

St. Luke's United Methodist Church

700 Southway Blvd East
Kokomo, In. 46902
765-453-0555

Michael D. Dominick, Senior Pastor

A WORD FROM PASTOR MIKE...

April 2009

Dear Friends,

Transition and change can be difficult for all of us. Someone once said the only person who really likes change is a baby in a dirty diaper! I find that the changes which I instigate are easy to cope with. But the changes that others want to make give me more discomfort. How about you?

This is a time of change in so many areas. Spring has arrived. Daylight Savings Time just began. Easter is almost here! The weather is changing, and will change some more as we approach May and June.

Our government has changed – *peacefully* – and that means so many changes in our nation and in our society. We have only begun to see the changes that will be made as time goes on. We certainly need to be in constant prayer for our President, his Cabinet, and the Congress and Courts as they face significant and distressing problems.

A new pastor is coming to St. Luke's. Things will never be the same again. This represents a great challenge and a great opportunity. Whoever the new pastor is, they will have strengths that I do not have, and weaknesses where I am strong. That means the lay leadership of the Church must step up to the plate and do three things: 1) Provide for changes in staff and operation that allow the new pastor's strengths to be fully utilized, 2) step up to the plate in giving time and energy to supplement those areas where the pastor is not strong, but the people are, and 3) follow a new leader with the same commitment and love and prayers you have shared so lavishly with Shirley and me.

I am aware that it has been a long time since my appointment to Dayton UMC was made, and a new pastor has not yet been appointed to St. Luke's as I write this letter. I take that as a great sign that the Bishop and his Cabinet are deliberating carefully to bring the right person to St. Luke's. I do NOT believe this has happened by accident. God knows what He is doing, and it is time – whether we understand it or not – for someone with new gifts and strengths to lead St. Luke's to the next level. I am praying for God to lead the Cabinet to bring to St. Luke's a pastor who will be just the right one for this moment in this church's long, faithful history! I know you have been praying for the same thing.

Could you do one other thing? Could you pray for God to make your own heart ready to adopt and new pastoral family and to love a new leader? Could you pray for God to ease the grief of parting that we are experiencing and will continue to feel until weeks or months after July 1?

As soon as possible we will announce to you the name and some introduction of the pastor the Bishop appoints. I trust that we will all be ready to welcome that pastor with open minds, open hearts and open arms!

God is good...all the time!

All the time...God is good!

Pastor Mike

Gospel Echoes

Jim's Jottings

April 2009

According to the calendar Spring is here. In the tenth couplet of the poem "Locksley Hall", Alfred Lord Tennyson penned the line: "In the spring a young mans fancy turns to the thoughts of love". This poem by Lord Tennyson has not the light-hearted theme the one line might cause the new reader to think. However, it serves my purpose to introduce you, the reader, to positive thoughts of a change of seasons. Why am I so happy with the idea of spring 2009. I believe the Midwest, actually the entire mainland United States has endured a long, cold and emotionally exhausting winter. The United States of America has a new president. The winter has seen the financial markets in disarray with several financial institutions of great renown loose their stability. So many families are struggling to maintain a balance as one or both wage earners now are receiving unemployment payments. The new president is promoting some drastic economic solutions to overcome our current financial crisis. As a nation we are holding our breath.

The writer of Isaiah must have felt as we do when he penned the words the Lord gave him in many passages of Isaiah concerning Samaria and Judah. Isaiah speaks of turmoil, blood, destruction of lifestyle, loss of homeland, loss of family and loss of the identity. Israel and Judah would be taken away in disgrace to lands unknown among a people of foreign tongue. In the chapters of Isaiah God calls his people, and all people, not to trust in alliances or the gods of the nations that are not gods. I think our nation could look at what gods we have been trusting in for many years. We, I, have looked to investments in the stock market for sustenance, our own physical prowess and intelligence to find a way forward. Today, however, we, like Israel and Judah are called to proclaim as the words of Isaiah 25: 1; *O Lord, thou art my God; I will exalt thee, I will praise thy name; for thou hast done wonderful things; thy counsels of old are faithfulness and truth.* Isaiah also writes in chapter 26: 2 – 4 *Open ye the gates, that the righteous nation which keepeth the truth may enter in. Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the Lord for ever; for in the Lord JEHOVAH is everlasting strength.*

The Word of God, which is a piercing light upon our souls, can reveal our position before God if we will prayerfully read It's passages. If we find our position to be lacking, Isaiah speaks a word of comfort. God in Isaiah 40: 1-2a says: *Comfort ye, comfort ye my people, saith your God. Speak ye comfortably to Jerusalem, and cry unto her, that her warfare is accomplished, that her iniquity is pardoned.* By Jesus stripes we are pardoned for misplacing our trust. Let us rejoice in the spring of Christ's forgiveness and bloom in faith as the flowers around us respond to the warm rains and sunshine of the spring of 2009.

Pastor Jim

Family and Friends,

Time is moving so fast as we sprint into spring. The children are excited about the weather being warmer and have energy coming from every cell of their bodies. We have had a wonderful Lenten season and have learned about Deuteronomy. Palm Sunday and Easter are special days for all of us, but the children see them as a day to be in a "play" as they carry the palms like the children in Jesus day. Easter is a holiday that brings families together. Celebrate with friends and family this holiday that **Jesus Christ Lives**. Just like the children, be shy, excited, proud and pumped as you celebrate this exciting season of the church.

Safe Sanctuaries is a wonderful way for all of us to care for our children, youth and elderly as we understand our responsibilities whether we teach or worship on Sunday. Next training will be on April 23rd, 6:30pm in the chapel, and if you are on the Staff Parish, Ad Council, Staff or Teach/help in any way with children or youth in the church (no matter what the age) we request that you get the training as soon as possible. There is more to it than you think!!

We are making plans for graduation in Sunday School. If you have a child who will be a third grader, please let the church office know so we can make sure we have enough Bibles for everyone. Each third grader receives their own Bible to help them lay a strong spiritual foundation for the rest of their lives.

The robins are singing early in the morning, it is warm enough to not always need a coat, windows open, fresh air, and a Jesus who loves you enough to die and be raised to prepare you a home in heaven. How good is all of that?

Blessings, Shirley, Christian Education



ST. LUKE'S NEWS YOU CAN USE . . .

HOPE CIRCLE will meet Tuesday, April 7th, at 1:00 pm in the church parlor. Jan Adler will have our lesson, Macon Dale Traxler, the devotions. Pat Hudson will provide the refreshments. Lois Hoban will do the calling. Marsha Anderson and Fannie Rody will serve March communion. Our special word for this month is "Compassion"...are we reaching out to someone who needs the love of Jesus?

NAOMI CIRCLE will meet on Tuesday, April 14th, at 7:00 pm at Glenda Mann's home at 4128 Colter Dr. Tanya Saul will give the lesson. Any St. Luke's lady is welcome to join us. For directions or more information, call Glenda at 453-1860. Hope you'll plan to come!

THE YOUNG ADULT "Solomon" Sunday School class began a new book titled "Discipleship: The Growing Christian's Lifestyle" by James and Martha Reapsome on March 15th. This is a 12- week inductive Bible study. If you are interested in this Bible study, please join us during the Sunday School hour in room A17 located outside the Chapel in the preschool office hallway.

Attention Library Patrons: There are several overdue materials out since summer of last year. Please check your homes for any Library items you may have. If you are still using them, please sign the renewal sheet on the volunteer desk in the Church Library. Nina Sozansky, St. Luke's Librarian

THE MOPS, MOTHERS OF PRE-SCHOOLERS, will be participating on Saturday, April 18th in *March for Babies* walk 9am at Highland Park. On the Welcome Desk is a way to make contributions for the walk. Thanks for all your help.

FAMILY NIGHT WITH THE POTTER: On Friday, May 15th, we will have an evening with Mike Still, a local potter. Watch for details!

WHEN YOU RECEIVE A LETTER, take time to trim off the cancelled postage stamp leaving about ¼ " around the stamp. Bring them to church to help raise money for missions. It just takes a minute; you can say a prayer for our missionaries as you do it! It is a small thing but it can make a difference!

WE ARE ACCEPTING recipes for a St. Luke's Church Cookbook during the months of March, April, and May. They need to be clearly written or typed with a name of the recipe and the person donating the recipe to the book. These recipes do not have to be original and they can even be from other cookbooks or magazines. They can be family recipes. We will take any and all. I would like to see us have at least 500 recipes for the cookbook. We can use brand names in the recipe, but if the recipe is labeled Neiman Marcus Cookies etc., we will have to use a different name because of trademark policies. All monies from the cookbook will be donated to St. Luke's UMC Food Pantry!

ON SATURDAY, APRIL 4, 2009, the Kokomo District United Methodist Men will have a Potato Drop at 8:00 am. The drop will take place at ACE Welding and rental, on US 31 North of Kokomo, across from the Air Museum at the Grissom Aeroplex. We need lots of help to unload the semi of potatoes into pickups and trucks going to the different food pantries and agencies in the area and we are still in need of contributions to make this happen. The potatoes will be coming regardless! So come and help us feed some families in the Name of Jesus Christ. Thank you. Gary Hostetler, Kokomo District UMMen President, Phone 765-395-7161, e-mail: werfree@netzero.com. More information is available on the Welcome Desk.

THE UMW LENTEN TEA, "Time of Reflection", was lovely and inspirational. Thank you to the committee: Nancy Boughton, LaCinda Chapman, Mary Dahlquist, Beth Davis, Greta Dunlap, Wendy Harmon, Joan Kellar, Glenda Mann, Marilyn Raines, Ramona Smith, Cindy Suryantoro, Stacy Tedlock. A special thanks to Becca Short for compiling the program as well as providing music along with Susan Evans, Macon Dale Traxler and others who were instrumental in providing the program. In addition we want to express gratitude for the Favors and Decorations Committee and the men on the clean-up committee.

On April 3rd, at 11:00 am JOY FELLOWSHIP will celebrate Easter with a special luncheon at church prepared by the Joy Helpers. Our own Nina Sozansky will share an Easter message, which will include pictures from their recent trip to the Holy Land and some hymns. Join us as we rejoice in the resurrection!

JOY FELLOWSHIP will meet on Friday, April 17th, at 11:00 am at the church. Nancy Snyder will share "Buttons, and More Buttons". Invite a friend to enjoy this interesting program with you. Bring a salad or dessert to go with vegetable soup, which will be provided. Bring a white elephant. Hope you can come!

April's Parish Nurse News You Need to Use! By Cindi Myers RN, BSN

Tonight I attended my Parish Nurse Meeting and picked up some great hand outs I would like to share. They are on the Parish Nurse Cart next to the Library.

One booklet I would like to 'highlight' is **Movement IS Medicine**. I knew I was going to love the booklet when I read the title! I don't have many, so not everyone will be able to get one, but feel free to take them until supplies last.

It's true you know, Movement IS Medicine! The booklet is created by the Indiana Arthritis Initiative. The booklet starts out with asking:

- Do your joints hurt?
- Do you feel stiff in the morning?

Is it hard to move without feeling pain at times?

If you answered yes to any of these questions, this booklet is for you! Painful and stiff joints are often caused by arthritis. There are actually over 100 types of arthritis. But whether you have the 'diagnosis' of arthritis or not, if you answered 'yes' to any of those questions then 'movement is medicine'.

Believe it or not, the very first thing that you can do for yourself is to eat a well-balanced diet.

- Calcium is good for you, include dairy products in your diet unless you are allergic.
- Be sure to include 2-3 servings of 2 to 3 oz of meat, or other protein sources in your food choices.
- Eat less, especially sugar, salt and fat.
- Eat at least 5 servings of fruit and vegetables every day.

If you are overweight, select lower calorie and lower fat foods.

We now know that joints work best and hurt less if we keep them moving. When we are physically active, the cartilage in our joints stay lubricated and we move more easily.

If we don't stay active, our bodies stop working properly. Lack of activity makes us feel tired and depressed, and our joints don't move as well. We lose strength and endurance.

Why do you think it is so hard to 'get started' with physical activity? It's all about motivation. Again, if we can start thinking that MOVEMENT IS MEDICINE, might this just be the motivation we need?

- If you are stiff in the morning, try stretching before even getting out of bed.
- When you let the dog out, go for a walk!
- Park in a space further away than you usually do.
- Raise your arm high to wave to a neighbor.
- Stand up and stretch during TV commercials.

Squeeze a ball with your hand when you are on the phone.

The book has some great illustrations on different flexibility exercises, and strengthening exercises. In the back of the book it has an activity plan worksheet!

I sure hope the next time I go by the Parish Nurse cart, those handouts are gone! God bless you! Get moving! Because, MOVEMENT IS EXERCISE!

[Movement is Medicine Relieve Your Joint Pain](#) Indiana State Department of Health and Clarian Human Motion



St. Luke's Vitals for the Month of
MARCH



ATTENDANCE

03/01/2009

9:00 173

11:11 67

Total: 240

03/08/2009

9:00 157

11:11 81

Total: 238

03/15/2009

9:00 156

11:11 79

Total: 235

03/22/2009

9:00 140

11:11 63

Total: 203

03/29/2009

9:00 166

11:11 61

Total: 227

March Attendance
1143

OFFERING

03/01/2009

\$12,871.62

03/08/2009

\$6,313.93

03/15/2009

\$8,253.00

03/22/2009

\$5,689.00

03/29/2009

\$6,887.52

Total March Offering

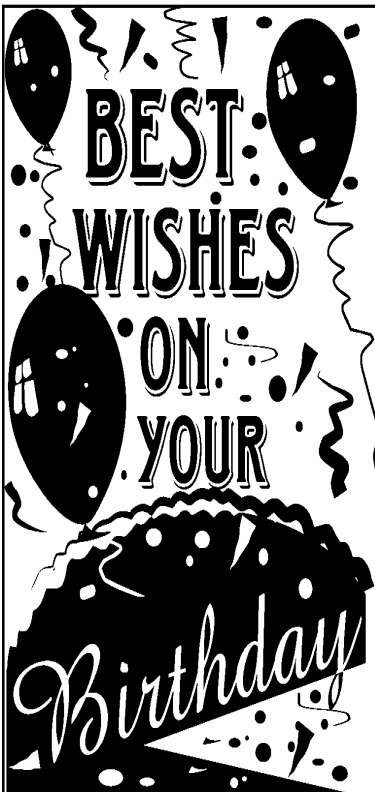
\$40,015.07

Needed Each Month

\$54,012.90

Difference

(\$13,997.83)

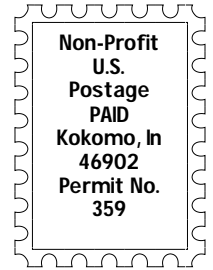


Michael **DOMINICK**, Andrew **HOUSEHOLDER**, (1); Anndora **LAF LIN**, (2); Jackie **MAYES**, (3); Pat **ROSA**, Linda **SMITH**, Patrick **MILLS**, (5); Pat **PRUETT**, (5); Harold **WILLIAMS**, (6); Susan **EVANS**, (7); Robert **KRAKORA**, Chuck **WAGNER**, Zachary **KUHNS**, (8); Rebecca **LEWIS**, Larry **KUHNS**, Marsha **JOHNSTON**, (10); Frank **BEARD**, Bret **RODY**, Brian **RODY**, Rob **BALL**, Jenny **JONES**, (11); Marilyn **GARBER**, (12); Lilly **VOLIKAS**, (12); Mary Kay **TEDLOCK**, (13); Marjorie **DUKE**, Linda **LAMB**, (14); Rebecca **SHORT**, (15); John **ANDERSON**, Steve **OLDFATHER**, Jeanann **BOSWELL**, Carly **SIETZ**, (16); Frank **TEDLOCK**, Paula **ANDERSON**, Brett **BOSWELL**, Jacob **HARRIS**, (18); Toni **KELLNER**, Justin **WOGERMAN**, Taylor **KUHNS**, (19); Esther **WILKINS**, (21); Carolyn **KRATZER**, Kathy **TO-KARCIK**, Brandon **HANSEN**, (22); Kate **SOZANSKY**, (23); Tommy **LOTT**, Ora **RODY**, Nikki **HARRISON**, (24); Reno **MAURER**, Vanessa **GROHMAN**, (25); Dewayne **SMITH**, Rayna **SPELL**, Jacob **TARNER**, (26); Macy **COHEE**, Wilma **BAKER**, (30).

Happy Birthday to you!



United Methodist Church
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RETURN SERVICE REQUESTED

NEEDED: Kokomo Urban Outreach is having their annual "Tom Carey" Easter Basket Workshop on Friday, **April 3rd**, at 10:30 a.m. at Trinity UMC. Volunteers and donations are needed to fill 600 Easter baskets. Recommended donations: All kinds of Easter candy, Easter baskets, small toys, crayons, books, and small stuffed animals. Please place them by the Missions Table. Happy Easter! The Missions Committee

OFFICE NEWS

MONDAYS in April

April 6
April 13
April 20
April 27

On Mondays I need a volunteer from 1:00 pm until 3:00 pm to answer phones and sit in the church office while I am away at our weekly Staff Meeting.

FRIDAYS in April

April 3
April 10
April 17
April 24

On Fridays I need a volunteer to stuff the bulletins from 1:00 pm until they are finished.

NEWSLETTER DEADLINE IS THE 20TH OF EACH MONTH.



BULLETIN DEADLINES ARE THE THURSDAY OF THE WEEK AT 8:00 AM.

Please stick to the above deadlines.