

# 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...

*January 2009*

Dear Friends,

Happy New Year!

We hear that greeting often at this time of year. I do wish you and yours a "Happy New Year," even while knowing that it is impossible that we feel happy 24/7/365. We will all have difficulties, sorrows and trials in 2009, and some of them may be major. Wishing someone "Happy New Year" means something deeper for a person who has faith in Christ.

May we be happy in our relationship with God in 2009, even if getting to that point involves soul-searching and unhappiness with where we are now that spurs us on to spiritual growth.

May we be happy in our family and church relationships in 2009, even if it takes hard work to get there. Human relationships are like sandpaper, and they can't help but rub us the wrong way sometimes. Deep, loving family and church relationships means we can be honest and care for one another, even when we disappoint or hurt one another, or when we disagree with one another.

May we be happy in our finances in 2009, even if a change of circumstances means we have to be satisfied with less than what we've had in the past. And may happiness in our finances include a deep, abiding trust that God provides for us, even if that does not mean we have everything we want.

May we be happy with ourselves in 2009, accepting that God's love for us is not determined by what we do, but by who we are. So may we realize that we are God's precious children, created in His image and loved without condition or limitation.

May we be happy in our service to Christ in 2009, spending our lives for His glory and feeling the joy and purpose of a life well lived.

I think you get the idea. With all that in mind – I wish you a Happy New Year!

God is good – all the time!

All the time – God is good!

Pastor Mike

Gospel Echoes

**5TH GRADERS** may begin transitioning into youth group in January through specific youth group events that are open to 5th graders, Jr., and Sr. High youth. More details will follow in the future.

**FATHER/CHILD NERF NIGHT:** There will be a Nerf night specifically for Fathers and your elementary-age children on Saturday, January 10<sup>th</sup>, from 4:00 to 7:00pm. More details coming soon!

## Jim's Jottings...

Isaiah wrote these encouraging words: "For us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Isaiah 9:6 I was asked recently which one name that Isaiah included in his prophecy meant the most to me. Which one descriptive name Isaiah wrote spoke to me more than the other names. I found myself without an immediate answer. I could not, even after several minutes thinking of each name settle on one name I liked best. I confessed my indecision. Taking time to meditate since that question causes me to continue my indecision.

Each name produces many good reasons to consider it special. *Wonderful Counselor*: could Isaiah envision the man coming sitting on a log beside the Sea of Galilee and speaking of life and hope in the Kingdom of God He knew about to a ragtag group of disciples? Or, could Isaiah hear Jesus words coming back across time when Jesus counseled with Nicodemus about being born again? Jesus takes time even today to sit and counsel with anyone who will listen. How about *Mighty God*: lets step back in time to a big wind on the Galilean lake. A small boat, a big wind, rough waves, fearful sailors. The men in that boat found out quickly who was in charge of nature. Isaiah may have seen a vision of the raising of a fellow named Lazarus. Big news! Then we read the name *Everlasting Father*: The Apostle John echoed Isaiah when he wrote many years after Jesus ascension the words; "In the beginning was the Word, and the Word was with God, and the Word was God." Yes, Jesus is everlasting. And lastly, Isaiah calls Jesus the *Prince of Peace*: Jesus found no peace in this world. Jesus found wars, unjust treatment of women, segregation; his own people unwilling to hear a message of redemption. Yet, just as Isaiah prophesied centuries earlier Jesus brought a message of peace.

I still haven't picked the one name I am most drawn too. I am drawn to the One spoken of by the ancient prophet. I call Him my *Savior*, which is the most wonderful name I can find. I hope you call Him Savior also. If not, he's available for council any-time, mighty to save, and will bring you everlasting peace.

Pastor Jim

N.I.V. Thompson Chain Reference, B.B. Kirkbride Pb.,copyright 1983,pg. 705

N.I.V. Thompson Chain Reference, B.B. Kirkbride Pb.,copyright 1983,pg. 1083

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Greetings,

A lot of things are happening in the youth ministry right now that you might be interested in. We have continued the show shoveling service and have a consistent number of houses we service. I am considering some options for increasing this number for next year if the need exists. If you are an adult with a driving license, a vehicle, and a desire to shovel snow in spite of harsh driving conditions I may need your help next year. I would like to add another adult or two to drive youth around and help out with the shoveling if possible. A degree of preparation is necessary, so if you are interested in this please contact me and we can go from there. If you need our service and have not signed up please do not hesitate to do so, though we may not be able to add you to the list.

As 2009 approaches we have some exciting things in store for both youth and others. On January 10<sup>th</sup> we are hosting a father/child nerf night open to fathers and your elementary-age children, at which there will be games, pizza, and drinks. During the month of February there are two important events: The Youth Valentine's Dinner and the H2O Project. The Youth Valentine's Dinner will take place on Valentine's Day. Details are still being worked out, but we plan on providing a similar program to last year. The H2O Project is a new ministry experience that I invite you all to join the youth in if you like. The need for food in impoverished countries is well known, but the need for clean water may be less well known and that's where the H2O Project comes in. This is a fundraising for well drilling ministries. For all or part of the month of February instead of drinking soft drinks, tea, milk, or other drinks we will drink only water. Each time we drink water instead of another drink we donate the value of that drink toward the H2O Project. So if a soft drink costs \$1 and I drink water instead I donate that dollar to the H2O Project. Details about which ministry will be supported will come soon.

Thank you for your support.

Sincerely,

Jim Wilson

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

**HOPE CIRCLE** will meet on Tuesday, January 6<sup>th</sup> at 1:00 pm in the church parlor. Lydia Burns will do the calling. Marsha Anderson will give devotions. Jan Adler will present the lesson. Mary Miner will provide refreshments. Pat Hudson and Joan Kellar will serve January communion. If you have been thinking of joining a circle, we would be happy to have you start the New Year with us.

**NAOMI CIRCLE** will meet on Tuesday, January 6<sup>th</sup> at 7:00 pm. Any woman interested in an evening circle is welcome to join us.

**THANK YOU SO MUCH** for all the Christmas cards and staff love offerings. In these times with the economy so bad. I so appreciate your generous offering. Some how my name did not get on the Staff Christmas card to all of you but I just want you to know that I wish you a New Year filled with good health, peace, prosperity, and many blessings from our wonderful God. Thank you for your continued prayers and support for the Nursery at St. Luke's. Toni Miller

**CHARLIE JONES** would like to say thank you to the food pantry for the lovely basket of fruit.

**CANCELLED POSTAGE STAMPS:** As you receive Christmas cards, take time to cut the stamps off of the envelopes (leave about ¼ inch border). Bring them to church. In turn they will be taken to Marion Mission Storehouse to be sold. The money will be used to help ship supplies to Zambia. Old eyeglasses are needed for the mission too! Please help.

**KOKOMO RESCUE MISSION** Walk-A-Mile  
in my shoes on February 14<sup>th</sup>.  
**MARK YOUR CALENDARS NOW!**

**UMM BREAKFAST** on January 10<sup>th</sup> at 8:00 am at St. Luke's UMC. Speaker will be Troy Bowers, Community Education Coordinator at Bona Vista Programs Inc.

**DEAR ST. LUKE'S MEMBERS, FRIENDS, AND ASSOCIATES,** I wish to thank you for all your thoughts, prayers and support during my recent hospitalization and surgery. It was a bit of a rough ride, however I know that the prayers of all the saints at your congregation played a significant part in pulling me through this trial. I hope to be well enough soon to visit one of your services. You've caused me to feel that I have a church family, which I've not felt for a long time. Bless you all! Janet Coppock

**DISCARDED EYE-GLASSES/SUNGLASSES** may also be useful on the mission field. As you clean and sort this winter, please bring these to church and we'll get them to Marion Mission Storehouse where they'll be sent on to Zambia.

**THANK YOU** Church family for all the get well cards and prayers. Nettie Frost



**READ THROUGH THE BIBLE IN ONE YEAR!** If you have ever thought of doing this here is your opportunity. Each day starting January 1, 2009 you may go the St. Luke's web site: [www.stlukesumc.net](http://www.stlukesumc.net), click on the CALENDAR tab, and then click on, Daily Scripture Readings to read along with all others in St. Luke's congregation. If you do not have a computer to access the web site printed copies are available on request. You may thank Joan Kellar for this suggestion.

**JOY FELLOWSHIP** will start the New Year on Friday, January 2<sup>nd</sup> at 11:00 am in the Chapel. Cindi Myers, our Parish Nurse will offer a challenge "Lifestyle fine? for 2009". Please bring two cans of soup or vegetables for "kitchen exercises." These may be donated to the food pantry! Our pitch-in lunch will have chili provided. Please bring a white elephant, a dish to share, and a friend!

**JOY FELLOWSHIP** will meet on Friday, January 16<sup>th</sup> at 11:00 am at the church. If you are 55 or older, you are eligible to join us for good food and wonderful fellowship! Our program "Buttons, More Buttons" will be provided by Nancy Snyder. Plan to join us. Please bring a salad or dessert, (to go with ham and beans), a white elephant, and a friend.

## January 2009 Parish Nurse News: A YEAR OF HEALTHY EATING By Cindi Myers RN

Trying to lose weight after Christmas Holidays? As much as we get discouraged over failed New Years Resolutions, keep trying! It takes time to change a life time of habits!!! Remember that crash diets often fail because they require too much change too soon. The secret to success is to make small changes over time.

**JANUARY:** Cut back on saturated fats and cholesterol. **TIP:** Go meatless one night a week...switch from whole milk to 1%...replace butter with olive oil or trans-fat free vegetable spreads.

**FEBRUARY:** Up your fiber intake. Choose whole-wheat bread for sandwiches; sprinkle wheat germ or ground flax seed on cereal; eat potatoes and apples with their skins.

**MARCH:** Start choosing healthful snacks and eat smaller, more frequent meals to ease hunger pangs.

**APRIL:** Trim trans-fat. Fill your grocery cart with plant-based foods to replace processed foods, which often contain artery-clogging fat.

**MAY:** Eat more vegetables. Make them the main dish at meals by reducing portions of meats and other main dishes.

**JUNE:** Eat more fruit. Sprinkle blueberries on morning cereal; bring sliced cantaloupe for lunch; try strawberries over frozen yogurt.

**JULY:** Cut empty calories from sweet drinks-quench your thirst with water, or 100% fruit juice.

**AUGUST:** Use grilling season to start cooking more. It's the best way to control portions and ingredients.

**SEPTEMBER:** Become a brown-bagger. Bring your lunch most days of the week rather than eating out!

**OCTOBER:** Cut back on sweets. Reach for fresh or dried fruit instead.

**NOVEMBER:** Eat smaller portions. At holiday feasts, enjoy a little of everything. Chew slowly. Put your fork down. Breathe. Savor the tastes to avoid overeating.

**DECEMBER:** Move closer to a plant-based diet. Eat whole-grain cereal for breakfast...bring sliced vegetables to work for snacks...add another meatless dinner to the weekly menu.

### **6 STEPS TO GET MOVING AGAIN!**

1. **Chose something fun.** You won't stick with activities you don't enjoy. Choose those that feel comfortable and that you can look forward to. **TIP:** Swimming, cross-country skiing, in-line skating, cycling, and rowing are easier on the joints.
2. **Easy does it.** Keep your first sessions light and fun. Your goal is to create a habit, so don't exercise to the point of exhaustion. You will avoid procrastination-and injury.
3. **Stick to a schedule.** Start with moderate activity, such as a brisk walk, for at least 30 minutes every other day. It can be accumulative. Choose the most convenient and enjoyable time of day. **TIP:** You might find exercise uncomfortable right after eating or when weather is extreme.
4. **Raise the bar.** Gradually increase time distance, weight or repetitions to build strength and endurance. Never work to the point of pain or swelling.
5. **Manage sore muscles.** A little stiffness is normal, but don't exercise if you feel pain. The soreness should disappear as you exercise regularly. If it persists, consult your health care provider.
6. **Reward yourself with non-food items.** Celebrate milestones-total miles walked or run, pounds lost, weights lifted. You'll find yourself reaching higher, longer and harder. Best of all, the positive reinforcement will help you stick with the program!

*Based on Top Health Health Promotion & Wellness Newsletter*

**THANK YOU TO MY FRIENDS AT ST. LUKE'S:** Thanks so much for the lovely cards you sent. I was very surprised and pleased to know I was not forgotten. I received over 100 cards from friends all over the US. Thanks again, Virginia Nelson

**DEAR ST. LUKE'S FAMILY,** Thank you so much for sending me a care package for fianls. It was a nice Christmas gift. After last year I was looking forward to it, and I shared it with all my friends. It also allowed for a nice break from finals. Thank you so much! Kate Sozansky

**MANY THANKS TO LYDIA BURNS, PAT HUDSON, AND JOAN KELLAR** for a very meaningful and touching Advent breakfast.

**CONGRATULATIONS** to Rhoda Barkman who is the 2008 UMW Jewel of a Woman.

**ST. LUKE'S UMW** are looking forward to another event filled year.



St. Luke's Vitals for the Month of  
DECEMBER



**ATTENDANCE**

**12/07/2008**

9:00 175

11:11 68

**Total: 243**

**12/14/2008**

9:00 241

11:11 94

**Total: 335**

**12/21/2008**

9:00 167

11:11 72

**Total: 239**

**12/28/2009**

9:00 116

11:11 65

**Total: 181**

**11/30/2008**

9:00 140

11:11 46

**Total: 186**

**November Attendance**

1191

**CHRISTMAS EVE  
WORSHIP SERVICES:**

5PM: 186

11PM: 157

**December Attendance**

998

**OFFERING**

**12/07/2008**

\$14,312.98

**12/14/2008**

\$15,166.00

**12/21/2008**

\$7,851.00

**12/28/2008**

\$14,159.20

**Total November Offering**

\$49,871.87

**Needed Each Month**

\$52,568.90

**Difference**

(\$2,697.03)

**Total December Offering**

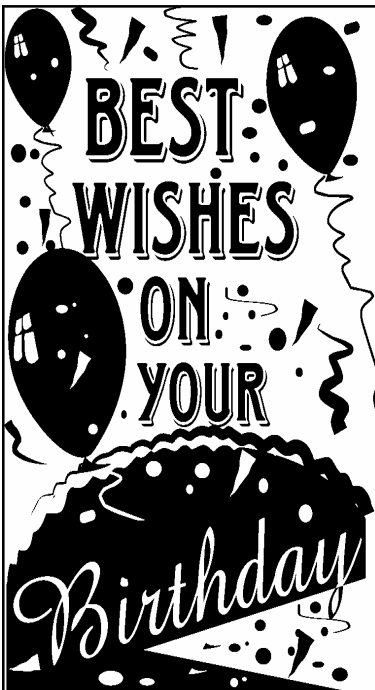
\$51,489.18

**Needed Each Month**

\$42,055.12

**Difference**

\$9,434.06



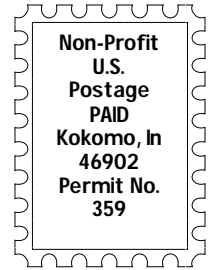
Stephen VOORHIS, (1); John PRUETT, (2); Judy COTTERMAN, Kim CLOUSER(3); John MOORE, Pam MAURER (4); Sharon BUNNELL, Greg MANLOVE, Chad HILTNER, (5); Stephanie THIEDE, (8); Howard FROST, (10); Eli JONES, (11); Ted STARNER, Heather RODY, (12); Wilma GALLOWAY, Robert MANN, Marcus DUFFY, (13); John HUSKEY, Becky NAPPER, Bart BARKMAN, Justin ANDERSON, (14); Mike HOROHO, (15); Brittany EDWARDS, (18); Denise HILTNER, (19); Merrill HOBAN, James WHITE, Bill FITZGERALD, Ben PUCKETT, Tanner GUYER, Kate MAYFIELD, (20); Shirley KUHNS, Tod GLENTZER, Ashley WALL, (21); Kelton MYERS, Lydia BURNS, Harold HUTTO, (22); Rick HANSEN, (23); Pam DITMER, (24); Carroll COHEE, Chris MANLOVE, David THIEDE, (25); Jan ADLER, Susan PREISER, (26); Cloene NIDIFFER, Delaney KWIATT, (28); Sue WILLIAMS, Kim WILLHITE, (29); Jennifer MAYFIELD, (30); Tanner DUNCAN, (31).

*Happy Birthday to you!*



# St. Luke's

United Methodist Church  
700 Southway Blvd East  
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Michael D. Dominick, Senior Pastor



**RETURN SERVICE REQUESTED**

## OFFICE NEWS

### **MONDAYS** in January

January 5  
January 12  
January 19  
January 26

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 January

January 2  
January 9  
January 16  
January 23  
January 30

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.**