

THE EPISTLE

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

Mark 4: 38-39

"But he was in the stern, asleep on the cushion, and they woke him up and said to him, 'Teacher, do you not care that we are perishing?' 39 And waking up, he rebuked the wind and said to the sea, 'Be silent! Be still!' Then the wind ceased, and there was a dead calm".

Saint Luke's,

I wonder if you might sometimes find yourself crying out, "Jesus, do you not care that I am perishing?" "I wonder if you might sometimes pray, "Jesus, help me! Save me! Do something!" That, by the way, is a good prayer. Sometimes we find ourselves in a situation where we can hardly imagine a solution. Please remember that we don't need to tell Jesus how to solve our problem. We don't need to say, "Do this, Jesus!" or "Do that!" It is quite sufficient to pray, "Jesus, help me! Jesus, save me! Jesus, please do something!"

Sometimes, the Lord answers our prayers in the way we desired. Sometimes we pray to recover from an illness, and we recover. Sometimes, we pray for a relationship to be restored, and it is. But, at other times, the Lord helps us in another way. Sometimes, the Lord makes it possible for us to live joyful, productive lives in spite of the storms raging around us and within us. Someone put it this way:

"Sometimes the Lord calms the storm; Sometimes He lets the storm rage and calms the believer. "

Faithfully,

Pastor Jim McKinney



CARE TALKS

Only 3 weeks away is Care Talk Sunday. October 19, 2025

A gentleman with meager means who lived in England desired to leave his homeland and sail to America for a better life. He saves enough money to buy a ticket for a ships passage.

During his 14 day voyage, he ate nothing but Cheese and Crackers that he had packed for the trip. Everyday of the voyage, he would watch his fellow passengers make their way to the dining area that was always filled with sweet aromas. On their return, he would hear the same express how delicious the meals were and could hardly wait until the next.

Near the end of the voyage, one of the ships staff expressed to him, "Sir why do you never come to eat in the dining room?" He replied rather shamefully, "Sir, I had only enough money to buy a ticket to sail but not for food." The reply was "Your ticket included all meals to daily enjoy a banquet of fine food and drink." My what he had missed out on that entire trip!

The core message of this tale is that it serves as a parable about the many within Christs body who have and presently are missing out in fully enjoying the generosity of Gods grace through Christ. Sadly, I believe that overall many of Gods children are in the same boat as our Cheese and Cracker friend.

To be sure the words of Jesus in John 10:10b declaring "I have come that you may have life, and have it abundantly are claimed. Yet this fullness of life is so often not felt to its fullest. We have sips of it but too often much of life is settled as "Whatever." Is that abundance?

The scriptures share numberless ways to partake in abundant life. On Sunday October 19, the focus of the Care Talks will be on 4 of those Pathways tucked away in the scriptures to experience more and more the abundance of the immeasurable

riches of Gods boundless grace in kindness towards us in Christ Jesus. Ephesians 2:7.

In the Sunday School hour we will focus on two paths. The first is tapping what constitutes the full sufficiency of Gods everyday providing for us. The second is on the cultivating of piety. It is an essential aspect of spirituality in the Christian walk. We study this pathway to a deep relationship with God and the blessings which flow.

The message for the 10:30 service centers on a Weight Reduction ministry Christ introduced in Matthew 11:28-30.

The post worship Care Talk starting during lunch will focus on Psalming known as the bearing of soul.

Each of these Care Talks are dedicated to enjoying more and more the promised abundant life. The fruits are a boosting of our physical, emotional, and spiritual well-being and contributes to freeing us from the freezing state of "Whatever." Life is far more than cheese and crackers, though it is a tasty evening snack.

See you there in the Banquet Hall. Joining us will be Anna the Prophetess, Joseph of Arimathea, and Mary Magdalene.





JOIN US FOR TRUNK OR TREAT

FREE
CANDY

JOIN THE COSTUME PARTY

OCT 24TH

5:30-7:30 PM

ST. LUKES UMC 480 S. HIGHLAND ST

BRING A FRIEND & YOUR CAR!



October 12 through November 16

Throughout October and November, our worship services will follow a series called “Faces of Our Faith.” In this series, we’ll be visiting some often overlooked stories from the Bible and the ordinary people who inhabit these narratives. Each of these people made a difference through their bold actions and they remind us that we all play a role in shaping God’s story of redemption and grace.

During this series we’ll be creating a community art piece in the hallway outside the Parlor. We invite you to think about people who have made a lasting impact on your faith and then you can add their names to the art piece. We’ll also include the names of favorite biblical characters.

The Worship Committee members have chosen this series to awaken us to the faces of faith in the Bible and in our world today and to remind us that no action is ever too small to make a difference in God’s story.



Special Three-Week Session

Sacred Rest

After Worship Noon-1:30 PM
Oct. 26, Nov. 2 and 9

Lunch and
Childcare provided



Rest is much more than sleep.

Learning about the seven different types of rest will help you to recover your life, renew your energy, and restore your sanity.

Resource: "Sacred Rest" by Sandra Dalton-Smith, MD
Coordinator: Jane Pate - perijanepate@gmail.com



Registration Deadline: Oct. 12

Use this QR Code to sign up

Presented by

St. Luke's United Methodist Church

480 S. Highland, Memphis, TN 38111

Phone: 901-452-6262

Children's Ministry News

October is going to be a fun month for kids here at St. Luke's! Our super fun, family friendly Trunk or Treat will be held on Friday, October 24th from 5:30-7:30 pm. Bounce houses have already been reserved and candy donations are starting to come in. This event is free and the fun is meant for the whole family so please bring a friend or invite your neighbors! Trunk or Treat is designed to be a come and go event. Families can stay as long as the kids are enjoying themselves, but no dinner will be provided. We will have the upper parking lot closed off for our trunks to be parked safely away from any traffic. In our green space we will have not one, but two bounce houses this year for kids to play on either before or after they hit the trunks. You can help make this event a success by signing up to park your car and decorate your trunk, volunteer your time by being a safety monitor on the bounce houses, or contribute by donating candy! We will need lots of candy to make the night a success so please leave any bags of individually wrapped candy behind the front desk for Mary Page and if you are interested in helping in any other way please just text or email her.

Stay tuned for fun events in November as we shift gears to focus on service and mindfulness for the Thanksgiving holiday and we will have another Holiday Hope Night in December. Make sure you are coming to Sunday School so you do not miss out on any of the cool service projects we will be doing! Volunteers are needed for all of our fun events and we are still 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.



Greetings!

With fall fast approaching, we wanted to update you as to what we still need for Room In The Inn. Our goal is to be able to help 13 women and children each month. In order to do that we need to have 15 tall air mattresses, one for each guest and overnight shepherd. Since you have been so supportive in the past, we are asking anyone who has the ability to help, to donate either money or the items listed below.

- **We need 8 tall air mattresses. We have a Sunday School class that has made a commitment of donating 4; so we are looking for the money for 4 more. They cost \$55.00 each.**
- **We need 4 moving mats/pads**
- **We need 4 gently used (or new) twin or full sheet sets**
- **We need 5 gently used (or new) blankets**
- **We need 4 gently used (or new) pillows**
- **We need 4 gently used (or new) pillow cases.**

We need YOUR help for this mission project! **Scan the QR Code to sign up to help!**
Questions? Call or text Jonathan St.Gelais 901-508-7207 or Lisa St.Gelais 901-230-9174.



Scan Me

SEPTEMBER 2025 HONORIUMS AND MEMORIALS:

Honoriums:

In Honor of the St Gelais Family from Harry and Bette Colter

Memorials:

In Memory of Jack Cushing from Larry and Katie Kaler, Warren and Ruth Morrision, Harry and Bette Colter

In Memory of Hubert Riggan Jr. from Sarah Jordan

In Memory of Shirley Barbar from April, David, Sophia, Nelson, and Meredith Carpenter, Rita Richardson, David and Virginia Wages, Harry and Bette Colter

In Memory of Betty Northcross from Deborah Sanders

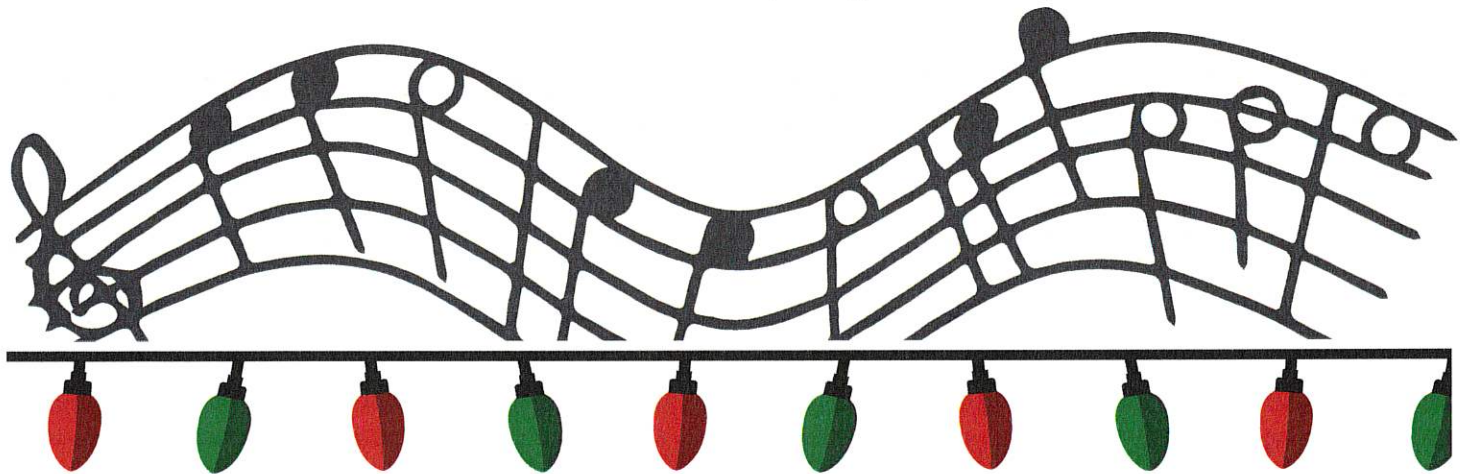
In Memory of Nathan Ryan from Deborah Sanders

Music Notes

Section Leaders

We are pleased to welcome back our Chancel Choir Section Leaders for this academic year: Max Robinson (alto), Cade Jett (tenor), and John Lucas Daniels (bass). These young people are students at the University of Memphis and are bringing their talents and skills to enhance our music and worship at St. Luke's. In the near future we'll be adding another student singer to the soprano section as well. In addition to their part in the Choir each week, we will hear them occasionally as soloists in worship.

Each Section Leader receives a stipend for their work with us. This is not a budgeted item and we are grateful for those individuals who have already given generously to fund this ministry. If you would like to add your support at any time, please mark your contribution for Section Leaders or Scholarship Singers. Thank you.



Join the Choir for Christmas

If you would like to join the Chancel Choir for our Christmas music, mark your calendar for Wednesday, October 22 as the beginning of our preparations! Rehearsals will be on Wednesdays from 6:30-8:00 pm in the Choir Room on the first floor. Along with the Handbell Choir and other musicians, we will present a Festival of Christmas Music on Sunday, December 14 at 4:00 pm in the Sanctuary. Contact Amy Martin for more info.





The Fun Bunch

On October 15th, the Fun Bunch will meet in the CLC Craft Room at 11:00. We will be making Decorative Fall Wreaths. Bring your sack lunch and a drink. We will be providing the craft supplies and ice cream! Please sign up at the Hospitality Hall Desk.

Call Jim or Jeanne Debo for any questions: 413-3341



Day School News

Our students enjoy such a variety of extracurricular activities each week!

Along with music with Amy Martin, they also enjoy Chapel and Story Time. Amy Pearson leads Chapel twice a month to share how very much God loves them. Lynne McAlexander also offers Story Time twice a month for the older classes. She carefully chooses a book that aligns with the season or holiday and puts her special "Lynne spin" on it. These kids learn in so many ways how very loved and special they are!

Fall Activities:

We will enjoy Kidz Kountry Petting Zoo on Thursday, October 9. This is always a wonderful day in the Day School! The next week, October 13-17, is Fall Break.

Website Update

The Communications Committee will be reviewing and updating the website during October and November. We have put together a plan and welcome volunteers to assist. Want to help? Please contact:

Alexa Velasco, Communication Director
alexa.velasco@stlukesumc.org

Contribution Statements

YTD Contribution statements as of September 30th are now available. If you would like to have a copy of your statement, please email Mary Lou Cushing at:

marylou.cushing@stlukesumc.org or call the church office (M-TH 9am – 3pm). Thanks for your faithful giving to the ministries of St Luke's!

Directory Update

Since August, we have been working to update and consolidate our church membership records. Using the more than 100 information forms (thanks to all who filled them out) and existing church records, Sarah Jordan and Rory Read have taken on the big task of updating and consolidating our documents. The refreshed information is being updated in our Church Directory App. Using the input we have received over the past few months, Communications Committee will be completing this work in October. Look for more information in November.

St. Luke's Family,

Our annual St. Luke's U.M.C. school supply drive for Sherwood Elementary got the students and teachers off to a great start this year! Thanks to your generosity, love and dedication we made a huge delivery of school supplies on July 31st. When the air conditioning failed on August 19th, we were also able to make an emergency delivery of 55 box fans that very day, with the help of facilities supervisor, Larry Blanks. Your donations continue to support this very special, much loved school! What a beautiful way to share Christ's love!

The Church Ladies Small Group,

Melinda Kaler, Bette Colter, Jacki Romey, and Barbara Simpson



Make Sunday Count!

Sunday School Classes and what they are studying

Seekers are reading New Testament Book of Luke alternating teachers include Rob Kaler, Beth Ryan, and Warren Morrison in Room 215.

Newman Class: Max Lucado's Help is Near- Finding fresh strength and purpose in the power of the Holy Spirit led by Barbara Simpson in Room 213.

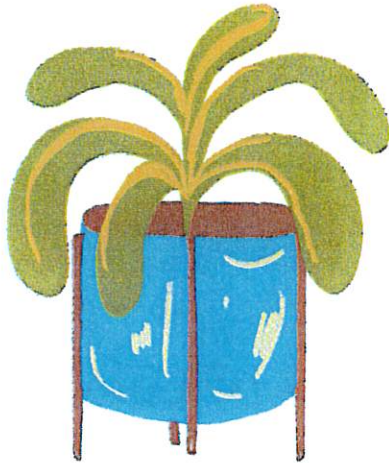
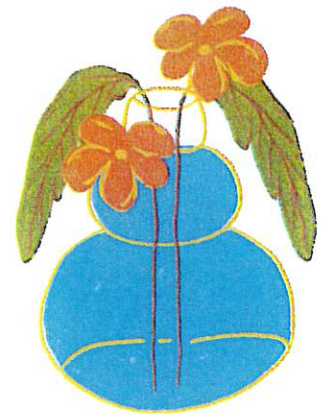
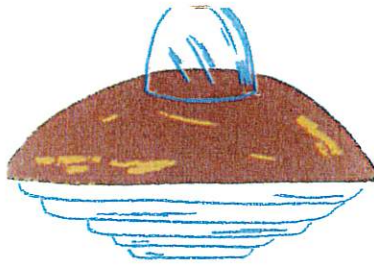
Growing Disciples: Heaven by Randy Alcorn led by Charlotte Fletcher in the Library.

Christian Homebuilders are planning future studies in Room 108.

Youth: Being a Holy Teenager on the Third Floor.

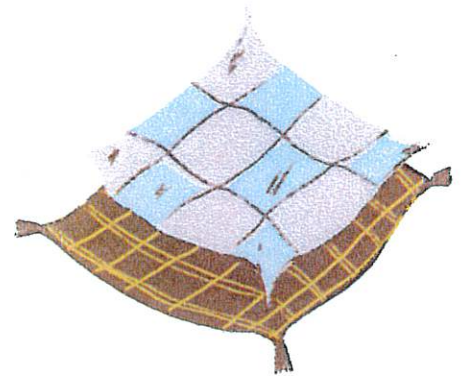
Young Adult: Animate Practices led by Michael Wofford and Phyllis Gay in the Lounge.

Please contact Ruth Morrison if you have any questions :
ruthmorrison28@gmail.com



GIANT YARD SALE

**BENEFITTING
UNITED METHODIST
NEIGHBORHOOD CENTERS
OF MEMPHIS**



**SATURDAY, OCTOBER
25, 7AM-1PM**

**ST LUKE'S UMC
480 S. HIGHLAND AT
MIDLAND**

**CHURCHES CAN DONATE
ITEMS WITH SOME PICK UP/DELIVERY
SERVICES OFFERED. (BY APPOINT-
MENT)
DEADLINE IS OCT. 22**

VOLUNTEERS NEEDED!!!

For more info: Mark Matheny:
901-428-4633

