5:00-6:15 p.m.), kids in grades 1-5 just finished a unit on "The Armor of God." They learned about the sword of truth, the shield of faith, and the shoes that bring the Gospel of peace. The younger kids are learning about choosing God as their treasure through the TOY BOX curriculum, with Ms. Lauren and Mr. Kevin. And of course, we are having a blast singing and moving, with Ms. Melanie. If you are looking for something fun for your kids ages 3-5th grade on Sunday afternoon, it's not too late to sign up!

Upcoming Events

Fall Fun Saturday, November 2, 3:00-5:00 p.m.
Everyone is invited! We will have food trucks, bounce houses for the kids, and great music provided by *3 Jills and 1 Jack* (formerly known as The Element). Invite your friends and neighbors to join us for a great afternoon getting to know St. Luke's! Volunteers are welcomed and greatly needed. Contact Terri Theil to volunteer.

Sherwood Elementary Celebrations

We are in need of volunteers to help with the Birthday Celebrations and the Perfect Attendance Days at our Adopted School—Sherwood Elementary. The birthday parties are from 1:30-3:00 p.m. and you would help set up the cupcakes and drinks and give them out. Not hard at all, right? Then you also get to talk to and love on the children. Even more exciting, right?? We need your assistance.

Perfect Attendance is celebrated every 20 days. We are encouraging students to come to class EVERY DAY. When they come to class every day for that 20 day period we provide drinks and chips for them to celebrate at their lunch hours. The time frame is 10 a.m.-12:30 p.m. You are welcome to come for the entire time but if you can only volunteer for one hour or whatever time you can, that is fine too. Any assistance is welcome.

A sign up sheet for both celebrations is at the Desk in Hospitality Hall. Call or text Pat Anderson at 489-3757 or Barbara Caldwell at 826-0879.



Sign Up Now!

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

(Age as of June 1, 2019)

ESCRA League (ages 6-17)

Games: Saturday, December 7, 14

January 4-February 15

\$65 – Register by Friday, October 25

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.



Winter Session Begins Nov. 16

THANKS to all everyone who helped with the Summer Session. We will continue our Room In The Inn with 8 homeless women this winter. We will provide them a warm and safe place to sleep on the 3rd Saturday of each month November through March. We need lots of volunteers to help make this ministry a success.

If you think you might like to help but are not sure, you are welcome to come and watch what we do before you volunteer. There are lots of different tasks that must be accomplished before, during and after our guests leave. A sign up sheet is at the desk in Hospitality Hall. You may also call or text Pat Anderson at 489-3757, panderson105@hotmail.com; or Jim Debo at 755-1766, jwdebo1@aol.com.

St. Luke's UMC

**FALL
FUN
SATURDAY**



Making music together since 2008, 3 Jills, is at its core, a trio comprised of Beth Masters, Stephanie Ragsdale, and Melissa Ungberg, original members of St. Luke's Element worship band.

BOUNCE HOUSES • MUSIC • FOOD TRUCKS

SATURDAY, NOVEMBER 2

3:00 - 5:00 pm • 480 S. Highland St.

11 Surprising Health Benefits of Singing

Singing strengthens the immune system

The study included testing choir members' blood before and after an hour-long rehearsal. The researchers noticed that in most cases, the amount of proteins in the immune system that function as antibodies, known as Immunoglobulin A, were significantly higher immediately after the rehearsal.

Singing is a workout

Health benefits of singing include a stronger diaphragm and stimulated overall circulation.

Singing improves your posture

Standing up straight is part of correct technique as you're singing, so with time, good posture will become a habit! As your chest cavity expands and your shoulders and back align, you're improving your posture overall.

Singing helps with sleep

Experts believe singing can help strengthen throat and palate muscles, which helps stop snoring and sleep apnea.



Singing is a natural anti-depressant

Singing is known to release endorphins, the feel-good brain chemical that makes you feel uplifted and happy.

Singing lowers stress levels

Making music in any form is relaxing. Singing releases stored muscle tension and decreases the levels of a stress hormone called cortisol in your blood stream.

Singing can widen your circle of friends

Whether you're in a choir or simply enjoy singing karaoke with your friends, one of the unexpected health benefits of singing is that it can improve your social life. The bonds you form singing with others can be profound, since there's a level of intimacy naturally involved.

* * *

The Chancel Choir has begun rehearsals for "Christmas Pops." Performance times are Saturday, December 7, 7:00 p.m. and December 8, 3:30 p.m. in the Fellowship Hall. Desserts will be served at intermission. Contact Terri Theil for more information on tickets or to volunteer. If you would like to sing with us, it's not too late! Join us on Wednesdays, 6:30-7:00 p.m. No rehearsals on October 16 or November 17.

Troop 40 has been busy with the start of the popcorn sales season. We have had three "Show and Sells" at local Kroger stores and sold a lot of popcorn for our fundraising. Ron Childers bought popcorn and stopped to take a picture and post on his Facebook to help us spread the word. The Troop went to Camp McCain in Mississippi and in October to the Nascar race in Talladega, Alabama. We had one scout complete an advancement. Brady St. Gelais earned his Tenderfoot rank in September.



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 have begun for 5th, 6th and 7th graders. We have a great group! Please pray for our Confirmands as they begin their journeys.



On Sunday nights in October, Youth will focus on Stronger (Emerging from Hurt & Pain) from 5-7 p.m.

Our Youth have TWO fundraisers this Fall! We made \$550 at our our Bake Sale at the Craft Fair on October 5. Thanks to all who donated baked goods!

Also, 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.

Hospitality is Holy

Did you know that St. Luke's was able to host 167 travelers for a total of 17 nights this summer? They were on their way to mission projects, working here in Memphis, or on their way to Scout camp. ALL were so grateful to have a safe place to stay overnight! To be blessed with the opportunity to share our facility with these folks and share in

their mission in some way is a wonderful thing. Our Youth have been blessed by such hospitality many times!

This ministry to other groups does require some work. Someone must meet and show around our guests when they arrive, and travel doesn't always allow them to be on an exact schedule. It would be helpful to have some "Hospitality Experts" who might meet groups to open the building and show visiting groups around.

If you would be interested in assisting with this next summer, please call or email me and we can talk more. Thank you!—Beth Ryan



Our College-age folks are always welcome at the Wesley Foundation on Tuesday nights at 7 p.m. A huge THANK YOU to the Evangelism Committee for feeding students at Wesley Foundation on September 24!



Cub Scout Pack 40 and Boy Scout Troop 40 need YOU! Are you looking for an opportunity to plug into the lives of our young people? We would love to count you in! There are opportunities to serve as pack and troop leaders and impact the lives of these boys and girls. We are also looking to fill openings for the committee to support and assist our pack and troop. These individuals would meet approximately twice a year to support membership, monitor finances, and support scout advancement and activities. The only qualification to serve is a heart to do so! For more information, contact Melissa Ungberg at 277-5332 or Lisa St. Gelais at 230-9174.



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 to our church pantry. Thanks!

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.

UMW News

The St. Luke's Unit of United Methodist Women is a Platinum Unit! That means we have completed a list of items that point us to the purpose of the UMW. In addition, two ladies completed Plan 1 of the UMW reading plan—they read five books in each of five categories (Education for Mission, Nurturing for Community, Social Action, Spiritual Growth, and Leadership Development). Congratulations!

Our new year began September 1. We are looking forward to engaging programs exploring biblical passages of light from the Old and New Testaments—learning to be God's light in the world as Christ's disciples, shining a light on issues that crush and marginalize God's children, and challenging ourselves to practice justice in the world. Make plans to attend our two special General Meetings next year—details to come.

Cookbook Update: We have received your recipes. Thank you! We will be introducing our new cookbook in the near future—just in time for Christmas gift giving.

Dining for \$\$\$\$ is coming on December 7! Mark your calendars to pick up your delicious meals! Join us on the 2nd Tuesday night at 6:30 p.m. for the Naomi Circle, quarterly for the Hannah Circle, or Tuesday mornings at 9 a.m. as we join the Bible Study group.

Sewing and Craft Ministries

We are the heart, mind, and hands of Jesus Christ through our Sewing and Craft Ministries. During the summer we worked to renovate, re-energize and re-establish these ministries. We are all operating out of Room 103. We would like to invite you to check us out. The Sewing Ministry is open on Mondays from 9 a.m.-2 p.m., Wednesdays from 10 a.m.-3 p.m., and on the 2nd Saturday from noon-3 p.m. They offer FREE sewing lessons and work on projects for the homeless and preemie babies.

We have started a new small group that meets to knit, crochet or sew (lap size things) on Wednesdays from 4:30-6:30 p.m. Peggy Miller will be offering 3 FREE knitting lessons on Nov. 6, 13, and 20. We have all the supplies, so come and learn how to knit. On Thursdays a group meets to work on crafts from noon until 4 p.m. On Saturdays from 3-5:30 p.m. the Art Therapy classes will meet. They are looking for individuals who want to paint as a way of restoring their spirit and expressing their feelings. ALL are welcome to all or any of these ministries!—*Pat Anderson*

Challengers After School Care

Challengers school year is off to a great start! All our classes, 1st-5th grade, are full of bright, smiling faces and we also have a waiting list. We are gearing up for our Halloween themed fall break camp. We are so excited to get a little spooky and batty! Thank you so much for all your love and support for this program.

Gifts in Honor

Linda Hensley from Jerry and Sue Whitt
Betty Green from Jerry and Sue Whitt
Savannah Rose Crowder from Lawrence Taylor
Francis Swanzy from Deborah Sanders

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.

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."

Our theme for this year's stewardship campaign is

35 degrees 7'5" N 89 degrees 56'42" W

"An Attitude of Gratitude Changes Our LATITUDE!"

"35 degrees 7'5" N 89 degrees 56'42" W" is St. Luke's longitudinal and latitudinal address! The point of the campaign is when we choose gratitude EVERY DAY, it changes where we live.

As we practice gratitude, we will also dig deeper into St. Luke's mission statement:

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

Commitment Sunday is October 27.



15 Ways to Pray for Your Pastor

A UMC.org Feature by Joe Iovino

The life of a United Methodist pastor is filled with a variety of responsibilities. They preach, teach, visit, counsel, lead, consult, communicate, budget, clean, and so much more.

Pastoring a church is not a job that can be done well under the pastor's power alone. Every pastor relies heavily on God's guidance, strength and peace as they live into their call.

One of the best ways we can support our pastors and show them our appreciation is to regularly pray for them. But it can be difficult to know exactly what we should pray for. To help get started, we've assembled fifteen areas of pastors' lives and ministries where they would value your prayers.

1. **Spiritual lives**

Our pastors' spiritual lives are important to their finding the wisdom, strength and guidance necessary to lead a church. Pray for your pastors' growth as a disciple of Jesus Christ, as the Holy Spirit works through them to serve your congregation and community.

2. **Time management**

With all of their responsibilities, United Methodist pastors need to become masters of their calendars. John Wesley knew this back in the 1700s. He instructed the preachers, "Never trifle away time." Pray for your pastors to use time wisely, including blocking out occasions for Sabbath rest, prayer, work and family.

3. **Families**

Speaking of families, it is important to remember that our ministers may also be a spouse, a parent, and a child to parents who have needs. Remember to pray for your pastor's family.

4. **Preaching**

Delivering a great sermon (and the ones that are less than great) takes hours of study and preparation. Pray for your pastors as they prepare worship services, sacraments and sermons. May they have the words to communicate what God has placed on their hearts.

5. **Strength**

The work of a pastor requires reserves of spiritual and emotional strength. Ask God to bolster ministers' hearts and minds, especially on days when they feel weak, inadequate, or unqualified.

6. **Visiting ministries**

Visiting people in hospital rooms, nursing homes, rehabilitation centers, memory centers, hospice units, homes and jail cells, is an important part of your pastor's job. Pray for her or his ability to connect with those who are struggling and to share God's comfort, peace and hope.

7. **Leadership**

Pastors shepherd their congregations, lead individuals to Christ and guide the church as a witness to the work of God in our communities. Pray for your pastor's ability to lead your congregation.

8. **Decision-making**

Being a leader includes making difficult decisions. Sometimes that means making a call when the "right answer" is elusive. Other times it is about making an unpopular choice. Pray for God to guide your pastor's decisions.

9. **Ministry with the poor**

Pastors are called upon to help those who do not have enough food, rent money, or the ability to pay a utility bill. They also lead their congregations to do the same. Pray that your pastor has the wisdom and resources necessary to help those in need, and that he or she might represent Jesus well to those who feel forgotten.

10. **Communication**

We've all sent a note, email or text that is misunderstood by the recipient. Ministers reach out to so many people, miscommunication is nearly impossible to avoid. Ask God to make your pastor's communication clear and for grace when he or she is misunderstood.

11. **Conflict**

Conflicts sometimes arise when people miscommunicate and disagree. Some conflicts are serious, while others are petty. Pray for your pastors' strength, wisdom, patience and discernment as they navigate the conflicts that arise.

12. **Vision**

United Methodist pastors help set the vision for their congregations. Pray that your pastor may clearly see where God is leading your church and for opportunities for ministries to grow in those areas.

13. **Finances**

Money worries can be a big distraction. Pray for financial peace for your pastor, both with the congregation's budget and his or her family finances.

14. **Health**

Your pastor's physical health is important. Pray for them to take time to care for their bodies through rest, exercise, and eating well.

15. Pray for your pastor to be encouraged today. Pray that they might know in their hearts the differences they make in the lives of individuals, in your congregation, and in your community.

You can be an answer to prayer when you encourage your ministers. Write a note, text or email to let them know what a difference they make in your life.