

# THE EPISTLE

The Monthly Newsletter of St. Luke's United Methodist Church

## Save or Savor

In Mark's first chapter we read that Jesus was in the wilderness for forty days, tempted by Satan. Mark doesn't go into detail. He doesn't recount three temptations, as Matthew does in his Gospel. Mark just leaves us with the impression that Jesus is out there in the wildernesses for a very long time - and that during that time Satan is always probing Jesus' defenses - always looking for a way to trip him up - always trying and failing, but always trying again.

St. Luke's, that's how it works with us too. When we wake up in the morning, we need to remind ourselves to be on guard, because Satan is persistent. He will be looking for ways to trip us up. We need to start our day with prayer - prayer that God will guide us through

the day - and prayer that God will defend us from the land mines that Satan will be planting in our pathways.

E.B. White was a writer - not a preacher - but he said it well. He said:

*"If the world were merely seductive, that would be easy. If it were merely challenging, that would be no problem. But I arise in the morning, TORN between a desire to SAVE the world and a desire to SAVOR the world. That makes it hard to plan the day!"*

Amen to that!

Wishing you a holy and blessed Lent,  
Pastor Jim

*Pastor Jim*







# Lent

PRAY. FAST. GIVE.

## **LENTEN WORSHIP SERVICES AT NOON**

Each Tuesday during Lent in  
the Chapel!

Feb. 20th- Mar. 26th

\$5 Soup & Sandwich Lunch  
Immediately After the Service  
in the Parlor

\*If you would like to help with the food,  
please contact Shirley Robinson\*



# CHILDRENS MINISTRY

2024 has started strong with good attendance in our Sunday School classes and we had a wonderful group of kids attend the interest session to become acolytes for the whole church on January 29th! We hope to have around 10 kids in total become our new acolytes during the worship services. This is a big responsibility but the kids are excited and they are ready because they have had lots of practice being acolytes in Children's Church! Being responsible enough to carry fire is a big deal and the children are taking it very seriously.

This Spring is going to hold so much fun stuff for us all! First, we plan to offer a Valentine's themed "Stay & Play" on Sunday, February 18th from 11:30- 1:00 for kids and families to enjoy some pizza and free play time in the gym or outside if the weather permits, as well as a chance to make a card for a loved one. Then, the Children's Choir will be resuming practice on February 25th as they will be preparing a special performance for Palm Sunday to share with the congregation! Make sure your kids are present for Sunday School because rehearsals start right after! We also plan to bring back our joint Sunday school class for all ages during the Lenten Season. This shared time will allow us to dive deeper into the Lenten Season and all the things that make it so special! We will have another wonderful Easter Egg Hunt as well in March and then we will switch gears to get ready for another great Summer with Vacation Bible School and so much more fun to come this Summer! Stay tuned so you do not miss your chance to volunteer and join in the joy with our awesome kiddos! We always need more volunteers to help once a month with Children's Church or even join our substitute list. If you are interested in working with the children at all, please reach out to Mary Page Contreras immediately!



### **Sit & Sew**

Started in 2006, the Sit and Sew ministry reaches out to those who cannot afford to pay for lessons in learning to sew. We make baby items for Methodist South's NICU including burial clothing for preemie babies starting at 16 weeks going thru full term. We average 12 to 14 garments a year. Students average about 3-5 per sewing day. We meet on Monday and Wednesday afternoons from 1pm to 5:30pm. Students come in as their schedules allow. We also work on Easter dresses for the girls of Sherwood Elementary. Also, I do any sewing the church needs as well as alterations for church members. You can reach me at [martystitches@aol.com](mailto:martystitches@aol.com) or by phone 901-324-4943.

Blessings,  
**Marty Cobb, Seamstress**



The ministry is still in need of Move-In kits. Items for Move-In kits is on the Hospitality Hall bulletin board or you can email me at [martystitches@aol.com](mailto:martystitches@aol.com) for needed items. Cleaning supplies are always needed as well as bath and bed linens. Always glad to serve.

Blessings,  
**Marty Cobb, Key Woman**  
**St Luke's UMC**

### **JANUARY 2024 MEMORIALS:**

**In Memory of Candy Williams from Carolyn Galloway, Rita Richardson, Mary Lou Cushing**

**In Memory of Dr Ed Lane from Harry and Bette Colter**

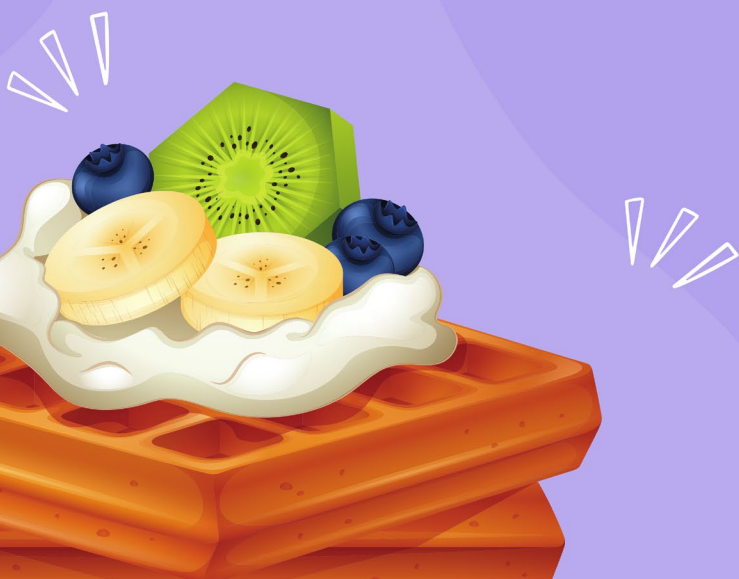
**In Memory of Virginia Jones from Mary Lou Cushing, Sarah Jordan, Harry and Bette Colter**

**In Memory Tom "Pop" Eubank Sr. from Denton and Amy Pearson**

**In Memory of Alice Roberts from Harry and Bette Colter, Carole Feisal, Hal and Betty Padgett,**

**Lisa Farrell, Rita Richardson, Sarah Jordan, Carolyn Galloway, Karen Kinney, Miller Delgadillo,**

**Dot Dickey, Mary Palmer, Seeker's Sunday School Class**



The Waffle Shop at Calvary Episcopal Church is right around the corner. It will be open Thursday, Feb. 15 through Friday March 22nd, and is open Wednesdays, Thursdays and Fridays from 11am-1:30pm. If you would like to volunteer, please let Doey know what days you would like to work or you can sign up on their website. Thanks! Doey- 901-351-7942



## Fun Bunch Activities

On February 22 at 10a meet in Hospitality Hall for Lenten Luncheon and Rev. Barbara Brown Taylor at the Calvary Episcopal Lenten Series. Please sign up at the desk in Hospitality Hall. On March 27 will be going to Theatre Memphis for a 1:30 performance of Almost Elton John. Tickets will go very fast for this! We must know if you want to attend by February 20. Sign up at the desk in Hospitality Hall. Questions: Call Jim or Jeanne Debo 413-3341

## Christian Homebuilders Sunday School Class

We will be starting a Lenten Series- The Third Day ( Living the Resurrection) by Tom Berlin. Our guest teacher will be David Hensley.

All are welcome to join us!

## Room In the Inn

We had 10 ladies/children in November and December. December was fun with Christmas Gifts for all our guests. Unfortunately, we could not host due to the ice/snowstorm in January. We will host February 17/18 and March 16/17. We can always use more help. Call Jim or Jeanne Debo 413-3341



## Trusted by Hospitals Nationwide.

Life Line Screening has partnered with over **100 hospitals** across the country and has conducted over **10 million screenings** since 1993.



### ***Carotid Artery Disease***

an ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.



### ***Atrial Fibrillation (AFib)***

a 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.<sup>2</sup>



### ***Abdominal Aortic Aneurysm (AAA)***

an ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a life-threatening medical emergency.



### ***Peripheral Arterial Disease (PAD)***

an Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.<sup>3</sup>

## 4 Screenings for Only **\$149** Special Package Pricing

**We are coming to your neighborhood.**

**Where: Memphis - St Luke's United Methodist Church**

**When: Friday, February 23, 2024**

To register for your appointment and to receive the special discount,  
please call **1-800-640-6307** or visit **LLSA.SOCIAL/HC**

# CHURCH LEADERSHIP

United Methodist Churches are historically laity driven. We are blessed beyond measure to have devoted and dedicated leaders in our congregation who willingly step up to serve. Listed below are the chairpersons for each of the committees that work for the benefit of St. Luke's. Rest assured that behind each of these chairpeople is a team of faithful committee members as well – more than 60 or 70 people. It's truly a team effort. If you have questions, ideas, concerns, or just need to chat, feel free to reach out to any of these folks!

Chair of Church Council – Pat Anderson

Lay Leader – Phyllis Gay

Lay Member of Annual Conference – Barbara Caldwell

Alternate Member of Annual Conference – David Smith

Church Treasurer – Mozell Starks

United Women in Faith, President – Pat Anderson

United Methodist Men, President – Warren Morrison

Staff Parish Relations Committee, Chair – Clancey Patterson

Finance Committee, Chair – Wally McAlexander

Endowment Committee, Chair – Allan Hensley

Board of Trustees, Chair – Susan Dacus

Lay Leadership Committee, Chair – Jim McKinney

Lay Leadership Committee, Co-chair – Shirley Robinson

Safe Sanctuary Committee, Chair – Melissa Ungberg

Worship Committee, Chair – Linda Hensley

Education Committee, Chair – Ruth Morrison

Mission/Service Committee, Chair – Jim Debo

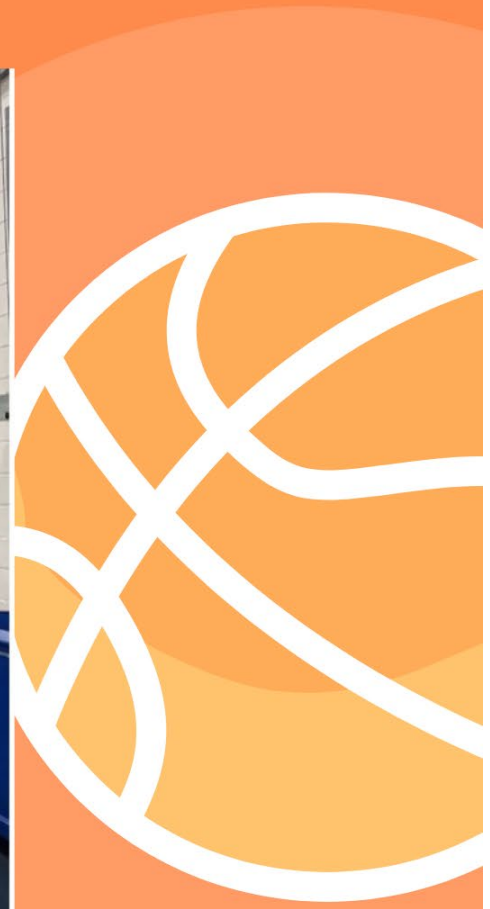
Outreach/Evangelism Committee, Chair – Lynne McAlexander



# ST. LUKE'S CHRISTIAN LIFE CENTER

Our Christian Life Center has been buzzing with activity. East Shelby County Recreational League has hosted 27 youth sports games in the CLC. St.Luke's has 2 teams this year, 3rd grade boys and 9th &10th grade boys.

St. Luke's CLC is hosting University of Memphis Campus School's Basketball teams 4 days a week for practice. The program currently serves 35 boys and girls, 3rd-5th grade. This has been a wonderful opportunity for us to interact with new families.





# Day School News

After a week of snow days, we are finally back in a rhythm. We celebrated MLK Day a week late (snow week), where kids learned "I can put the 'I' in Kind!" We also celebrated "Mr. Eddie Day" to thank him for the many ways he keeps our space comfortable and safe.

Enrollment for 2024-25 for new families is February 5-9. We can't believe we are already planning for next year! In the next months we will be sending out information about Summer Camp.

We will be out of school Monday, February 19, in observance of President's Day. As always, our teachers are doing a wonderful job showing love, patience and joy to our little friends!



# SMALL GROUPS

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## GET CONNECTED

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Day/Time: Thursdays, 10 am – noon  
Where: Church Library  
Facilitator: Linda Hensley  
Members: All ages, women and men  
Study: Various  
Contact: Linda Hensley  
[hensley.linda@comcast.net](mailto:hensley.linda@comcast.net)

Day/Time: Sunday evenings, 5-7 pm  
Where: Town Village  
Facilitator: David Hensley  
Members: All ages, women and men  
Study: Various  
Contact: David Hensley  
[thehensleys421@gmail.com](mailto:thehensleys421@gmail.com)

Day/Time: Tuesday mornings, 9-11 am  
Where: Online prayer group & book club  
Facilitator: Melinda Kaler  
Members: All ages, women  
Study: Various  
Contact: Melinda Kaler  
[mtkaler1111@gmail.com](mailto:mtkaler1111@gmail.com)

Day/Time: Once a month at 1 pm  
from November thru May  
Where: Members' Homes  
Facilitator: Warren Morrison  
Study: Spiritual formation using  
using devotions from  
*The Upper Room*  
Contact: Warren Morrison  
[wmorrison3999@gmail.com](mailto:wmorrison3999@gmail.com)

Day/Time: Wednesday at 6:00 pm  
Where: Jess & Magen Holcomb's  
home  
Facilitator: Jess & Magen Holcomb  
Study: Mosaic – provide a safe,  
affirming space to build a  
community and experience  
the love of God  
Contact: Jess Holcomb  
[jess.holcomb@stlukesumc.org](mailto:jess.holcomb@stlukesumc.org)