



Gospel Echoes

June 2011

A Word from Pastor John...

Dear members & friends of the St. Luke's UMC:

I want to use the newsletter, this month, to give an update on our *Discipleship & Mentoring* program as well as giving information about some upcoming events. I am very pleased that over twenty-five people have signed up for the *Discipling* classes, which will begin this Wednesday evening. I believe St. Luke's will become a stronger church in the future as these faithful men and women will use these biblical truths to help disciple and mentor other believers. If you have never been discipled and mentored, one-on-one, perhaps you would like to take advantage of this opportunity in the near future. Keep listening for further details about this important ministry.

I also want to share that we will be having a *baptismal service* on Sunday, June 26th. I will be preaching about the importance of baptism, on that Sunday, and we will go to Mike and Debby Coady's home, after the service (or, for a continuation of the service), where we will do the actual baptisms in their pool. Mike and Debby have a beautiful setting in their back yard, and they have graciously consented to allow us to use their pool for this very special service. A number of people have requested to be baptized, and we will anticipate a good gathering at the Coadys. If you are a parent who wants your child to be baptized, please call the office so I can arrange to

meet with your child before the day of the baptism in order to help them understand the significance of this sacrament.

I will be out of the pulpit on Sunday, June 12th, because our niece, Angela Walls, is getting married on the 11th near Wilmore, Kentucky. I have arranged to have an outstanding speaker here at St. Luke's on the 12th, and you won't want to miss this service. Cynthia Burch will be here to personally share her story which has been published in a book entitled *You'll See Jesus on My Face*. The book was co-written by Cynthia and Rev. Riley B. Case, and some of you may have read the book. Van Taylor, *Executive Director of the Kokomo Rescue Mission* says, "*You'll See Jesus on My Face* is the account of a girl who was offered drinks by her parents at age two, was abused and molested by age eight, was dealing drugs at age nine, was living under a bridge at age twelve, bore three children by age nineteen, was a stripper for seven years, was sent to jail five times, lived in the drug world underground, and died three times (and was revived). It is an account of darkness and bondage... The more important part of the story is that *You'll See Jesus on My Face* is an account of how God, through a dramatic series of events, changed that person, Cynthia Burch, into a radiant woman of God."

I want to encourage each of you to bring an unchurched person with you, on June 12th, and pray that someone will come to

Christ as a result of Cynthia's testimony.

In looking further out, Melinda and I plan to lead a mission trip to Ghana, West Africa, June 7th through 21st, 2012. We will be building a pavilion (overhead shelter) for a newly established congregation, engaging in outreach for children and adults, and possibly helping in a medical outreach in one of the villages. I'm working on the details, which will be forthcoming in the near future. It looks as though the cost will be approximately \$2500.00 per person (not including passport, shots, meals enroute, souvenirs, etc.), but may be higher as we get closer to the departure date. I'm giving this information, at this time, so the interested participants in our congregation will have ample time to plan, and we are hoping for a youth/adult team to emerge.

I'm looking forward to a great summer, and also anticipating getting geared up for next fall when we have our new Associate Pastor, Mitch Norwood, on board and settled in. Let's continue seeking God's highest and best!

Onward & Upward

Pastor John



THIS YEAR, OUR VACATION
BIBLE SCHOOL IS CALLED
SON SURF BEACH BASH!!

WHO DOESN'T LIKE A
BEACH PARTY, RIGHT??

JUNE 13-17 FROM 6 - 8:30 P.M.
WE'LL BE DOING BEACH GAMES,
SNACKS, CRAFTS, STORYTELLING,
SINGING AND PROBABLY A WHOLE
LOT OF GOOFING AROUND ON
THE BEACH!!

BUT THERE'S ONE MORE THING WE NEED...

YOU!!!

Please join us at St. Luke's UM Church for
SON SURF Beach Bash,
700 Southway Blvd. in Kokomo,
June 13-17 from 6 - 8:30 p.m.

For more info call (765) 438-5981

J JOY FELLOWSHIP will meet on Friday, June 3rd, at 11:00 AM, at the church. It will be a birthday celebration! Come and enjoy the variety program and eat birthday cake along with the carry-in lunch. Sausage casserole will be provided. Please bring a hot vegetable or a salad, a white elephant, and a friend!



O JOY FELLOWSHIP will meet on Friday, June 17th, at 11:00 AM, at the church. The "Singing Saints" from Wesley Manor will provide the program. The main dish will be pulled pork. Please bring a covered dish to share with our guests. Bring a white elephant and a friend, too!

Y

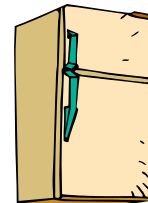


UMW News

Hope Circle will meet for our annual June luncheon at the Vault, on Tuesday, June 7th, at 11:30 AM. You may carpool from the church parking lot at 11:00 AM. Calling will be Pat Hudson, and devotions will be given by Barb Lewis.

Naomi Circle will meet in the Parlor at the church on Tuesday, June 7th, at 7:00 PM. Glenda Mann will be the hostess, and Rhoda Barkman will have the lesson. Ladies, we welcome you to join us. For more information, call Glenda at 453-1860, or Nancy McClure at 864-9373.

- Thanks to Grace Harshman and her committee for a really fancy Mother/Daughter luncheon on May 7th. A special thanks to Carla Bagwell (Irma Dinwiddie's daughter) for the elegant setting. If anyone would like to chair this in 2012, please contact me ASAP.
- Have you purchased a new refrigerator and would like to donate the old one?? Please contact Nancy Slaubaugh, 963-3261. We are in need of one with more refrigerator space than freezer space to be used primarily for the Angel's Attic Bazaar in the fall.
- When using the church kitchen, please be sure to clean up everything you use and return it to where it belongs. If you use the carts, return them promptly. We never know when we will need them. Any items left in the refrigerator need to be marked and dated, or they will be disposed of.
- Do you need a shower or wedding gift? UMW still have Rada knives for sale. Contact Tanya Saul, 480-5668, or Nancy Slaubaugh.
- There will be a church kitchen workday on June 22, 9:00 AM. Any help will be appreciated!
- Check the UMW bulletin board by the kitchen for upcoming events.



—Nancy Slaubaugh, UMW President



June Parish Nurse News

More on Sleep Disturbances by Cindi Myers RN, BSN, Parish Nurse/
Congregational Health Nurse

Last month we focused on tips for getting a good night's rest. This month some definitions on the different kinds of chronic reasons why you might not be getting that good night's rest. Sometimes when I can't sleep, I like to think of the Scripture that promises good sleep:

Psalm 4:8 *"I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety."*

Psalm 127:2 *"In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves."*

...I will say, O LORD, please LOVE me, grant me Your Perfect REST. Grant me sleep!"

Insomnia is characterized by an inability to initiate or maintain sleep. It may also take the form of early morning awakening in which the individual awakens several hours early and is unable to resume sleeping. Difficulty initiating or maintaining sleep manifests itself as excessive daytime sleepiness, which characteristically results in functional impairment throughout the day. Health care providers may treat chronic insomnia with a combination of use of sedative-hypnotic or sedating antidepressant medications, along with behavioral techniques to promote regular sleep.

Narcolepsy: Excessive daytime sleepiness (including episodes of irresistible sleepiness) combined with sudden muscle weakness are the hallmark signs of narcolepsy. The sudden muscle weakness seen in narcolepsy may be elicited by strong emotion or surprise. Episodes of narcolepsy have been described as "sleep attacks" and may occur in unusual circumstances, such as walking and other forms of physical activity. Narcolepsy may be treated with stimulant medications combined with behavioral interventions, such as regularly scheduled naps, to minimize the potential disruptiveness of narcolepsy on the individual's life.

Restless Legs Syndrome (RLS) is characterized by an unpleasant "creeping" sensation, often feeling like it is originating in the lower legs, but often associated with aches and pains throughout the legs. This often causes difficulty initiating sleep and is relieved by movement of the leg, such as walking or kicking. Abnormalities in the neurotransmitter dopamine have often been associated with RLS. Treatment often combines a medication to help correct the underlying dopamine abnormality along with a medicine to promote sleep continuity in the treatment of RLS.

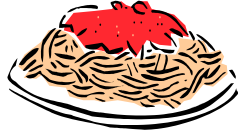
Sleep Apnea Snoring may be more than just an annoying habit – it may be a sign of sleep apnea. Persons with sleep apnea characteristically make periodic gasping or "snorting" noises, during which their sleep is momentarily interrupted. Those with sleep apnea may also experience excessive daytime sleepiness, as their sleep is commonly interrupted and may not feel restorative. Treatment of sleep apnea is dependent on its cause. If other medical problems are present, such as congestive heart failure or nasal obstruction, sleep apnea may resolve with treatment of these conditions. Gentle air pressure administered during sleep (typically in the form of a nasal continuous positive airway pressure device) may also be effective in the treatment of sleep apnea. As interruption of regular breathing or obstruction of the airway during sleep can pose serious health complications, symptoms of sleep apnea should be taken seriously. Treatment should be sought from a health care provider.

Insufficient sleep is associated with the onset of diseases and also poses important implications for their management and outcome. Moreover, insufficient sleep is responsible for motor vehicle and machinery-related crashes, causing substantial injury and disability each year. Drowsy driving can be as dangerous—and preventable—as driving while intoxicated.

More than one-quarter of the U.S. population report occasionally not getting enough sleep, while nearly 10% experience chronic insomnia. Understanding how lack of sleep affects your health can allow you to make healthier decisions for you and your family.

ANNOUNCEMENTS

St. Luke's is hosting a Spaghetti Dinner/Benefit on June 5th, from 3-6 PM, for Brain Injury Awareness and survivor Arionna Walsh, a student at Taylor Primary School. For tickets and more information, go to www.indoubtsitout.org. Tickets are \$7.00, and will also be available at the door.



LETTER CARRIERS' FOOD DRIVE

A big THANK YOU to all the volunteers who helped with the letter carriers' food drive. We appreciate all your help!



VBS is coming and you can help! We need donations of some items you may have around the house: plastic kiddie pools, hula hoops, seashells, plastic sand buckets, beach towels, sand. If you would like to donate any of these items, please drop them off at the Information Desk in the narthex, by Sunday, June 5. Call Abbey Downey, 765-860-3167, with any questions.



St. Luke's UMC and Footprints Sunday School Class are once again sponsoring the "Birthday Bash" at Kokomo Rescue Mission on 6/22/11. We will be providing gift bags for about 350 people. Cash donations are requested so that we can get bulk discounts and stretch our money. Please put in offering envelope and mark "Birthday Bash." Donations need to be received by Sunday, June 19th. Thank you.

—Alice Richey

Footprints Sunday School Class would like to thank the church for supporting a very successful pancake and sausage breakfast Easter Sunday. We were able to donate our profit of \$233 to the Missions Fund.

Thanks to our St. Luke's family for prayers and cards before and after the loss of our brother.

—Greta Roberts & Paula Wright

Our ATTENDANCE for the month of MAY...

5/01/2011: 10:00: 248	5/22/2011: 10:00: 223
5/08/2011: 10:00: 263	Attendance: (except 5/29) Total: 1009
5/15/2011: 10:00: 275	

The 2011 St. Luke's stewardship campaign desires to teach the basics of Christian stewardship. Here is our message for June:

The primary way we are to obtain money is to work for it.

"Make it your ambition to lead a quiet life, to mind your own business and to work with your own hands."

(1 Thes. 4:11)

Our GIVING for the month of MAY...



April total: \$56,392.43

April needed: \$49,815.08

April difference: \$6,577.35

5/01/2011: \$12,721.32

5/08/2011: \$15,169.84

5/15/2011: \$12,118.04

5/22/2011: \$7,671.37



Youth Group Activities by Jim Wilson

The mission trip is close at hand! If you don't remember what we're doing, we're staying at the church and planning to complete over 30 projects around the entire inside and outside of the church. We need a large number of volunteers to come in during the day and evening shifts. It will no doubt be too late to sign up by the time you read this, so if you are able to volunteer please come either during the hours of 8:00am-3:00pm or 5:00pm-9:00pm, June 6—10. You don't need to let me know you're coming; just show up and we'll give you something to do! Make sure you dress appropriately.



There's not a whole lot else going on this month, but we're looking forward to our new Associate Pastor, Mitch Norwood, coming in early July. We also plan to have a 4th of July party at the Sozanky residence that will feature a cookout and a firework show that will spell out "Welcome Mitch." It's sure to be a fun time. A few weeks after that I'll be taking our top 10 youth in attendance points to Colorado for a week of western fun. Thanks for your support.



Our Birthdays for the month of June...



Ron **GALLOWAY**, Josh **MAURER**, Anna **HUFFMAN**, (1); Wayne **SOZANSKY**, Mike **SINGLETON**, Lena **REUTEMAN**, (2); Steve **SALKIE**, Emily **BEARD**, Christian **ROBINSON**, (3); Rex **GRAINGER**, (5); Wilma **GARD**, Vicki **TEDLOCK**, (6); Grace **HARSHMAN**, Brooklyn **MARSHALL**, (7); Thea **BARBER**, (9); Barbara **GRAINGER**, Courtnie **HARMON**, (10); Alice **RICHEY** (12); Roger **SAILOR**, Zach **PHIPPS**, (13); Dick **BARKER**, Clarence **JOHNSON**, Verda **KEEL**, (16); George **LAFLIN**, Marilyn **RAINES**, (18); Lois **HOBAN**, Nina **SOZANSKY**, (20); Stacy **FACKLER**(21); Paul **HINKLE**, Joanna **SILVER**, Dennis **PREISER**, (22); Alasha **LOTT**, Mike **VANWINKLE**, (23); Liz **ARMSTRONG**, Blake **SINGLETON**, (24); Sharon **LANDIS**, Craig **HOROHO**, Madison **PARR**, (27); Chip **HOLDER**, Katie **EVANS**, (28); Bob **TRENT**, (29); Jacob **WALL**, Emily **FULLER**, (30).

Happy Birthday to you!

June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 7:00am Youth Missions - van 9:00am Sunday School Hr 10:00am Worship 1:00pm Boy Scout Venture 1:00pm Klingler Fundraiser Dinner 6:00pm Youth Group	6 7:00am Youth Missions - van 11:45am Altar Prayer 1:00pm Staff Meeting	7 7:00am Youth Missions - van 1:00pm Hope Circle 7:00pm Naomi Circle	8 7:00am Youth Missions - van 1:00pm Prayer/Bible Study	9 7:00am Youth Missions - van 8:00am Seekers 7:00pm Praise Team Practice	10 7:00am Youth Missions - van	11 7:00am Youth Missions - van 8:00am UMM Breakfast @ Golden Corral
12 7:00am Youth Missions - van 9:00am Sunday School Hr 10:00am Worship 6:00pm Youth Group	13 11:45am Altar Prayer 1:00pm Staff Meeting 4:00pm Prayer and Share 5:00pm Stephen Ministry 5:00pm VBS	14 4:30pm Missions Committee Meeting 5:00pm VBS 6:30pm Trustee Meeting	15 1:00pm Prayer/Bible Study 5:00pm VBS	16 8:00am Seekers 5:00pm VBS 7:00pm Praise Team Practice	17 11:00am Joy Fellowship 5:00pm VBS	18 1:00pm Rife Shower
19 9:00am Sunday School Hr 10:00am Worship 1:30pm BoyScout Venture 6:00pm Youth Group	20 7:30am Girl Scouts - Van 8:00am Newsletter Deadline 9:00am Community Rummage Sale 11:45am Altar Prayer 1:00pm Staff Meeting 6:00pm Gideons Meeting 6:00pm Alice Richey	21 9:00am Community Rummage Sale 6:00pm Alice Richey 7:00pm Finance Committee	22 7:30am UMMV - inventory 9:00am Community Rummage Sale 1:00pm Prayer/Bible Study 6:30pm Discipleship Class	23 8:00am Seekers 9:00am Community Rummage Sale 7:00pm Praise Team Practice	24 9:00am Community Rummage Sale	25 7:00am Community Rummage Sale
26 9:00am Sunday School Hr 10:00am Worship 6:00pm Youth Group	27 7:30am Boy Scouts - Van 11:45am Altar Prayer 1:00pm Staff Meeting 4:00pm Prayer and Share	28	29 1:00pm Prayer/Bible Study 6:30pm Discipleship Class	30 8:00am Seekers 7:00pm Praise Team Practice		