

THE EPISTLE

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

Sons and Daughters of Encouragement

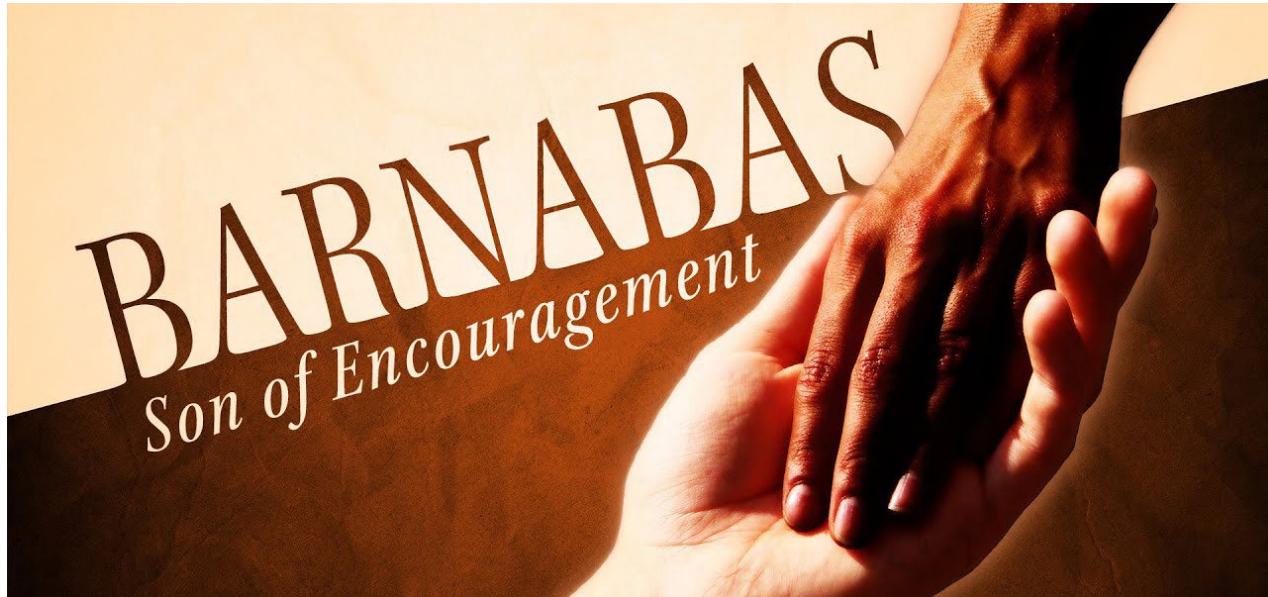
Have you ever heard of Barnabas? He's not too well known today, but he was very prominent in the early church. He appears twenty-four times in the Book of Acts and then is mentioned in three of Paul's letters. Many Christians barely know his name today, but after the gospels, Barnabas ranks as one of the three or four most important people in the whole New Testament. His name means "Son of Encouragement", and he seems to have lived up to his name.

Barnabas befriended the Apostle Paul by pleading his case before the Church Council in Jerusalem. He brought cheer to the struggling early church by selling a piece of land and giving all the proceeds to advance the Christian cause. He picked up a stumbling young disciple named John Mark, after Mark had deserted Paul, and so transformed him by his encouragement that years later we find Paul writing to a friend: "Bring John Mark, for he is profitable unto me".

There was nothing quite like the service of Barnabas in the early church. An ordinary disciple in many ways, he nevertheless performed extraordinary service by combatting the influence of that deadly enemy of humankind called discouragement.

St. Luke's, there are many organizations today, such as "The Sons of This" or "The Daughters of That", but in this anxious troubled world, when millions of people are more discouraged about themselves and the state of the world than ever before, what a great need there is for growing membership in "The Order of the Sons and Daughters of Encouragement" dedicated to bringing light to people's faces.

Faithfully,



PUTTIN' ON THE RITZ

**Talent Show
Potluck Lunch
September 15 | 11:30am**

**Benefits St. Luke's
Music Ministry**

**Bring your favorite dish and
enjoy a show featuring talented
St. Luke's folks! \$5 per person -
family max of \$25**



IT'S ALMOST
PARTY TIME!



PUMP IT UP

Join us to celebrate 5 years of Children's Worship at the Lighthouse!

Who:

All children, youth, families, and Children's Ministry Leaders

What:

Tons of bouncing, climbing, sliding, and playing fun

Where:

Pump It Up at 8000 US Hwy 64, Bartlett

Date:

September 29, 2024

Schedule:

11:45 Pizza Party in Fellowship Hall

12:25 Leave to Go to for tons of bouncing, climbing, sliding, and playing fun.

1:00 Playtime starts in Arena A

2:20 – Celebrate 5 great years with cake and ice cream

3:00 – Go Home smiling.

Cost:

Free – Please have a parent or designated adult for each family

Be Sure to Wear Socks!

AUGUST 2024 HONORIUMS AND MEMORIALS:

Memorials:

In Memory of Miriam Riker from Hal and Betty Padgett

In Memory of Barbara Caldwell from Stella Day

In Memory of Steve Hall from Stella Day

In Memory of Harold Thompson from Mary Lou Cushing, Janie Hendrix, Sarah Jordan

In Memory of Fred Thompson from Mary Lou Cushing, Sarah Jordan

In Memory of my birthday buddy, Ed Lane for his 99 th birthday! From Doey Barrar

The Push and Pull of Peer Pressure

A few weeks before our youngest son started Kindergarten, a noticeable shift began to occur. He was easily overwhelmed, highly sensitive and seemed to have pre-conceived ideas of what Kindergarten was all about. After many conversations, we finally realized he believed playtime was over and his new classroom would be full of tests. "Tests, tests, tests every day and if I mess up on them, I get a bad grade on my report card and you'll be mad at me." All of this anxiety stemmed from comments about him repeating 4K, due to his age. Kids had unknowingly made comments about the possibility of him being held back again. While Robert and I had worked with the school to do what was best for our child, we weren't prepared for the negativity that came along with it. I thought to myself, "he's too young for this."

Through this situation, we learned peer pressure truly pays no attention to age. Peer pressure exists as early as preschool (take it from a former preschool teacher.) There will always be kids who don't conform to the norm and there will always be kids who can't conform due to neurodivergence, family income, religious beliefs, race or other life circumstances. The harsh reality is that we can't stop peer pressure. However, we can be prepared to respond.

First, be present. If your child asks to talk to you, make time to listen without interruption, no matter how big or small the situation might be. Something that's small in your mind, seems huge to a child who's developing the skills to think and reason on their own. Be present in their life- even if they make it hard. Don't stop showing up for them. And when the day comes when they tell you something that evokes anger or emotion, remember YOU ARE THEIR SAFE SPACE. You've been preparing for this moment. Stay calm and if anger starts to bubble up in your throat, it's okay to ask for a bit of time to process what you've heard. Come back to it later, when you're more sure of your approach.

Second, teach them to say NO! Practice role playing different situations that could happen at school or a friend's house from an early age. Remember the impulsivity of your own childhood and teenage years? By helping them reason through small things, they'll be able to apply that same logic to bigger ones.

Third, practice what you preach. Live as an example. This part requires a lot of self-reflection and prayer. Surround yourself and your children who are positive influences on your family. Show them how to set boundaries with people who bully or disrespect others. Finally, when you mess up and realize you're not proud of your choices, admit it to them. Show them you're human, talk about how you will handle it next time and you'll be 10 times more approachable when they need your guidance.

Thank you for letting me be a part of your village,
Sheridan Harris
Youth Director

St. Luke's Youth Ministry

BIG SCREEN BIBLE STUDY

Wednesday, October 2

Wednesday, October 16

Wednesday, October 30

Wednesday, November 13

**Dinner will be
served at 5:30pm.**

Pick-up at 7:00



Come & get your COFFEE ON



Who: St. Luke's Youth & parents

Where: Belltower Coffee Shop

When: September 15

(during Sunday School hour) 9:15-10:15

Let's discuss...

**Wednesday night Bible study, fall events &
the future of the youth program**



The Fun Bunch Activities

- Come paint with us on September 11 at 11am in the CLC Craft room! We will provide the paint, brushes and canvases. Bring your sack lunch. We will provide drinks and desserts. Please sign up at the Hospitality Hall desk.
- Join us on October 2 to go to a free Zoo Day sponsored by PNA. Free admission to the Zoo and free tram rides. Come help us roar at the lions! We will be taking our church van and leaving our parking lot at 9:30 am. Please sign up at the Hospitality Hall desk to reserve a sit on the bus! Thanks.

Questions ? Call Jim or Jeanne Debo 413-3341



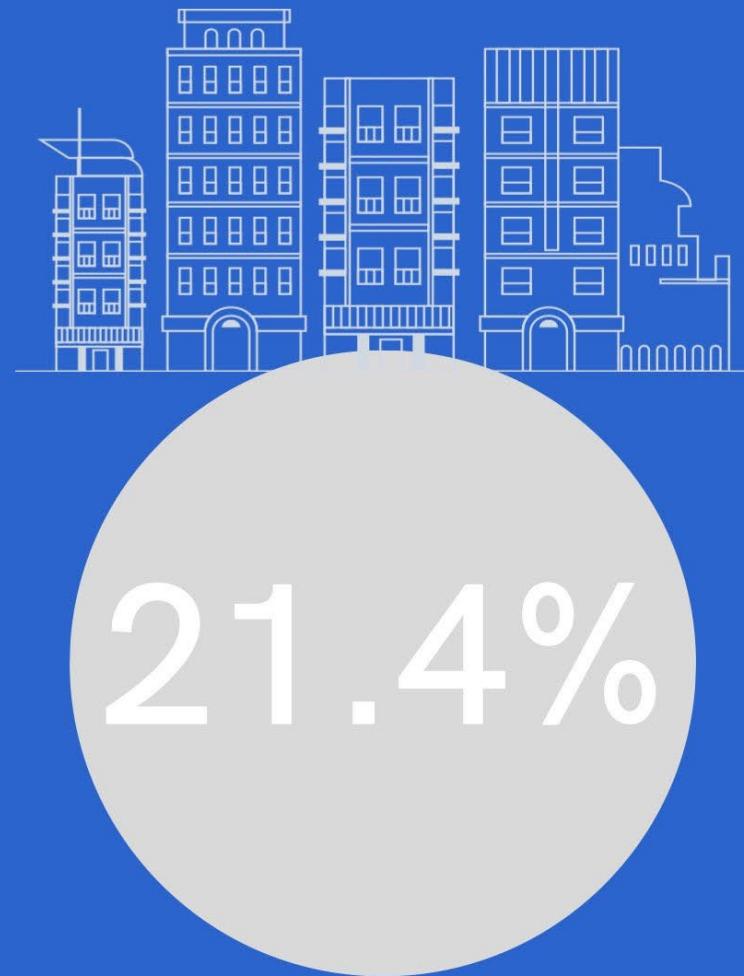
St. Luke's Helps LaLimye Ministries

Earlier this year, our Vacation Bible School raising money for had La Limye Ministries as its VBS service project. La Limye is an orphanage in Haiti for girls who have been orphaned or deserted by their families. La Limye no longer has a school because they had to flee to the northern part of the island to be safe from the gangs that have taken over the Southern part of the country. This Summer, they asked for donations to be able to send each of the girls to a safe school in their area. Our children

enthusiastically collected money all week from piggy banks, parents, neighbors and friends. They did chores to earn money. Our church family helped out as well and Pastor Jim matched the funds raised with money from his discretionary fund. It is exciting to report that our children and our church donated \$3100.00, which is enough to send one child to school for an entire year. Thanks to all of those who contributed to this ministry that is helping to give these girls and their country a future.



COMING THIS FALL!



OF THE MEMPHIS POPULATION IS LIVING IN POVERTY

Join us for a Poverty dinner & roundtable discussion November 10th to find out how we can make a difference together.

PHONE

901-452-6262

Hosted by St. Luke's
United Methodist Youth Group

EMAIL

Sheridan.harris@stlukesumc.org

DAY SCHOOL NEWS



WE ARE OFF TO A GREAT START! THE GERMS HAVE ALREADY HIT US, AND WE'RE DOING OUR BEST TO KEEP EVERYONE HEALTHY. CHURCH MEMBERS ARE ALWAYS WELCOME TO HELP OUR SWEET SCHOOL! WE LOVE VOLUNTEERS TO HELP IN THE CLASSROOM AND WE ALWAYS NEED CLOROX WIPES AND BABY WIPES. BELOW IS A PHOTO OF MOST OF OUR STAFF ON THE FIRST DAY OF SCHOOL. IT'S GOING TO BE A GREAT YEAR!



Children's Ministry

We ended the Summer with a BANG in the Children's Department at St. Luke's. We made a big splash at the "Back to School Bash" with so many families present. The kids enjoyed water slides and bounce houses, a cookout, popsicles, and more! It was truly a blast and the momentum was surely carried on to Sunday morning with a tremendous showing for our "Blessing of the Backpacks." We also had a great turnout for our Promotion Sunday on the 11th where we gathered in the Day School Lobby and enjoyed donuts and juice to celebrate our new Sunday School classes and the start of the school year. We also recognized our rising third graders with a certificate and their very own bibles during the Worship Service. We have 4 rising third graders this year which is exciting!

Stay tuned for even more fun this Fall, like a family movie night coming in September and our super fun, intergenerational Trunk or Treat on October 18th! Volunteers will be needed for all of our fun events. We are also looking for more helpers in the Lighthouse! If you would like to get on a once a month rotation to

work with our children, or would like to help in any big or small ways with the Children's Department, please do not hesitate to reach out to Mary Page Contreras. **There are lots more big things coming for family fun, so make sure you are following our Instagram page for the latest updates: @stlukes_children**



Sherwood Elementary News

Hello St. Luke's Family!

Your generous gifts have gotten Sherwood Elementary started off on another great school year. Pictured is Professional School Counselor, Jaclyn Lindsey MA., with a cart brimming with evidence of Christ's love from our St. Luke's Family's annual school supply drive. Also, your monetary gifts, totalling \$1,600, have purchased much needed classroom supplies for the teachers and over 100 new uniform shirts and pants. Thank you for helping the teachers keep the students healthy and happy as they grow and learn.

The Church Ladies' Small Group,
Melinda Kaler **Barbara Simpson**
Bette Colter **Jacki Romey**

Sherwood Elementary is starting a monthly knitting/crocheting club AND book club!! If you want to purchase new, or have extra supplies that you would like to donate, please drop them in the bin in the Hospitality Hall. If you would like to donate books and snacks for the monthly Book club contact Melinda Kaler.
901-212-5365, mtkaler1111@gmail.com



TRUNK OR TREAT

At St. Luke's UMC

5:30-7:30 pm

Friday, October 18th

Trunk or Treat plus a Spooky
Special Bounce House!
FREE fun for all ages!



Email marypage.contreras@stlukesumc.org
to reserve your spot for a trunk!

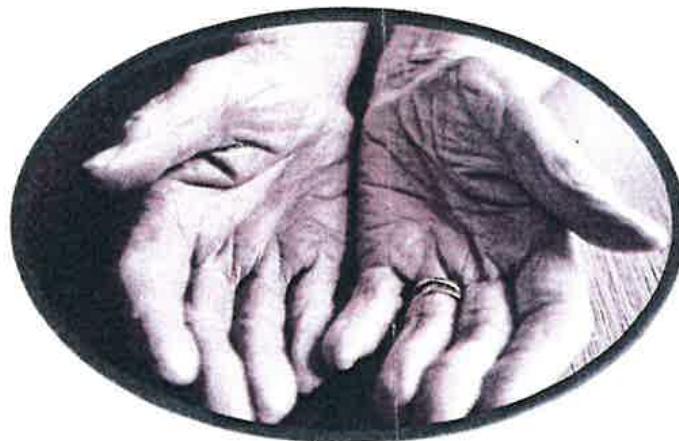


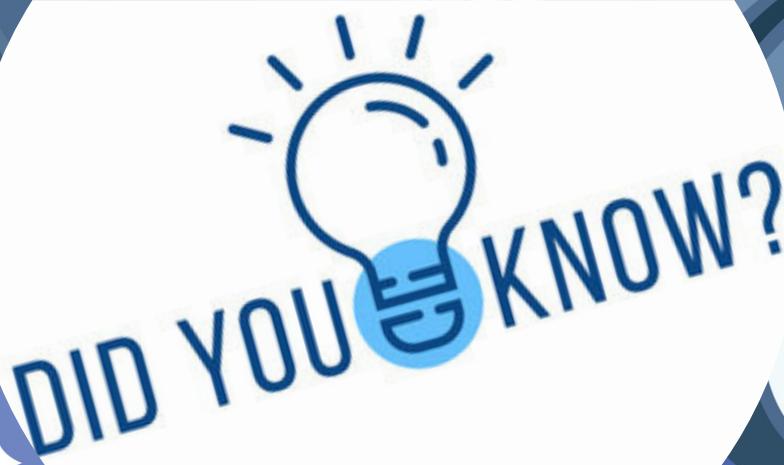
As each of you know, GCSM's impact is felt in a significant way through our support of 31 Wesley Living affordable housing retirement communities. These wonderful seniors have found a place of comfort and companionship that they can call home. We work tirelessly to provide move in kits and bible trivia for these communities - it's our small way of showing we care.

We're reaching out to ask for your help to gather the following items:

Coffee cups/mugs and Instant coffee packets, Puzzle books, Microwave oatmeal, Microwave popcorn, Small pencil sharpeners, Playing cards, Emory boards, Short combs, Small packs of Kleenex, Pre-packed plastic utensils (like the ones you get with fast food), Hard candy, Wash cloths, Boxes of Paper towels.

Your kind contributions would mean the world to us and to these seniors. Let's continue to make these communities a haven of comfort and companionship. Thank you so much!





1 Corinthians 6:19-20: Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.

- Get moving. Our facility is home to physical fitness opportunities for all ages to help you keep your temple in tune. Classes in chair aerobics and yoga (small fee per class), along with team sports including pickleball and basketball are open to all. For more information about this ministry, please e-mail Sheridan Harris at sheridan.harris@stlukesumc.org
- Each week more than 120 adults and children make use of the Christian Life Center (CLC) through team sports, classes and individual use. St. Luke's members are always invited to use our elliptical, treadmill, free weights or air bike free of charge. The equipment is located in the workout room in the Gym lobby. It is open weekdays from 7:30 AM to 6:30 PM.
- St. Luke's is one of the largest and longest-standing host sites in Memphis for East Shelby County Recreational League (ESCRA). Through this partnership, we serve children from Junior Kindergarten through 16 years of age. ESCRA is an instructional league that helps young athletes build their skills in an age appropriate, hands-on approach. Each week for 10 weeks, we host between four to six games. Basketball sign-up's are going on now! Email at sheridan.harris@stlukesumc.org to learn more.
- Interested in volunteering your time in the Christian Life Center (CLC)? We're looking for concession stand workers, coaches and scorekeepers for the upcoming basketball season. Email at sheridan.harris@stlukesumc.org to learn more.

START < TRAINING < TODAY <