



ST. LUKE'S UNITED METHODIST CHURCH

Gospel Echoes

May 2010



A Word from Pastor John...

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

One thing I've known for a long time is that most of us have a tendency to take many of our blessings for granted. I'm talking about the day to day things we experience in our lives—the things that led someone to once say, "familiarity breeds contempt" because we become so accustomed to something (or someone) that we lose perspective on how important that person or thing *actually is* in our lives.

As I continue with radiation therapy, I'll be past the halfway mark by the end of the week. I just finished my 16th session, today, and I have 19 more to go. And, the deeper I get into my sessions, the more I'm aware of all the things I have taken for granted. For example, my taste buds have been affected and I no longer am able to enjoy even a cool glass of water. It tastes horrible to me, and yet I have to try to drink at least 8 glasses a day. One of my favorite foods is pizza, and I can no longer enjoy it because it doesn't taste right

and the spices in the sauce set my sore throat on fire! I'm already looking forward to the day that I can take advantage of the *any size, any toppings, and any crust special* that Pizza Hut is advertising! And, my sweetie's custard pie is absolutely the best, but I can't even enjoy it under these present circumstances because my taste buds have been altered. In short, so many of the things I've always just taken for granted are no longer an enjoyable part of my life (at least for this season) and I'm looking forward to healing and restoration. I guess my message in all this is to encourage each of you to just *enjoy the little things, day by day, and thank God for all His blessings.*

I want to switch gears and focus on our recent *Mission Conference with Dr. Wes and Joy Griffin of ILLI*. Back in January, I told you I could hardly wait for our church family to meet them and hear their heart for missions. Many of you have said it was the best *Mission Conference* you could remember, and God certainly blessed in a powerful way. At the healing service on Friday

night, many came forward for prayer and anointing, and God certainly met us—in fact, some in our congregation have received God's healing touch in tangible ways. I want to personally thank our church family for your great love offering to Wes and Joy—almost \$2100.00! AND our combined faith offering pledges for missions (for the next 12 months) is over \$54,000.00! Praise God! Because of our faithfulness to *give and to be a sending church*, many people will become followers of our Lord Jesus Christ and Satan's design for their lives will be thwarted.

Let us continue to labor together, with a great spirit of unity, as we join together as co-laborers *with HIM* for the cause of all causes!

Onward & Upward,
Pastor John

As you listen to the prelude in preparation for worship to begin do you notice anything different in the Sanctuary? The Worship Committee has been working with LINDA SMITH who has beautifully created new paraments (communion table runners and matching coverings for the lectern and pulpit stands) for the different seasons of the Church year. We use four different parament colors throughout the year.

Our new WHITE parament with the words "Alleluia" was used on Easter Sunday and will be used each Sunday until Pentecost Sunday, May 23. On Pentecost Sunday our new RED parament with the words "Come Holy Spirit" will be on the communion table. The red coverings will also be used on Reformation Sunday, October 31. GREEN is used most of the regular Sundays in the Church year and our new green paraments have the words "Holy, Holy, Holy" on them. Our fourth parament color is PURPLE and is used for the Lenten Season preparing for Easter and for the Advent Season preparing for Christmas. The words on our purple paraments read "In Remembrance of Me."

Many hours of planning and sewing have gone into making these new paraments. Linda's labor of love is much appreciated by the Worship Committee. She has made the table runners reversible and washable which will be a real asset in keeping them beautiful. On behalf of the Worship Committee and the entire congregation of St. Luke's we wish to express our appreciation and thanks to Linda Smith. *To make us more aware of the color changes and the specific Sundays they signify, we will have a line in the church bulletin that tells us the color of the Sunday parament and what it represents.*

Susan Evans

From the Treasurer: There is now an easier procedure for submitting financial information to the office. Simply place vouchers, financial correspondence arriving by mail, and other financial papers going to the Treasurer into the slot in the Treasurer's desk in the office. Also, reimbursement checks will now be mailed to you unless indicated otherwise on the voucher. This new procedure is intended to ensure security and increase efficiency.

VBS Supplies:

The quantity of sheets and newspaper looks pretty good at this point and we should have enough for everything we need. I could still use another bag of newspaper if anybody is willing to donate it. If you still have sheets that you don't want we will absolutely take them just in case. Thank you for your

Do you have a heart for God and a musical talent or gift to share with our congregation on the praise team? If so we are looking for you. We are in need of committed people who will take time to rehearse once a week and show up early on Sundays to help lead the worship at 10 AM. Even if you have never played or sung in front of people, your passion for worshipping God is not something you should hide under a bushel. Don't be shy. Contact Paula Shrock at 628-2524 or pjshrock@yahoo.com

Our Birthdays for the month of May.....

Maxine RICH, Becky SWAILS, Russ HENSLEY, Alison CARIELLO (1); Greta DUNLAP, Dick JONES, Josh LIVEN-GOOD (2); Sherri MOORE (3); Ann FERRELL, Sherri MOSIER (4); Wayne MCCORD, Charles GALBRAITH, Tanner HARMON (5); Laura CARIELLO, Danielle, HANDY (6); Rick QUAIFFE (7); Metta TEDLOCK, Lauren HOUSE-HOLDER (8); Stacey MILLER, Erin GEISELMAN (10); Meagan WILSON (11); Katherine SALKIE (12); Bruce SHROCK, Melinda WALLS (13); Ronald BARGERHUFF (16); Mary Jess HAMILTON, Jim LAMB, Cameron MICKLE (17); Brienne RENTZ (18); Lou WESTRAY, Sandy HENDERSON (19); Dorothy CROSS (20); Al NAGY (21); Andrew HANSEN (22); Christin WALLS, Alexandra PARR (23); Julie RODY (24); John TOKARCIK, Derek DISHON (25); Lindsay TAYLOR (26); Paul SMITH, Rod MILLER (27); Christian RODY (28); Elizabeth HUFFMAN (29); Gene PRATT (30); Samantha VERNON (31).



MARK YOUR CALENDAR FOR...

HOPE CIRCLE will meet on Tuesdays in May at 1:00 pm in the church Parlor. Mary Miner will do the calling. Marsha Anderson will give the devotions. Mary Kay Tedlock will present our lesson. Elizabeth Bell will provide our refreshments. Visitors are welcome.

National Day of Prayer! Thursday May 6 is the 59th annual observance of the National Day of Prayer. Come to the east side of the Howard County Courthouse from Noon to 1PM and join us in prayer.

Joy Fellowship will meet on Friday, May 21st, at 11:00 am at the church. Robert Mann will present a program entitled "The Church of Yore." Macon Dale Traxler will lead us in some Sunday School songs and old hymns. Come and remember the old days at church!

Following the program we'll have a carry-in lunch

with ham salad provided. Join us! Bring a friend, a covered dish, and a White Elephant!

NAOMI CIRCLE will meet on Tuesday May 4th at 7:00 pm in the Parlor. Tanya Saul will be the hostess. Please bring a tribute to mothers to share. Visitors Welcome!

You've Got Purse-onality!

Come to Purse-onality, a spring luncheon and style show for women and girls purse-using the Purse Driven Life! Saturday May 8, 2010 11am-2pm at St. Luke's UMC. Bring your favorite purse. Women: \$4, Children (12 & under): \$2.

GRADUATING? Are you graduating from either High school or College this year or did you graduate mid-term? If so, we would like to recognize your achievement during a special portion of the Sunday Service on May 23rd. Contact Jim Wilson if you haven't yet.

Music Department

Rehearsal Times have Changed!

Mentored HandBell Rehearsals
(including Real Men with HandBells)

Wednesdays 6:00 – 7:00 pm

Chancel Choir

[Join us for the rest of the season!]

Wednesdays 7:00 – 8:00 pm

MONTHLY COMMUNION NOW AVAILABLE:

Communion Ministry is available the first Sunday of every month from 10:00 — 11:00 am in room B6. If you would like to receive Communion at another time, please contact Livy Downey and other arrangements can be made. Livy Downey, (765) 627-8040.

PRESCHOOL
REGISTRATION
Preschool is now accepting registrations. Check out the new low rates.
Call 455-6090

May Parish Nurse News...

By Cindi Myers, RN,BSN St. Luke's Parish Nurse



Life's Simple 7

The American Heart Association has identified 7 health and lifestyle factors key to long term good health. Citing the importance of prevention for the long term, the AHA for the first time is making better heart health a goal in itself. The AHA is dubbing these: "Life's Simple 7".

1. Never smoked or quit more than one year ago.
2. Body mass index [BMI] less than 25.
3. Physical activity of at least 150 minutes of moderate intensity, or 75 minutes of vigorous intensity each week.
4. 4 to 5 of the key components of a healthy diet:
 - a. **Fruit and Vegetables**—4.5 cups or more per day. Diets high in fruits and vegetables are associated with a lower risk of heart disease as well as risk factors such as obesity and high blood pressure
 - b. **Fish**—2 or more 3.5 oz servings a week, preferably oily fish such as salmon and /or mackerel, high in omega 3 fatty acids.
 - c. **FEWER Sugar-Sweetened Beverages**—less than 450 calories per week.
 - d. **Fiber-Rich Whole Grains**—3 or more 1 oz servings a day. Whole grains are high in fiber, which helps lower cholesterol, and contain essential nutrients.
 - e. **Sodium**—less than 1500 milligrams per day.
5. Total cholesterol of less than 200 mg/dL
6. Blood pressure below 120/80
7. Fasting blood glucose less than 100 mg/dL

"ANYONE can call to get information about health and human services that are available in their area"

In many ways, none of these should be a surprise to you. You have read and heard these things for years, but this has just a good way of summing them up. We also know that these "Simple 7" are also key not just to good heart health, but to brain health as well!

So, how do we go from 'head' knowledge to application? How can we possibly change a life time of bad habits?

Obviously we start somewhere. Pick one of these items. Pray about it. Enlist the help of others. Control the things you can. You can't possibly imagine how many times over the years I have personally said: *"I can do all things through Jesus Christ who strengthens me."* Philippians 4:13

'Just do it!'

Tuft's Health & Nutrition Letter April 2010, Vol. 28, Number 2

Convalescent, Mobility Equipment: St. Luke's has wheelchairs, walkers, bedside chairs, and shower chairs to loan. Call the church office with your needs at 453-0555.





THANK YOU...

St. Luke's Cookbook Praise Report!

Many thanks to all who purchased cookbooks! Our Savior Jesus Christ has been glorified through this St. Luke's Food Pantry mission project! After cookbook printing costs were covered a profit of approximately \$850 has been reported! These proceeds and all future sales will be donated to St. Luke's Food Pantry! Thank you to all the Ladies of Tuesday FUN Bible Study and Nancy Boughton for all your help in this endeavor. A \$850 Donation voucher for the Food Pantry is in process. There are still cookbooks available! Payment envelopes are available with the cookbooks. Please deliver envelopes to my mailbox in the church office. Livy Downey 627-8040.

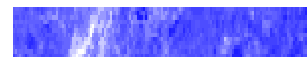
VBS Dinner Theatre Praise!

Thank you for your generosity and presence at the 2010 VBS Dinner Theatre "Superstars of the Bible!" We raised \$748 for Bible School! A huge **THANK YOU** to everyone who purchased a ticket and donated desserts! Also, thank you to Fannie Rody and her awesome dinner crew!

In an effort to reduce costs, giving statements will no longer be sent out quarterly. They will now be sent at the end of August and at the end of the year. The Finance Committee apologizes for any inconvenience this may cause. If you are in need of a statement at a time different from the planned mailings, please contact Paul Wagner at 454-9493.
God Bless, Paul

Our GIVING for the month of APRIL...

03/28/2010: \$8,879.50	04/04/2010: \$18,738.79
<u>March total:\$42,063.86</u>	04/11/2010: \$10,509.27
<u>March needed:\$42,947.24</u>	04/18/2010: \$12,432.72
<u>March difference: (\$883.38)</u>	04/25/2010: \$11,802.64



The 2010 St. Luke's stewardship campaign desires to teach the basics of Christian stewardship. Here is our message for April:

All that we have belongs to God.

"The earth is the Lord's, and everything in it, the world, and all who live in it" (Psalm 24:1).

Our ATTENDANCE for the month of APRIL...

03/28/2010:	04/04/2010:	04/18/2010:	
8:30: 182	8:30: 201	10:00: 280	
<u>11:00:103</u>	<u>11:00: 120</u>	Total: 280	
Total: 285	Total: 321	04/25/2010:	
	04/11/2010:	10:00: 230	Monthly April Attendance Totals: 1,087
Monthly March Attendance	8:30: 170	Total: 230	
Totals : 973	<u>11:00: 86</u>		
	Total: 256		



A Report on the Youth Group from Jim Wilson

It has been quite a while since I last wrote a newsletter article and thought you might want to know how things have been going with the Youth Group. To make this easier I'm dividing it up into segments:

Missions and Service:

The youth are regularly involved in multiple areas of service to the church and the community. Aside from occasional side-jobs that we do around the church we attend Kokomo Urban Outreach for two hours on the last Sunday of every month. We also recently returned from a Spring Break Mission Trip to New Orleans, LA during which we fixed up houses that were affected by Hurricanes Katrina and Ike. This trip was by far our biggest turnout for a youth mission trip with 14 youth attending. The trip was so great that we are actually planning to return one more time this summer from July 9-18th. The best thing I noticed from this trip was the development of relationships. Several of our youth were well acquainted, but there were many who were not and that changed by the end of the week. Not only that, but many of the youth developed deeper relationships with the other adults on the trip (Shannon and Lou Westray, Rudy Suryantoro, Carol Campbell, and John Householder).

At this time many of the youth are involved in setting up the VBS decorations, a somewhat daunting task at the moment (you'll see what I mean when it's finished!). You have probably started to see the narthex being transformed over the weeks and it is our plan to gradually transition that space to the appearance it will have for VBS. The chapel will undergo a significant addition, but you'll see that a bit later. Thank you to everyone who has supported our material needs in that task. Also, several youth will be involved in the production of VBS as family leaders, assistants, shop keepers, and actors.

The next big event on our Missions agenda is our 2011 Foreign Mission Trip. I'm sure you all remember hearing about the Jamaica Mission Trip in 2008. Well, this trip is going to be totally different! We have decided to set our primary destination as Ghana Africa where among other things we will participate in the ministry of Cam and Anne Gongwer. This will be a two week trip that will be open to Sr. High Youth only. The call-out meeting for this event is Tuesday May 18th at 6:00pm.

For those who are interested I have been keeping track of service hours put in by all the youth who help out with the various things we do. Unfortunately I have had help which I have failed to record at times, but all the Youth Group's recorded service in the past 2.5 years of my time at St. Luke's has added up to: **1,644 hours**. Most of the youth on my list have over 100 hours and a few have over 200 hours.

Discipleship:

Meagan and I have been involved with one on one discipleship mentoring with several members of our youth group. We have also seen a few youth take a step up from attending just the "fun" events to attending Bible Study, Sunday School, and Sunday Night Youth Group. Bible Studies have ceased for now, but will resume either in the summer or fall with a series I'm calling "Strategic Christianity." We still have a somewhat younger group, but I am proud of the spiritual development I see in them. Please pray that God will raise up and affirm leadership among the youth.

General Events:

We do a number of generally "fun" activities including: game nights, bowling, and Nerf nights. I have been seeing several newer youth at these events and hope to see them transition into the rest of our youth group activities soon.

Summer Events:

We are getting ready for a number of summer activities. Our Sr. High group is going to Summit Base Camp for Sr. High camp this year. It is a solid camp and Pastor John will actually be a keynote speaker for part of the week. We are also returning to New Orleans for a second Mission Trip, something I mentioned above, but this time we're going to add White-water Rafting to it! Some of the youth and adults have expressed interest in learning ancient Greek for study of the New Testament so I will be teaching a class on Koine Greek (the Greek of the New Testament) this summer and probably into the fall. This will be a bit lighter than my college experience, but still pretty intense. The class is open to anyone, including adults. Signup sheets will be available in the narthex soon. I am also thinking about planning a couple weekly "fun" events: "A day in ___" and "Summer of Nerf." "A day in ___" will involve taking a day trip to a location in Indiana and finding things to do there. This could involve not only fun, but service too. "Summer of Nerf" will involve playing Nerf outside at a new park in Kokomo every week. My hope is that it will draw attention from other youth who may then become interested in other activities we have going on. If you're at a park this summer and see teenagers running around with colorful plastic Nerf guns please don't call the cops; we're not a threat!

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 7:00am Rummage Sale
2 Peter Pierra preaching 9:00am Sunday School Hr 10:00am Worship 1:30pm BoyScout Venture 4:00pm Youth Group 7:00pm Young Adult	3 11:30am Altar Prayer 1:00pm Staff Meeting 5:30pm Confirmation Class	4 7:00am Judy Cotterman - Bridge Meeting 1:00pm Hope Circle 4:30pm Life Skills (DVS) 4:30pm Life Skills (DVS) 6:00pm Karate 7:00pm Naomi Circle	5 1:00pm Prayer/ Bible Study 5:00pm Handbell Practice 7:00pm Choir Practice	6 7:00am Seeker's 6:30pm Women of Bethany	7 11:00am Joy Fellowship 11:00am Joy Fellowship 5:00pm UMW Mother's Luncheon Setup	8 8:00am UMM Breakfast 8:00am Postal Carrier Food Drive 8:00am UMW Mother's Luncheon
9 9:00am Sunday School Hr 10:00am Worship 4:00pm Youth Group 7:00pm Young Adult	10 9:30am Preschool van 11:30am Altar Prayer 1:00pm Staff Meeting 4:00pm Prayer and Share 5:00pm Stephen Ministry 5:30pm Confirmation Class	11 8:00am Stroke Detection Plus 4:30pm Life Skills (DVS) 4:30pm Life Skills (DVS) 4:30pm Missions Meeting 6:00pm Karate 6:30pm Trustee Meeting	12 1:00pm Prayer/ Bible Study 5:00pm Handbell Practice 7:00pm Choir Practice	13 7:00am Seeker's 6:30pm UMW Executive Board 6:30pm Women of Bethany	14 5:00pm Jewell Rehearsal	15 8:00am Jewell Wedding
16 9:00am Sunday School Hr 10:00am Worship 1:30pm BoyScout Venture 4:00pm Youth Group 7:00pm Young Adult	17 11:30am Altar Prayer 1:00pm Staff Meeting 5:30pm Gideon's Meeting 5:30pm Gideon's Meeting 5:30pm Confirmation Class	18 4:30pm Life Skills (DVS) 4:30pm Life Skills (DVS) 5:00pm Parish Nurse Meeting 6:00pm Karate 7:00pm Finance Meeting	19 1:00pm Prayer/ Bible Study 5:00pm Handbell Practice 7:00pm Choir Practice	20 7:00am Seeker's 8:00am Newsletter Deadline 6:30pm Women of Bethany	21 11:00am Joy Fellowship 11:00am Joy Fellowship	22 12:00pm Wesner Party
23 9:00am Sunday School Hr 10:00am Worship 4:00pm Youth Group 7:00pm Young Adult	24 11:30am Altar Prayer 1:00pm Staff Meeting 4:00pm Prayer and Share 5:30pm Confirmation Class	25 4:30pm Life Skills (DVS) 4:30pm Life Skills (DVS) 6:00pm Karate	26 1:00pm Prayer/ Bible Study 5:00pm Handbell Practice 7:00pm Choir Practice	27 7:00am Seeker's 6:30pm Women of Bethany	28	29
30 9:00am Sunday School Hr 10:00am Worship 4:00pm Youth Group 7:00pm Young Adult	31 11:30am Altar Prayer 1:00pm Staff Meeting					