

St. Luke United Methodist Church

Greg Smart
Pastor

August
2007

The Messenger

423-877-6447

Website: www.stlukeumc.info

E-Mail: st.lukeumc@comcast.net

Fax 870-5201

Rally Day August 19th
Bring a finger food and join us beginning
at 10:00

"Find Your Niche in 3 Minutes or Less"

Treat bags for children

Elementary Lock-In

August 25th and 26th

Ages 5 to 11

Bring all these things

Sleeping bag

Swim towel

Cards

Money for snacks

Board games

CDs & DVDs

Swimsuit

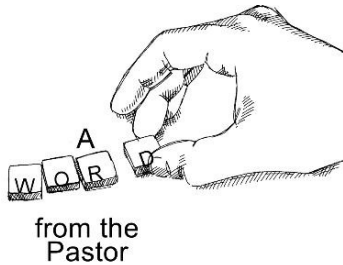
Pajamas

Air mattress

We will meet at the church at 7:00 p.m. on Saturday and go swimming at Stuart Heights pool. Our finale will be going to SS and church on Sunday morning in our pajamas!! Call Jane Brown (875-9833) to reserve your place!!

Wonderful Wednesday **activities begin August 22nd**

- 5:00 Dinner
- 6:15 Children's Choir
- 6:30 Program/Study
- 7:30 Chancel Choir (the 8th & 15th at 6:30)
- Hand Bell rehearsals resume September 5th at 6:30



The Agony of Names

At my college graduation, when it was my turn to cross the stage and get my diploma, the announcer mispronounced my name. And it is not like I have a difficult name. Still, there it was, bungled over the P.A. system for all to hear, with no chance to ever get it right. My moment in the sun, mishandled.

Our names are important. Whether or not we like our names, they are our identities. You are Steve, or Ann, or Jerry, or whoever. When someone knows your name, you feel you are worth knowing. When someone does not know your name, it is rather deflating.

I say all this knowing full well that, right now, I am the one who is botching people's names. If I have forgotten your name, if I have gone momentarily blank, or if I have absolutely gotten your name wrong, I apologize. As important as names are, learning names has never been my strong suit.

I am working on it, though. I very much want to learn everyone's name. Actually, I want to learn more than names. I want to learn something about each person. With almost four hundred members and a constant stream of visitors, that might take me a while. However, it is something I am committed to doing.

In the meantime, do not hesitate to tell me your name, or to remind me of something we have talked about. And if I have not met you yet, call to set up a time, or just drop by when you can spare ten or fifteen minutes.

You are all valuable in the sight of God, and I can't wait to find out what makes you so special.



COMMITTEE MEETINGS

- **Worship Committee** - Wednesday, August 1, at 7 p.m. in Marshall Hall. We will be working on wrapping up the summer and entering the fall months. If you are unable to attend, please call Betsy Donahue at 876-1144.
- **Finance Committee** - Sunday, August 12, at 6:00 p.m.
- **Staff-Parish Relations Committee** - Tuesday, August 28 at 6:30 p.m. in the Library.



District Conference will be at Brainerd UMC on Sunday, August 19, at 3:00. Representing St. Luke will be:

- Pastor: Greg Smart
- Church Council President: Colleen Price
- Lay Leader: Emory Fry
- UMW President: Evelyn Bannister
- Treasurer: Betty Evans
- Lay Member to Annual Conference: Bob Rahn



• *To the family of Emory Fry in the death of his mother, Jane Atkinson.*

- *To Melinda Hightower in the death of her mother.*

PRIMETIME NEWS

PRIME TIME LUNCHEON

Primetime will kick off again with a luncheon on August 23rd at 11:30 in Marshall Hall.

BLOOD PRESSURE CHECKS

August 5 & 19

AEROBICS

Low-impact aerobics classes with Liz Henderson meet on Wednesdays @ 11 am in the Chalet and are \$2 per session.



- | | |
|-----------------------|----------------------|
| 2 - Irby Hartley | 19 - Stevie Thompson |
| 3 - Alex Miller-Long | Sarah Brown |
| 6 - Libby Santin | 23 - Evonne Marler |
| 9 - Charlotte Freeman | Danielle Hunter |
| 15 - Lisa Ward | 25 - Courtney Fry |
| Rosy Bennett | 29 - Rob Beckham |
| 16 - Michael Walker | Natalie Graham |
| | 31 - Stephen Cuzzort |



August

- 5 - Christy Charman
12-
19 - Anna Marie Bennett
26- Betty Holland
- If you can not serve on your assigned day, please trade days with someone else.



UMW News

No Circle Meetings in August

Mission Fair at St. John UMC
Saturday, August 11, 10:00 a.m. - Noon



August

- 5 - Elsa Stott
12- Jennifer Fry
19 - Cindy Beale
26- Elizabeth Bridger
- If you can not serve on your assigned day, please trade days with someone else.

Breast Cancer 3-Day Walk



Just a reminder about my Breast Cancer 3-Day in October. You can make a donation by visiting my Web Page at www.the3day.org/atlanta07/nitakilpatrick or you can make a check out to Breast Cancer 3-Day and give it to me at church. All donations are greatly appreciated.



Choir Rehearsals Resume

- Chancel Choir, August 8 at 6:30
- Hand Bells in September
- Children's Choir, August 22 at 6:15

Joyce & Rebecca

Can you help??

Nursery
Helpers Needed



Workers are still needed for both the Nursery and Children's Church Program. Our objective is to have enough volunteers so that **no one is called to serve more than once a quarter**. If you feel this is a way that you can minister to our little ones, please contact Elizabeth Bridger at 400-0767.



News From
Our Parish Nurse

**SLEEP TIGHT. . . .SOME TIPS ABOUT
GETTING A GOOD NIGHT'S REST**

It is a known fact that prior to the invention of the light bulb by Thomas Edison in 1879, Americans slept an average of ten hours per night. Unfortunately, today many of us experience a varying range of difficulty in achieving adequate rest. Take this quiz to gain some new knowledge about "sleeping tight".

TRUE or FALSE:

1. To avoid insomnia, avoid exercise within _____ hours of bedtime
2. Caffeine increases the level of stress hormones and can remain in the body for _____ hours.
3. Eating foods that contain high amounts of _____ close to bedtime can cause a burst of energy that can lead to insomnia.
4. Moderate meals should be consumed at least _____ hours before bedtime.
5. The greatest source of insomnia is _____.

ANSWERS

1. Three
2. Twenty
3. Sugar/carbohydrates
4. Four
5. Stress and anxiety

Sleep difficulties carry a high price. They can damage health, our relationships, and most importantly our ability to do God's work in our daily lives. Instead of losing sleep over worry, think about using the time of falling asleep as a chance to offer praise and thanksgiving. Keep a list of things to be thankful for by your bed and reflect on these before falling asleep. What a great ending to the gift of another day !!!!


Denise Gates

*Frank and Jan Cuzzort
Invite you to join
The joyful celebration
Of the marriage of their daughter
Jennifer Jan
To
Micah Brandon Harvey
Saturday, the eleventh of August
Two thousand and seven
At three o'clock in the afternoon
At
St. Luke United Methodist Church*

*A reception will follow at the Ministry
Center
At 2929 Hamill Road
Please RSVP if you plan to attend
Frank and Jan's home 423-875-5119
Jan's cell 423-667-2637
Email: fdcuzzort@comcast.net*



Thank you so much to Bill Brevard for the donation of a new camera. We are utilizing it for church social functions as well as to document all of our office equipment and other valuable items.



In Memory of Jane Atkinson
Given By:
Patricia Johnson
Gene and Linda Sullivan
Kathleen Trew

In Memory of Bob Evans
Given By:
Lorraine Aiken
Bob and Elsa Stott

All memorial and honorary gifts
are placed in a restricted account to be used
as designated by the families.

RELIEVE EDITORIAL STRESS:
**TURN IN
 YOUR ARTICLES
 EARLY!**
 REMINDER:
**DEADLINE FOR
 NEWSLETTER
 ARTICLES IS**
 Thursday, August 23

**Mark your calendar now
 September 21 - 23**



Report to St. Luke on 2007 Holston Annual Conference

Participation in the conference involved business meetings, worship services, and election of lay delegates for the 2008 General Conference and Southeastern Jurisdictional Conference. These elections are only done every fourth year so, I have seen it all on my first trip to Lake Junaluska.

I observed business reports and resolutions, and participated in their disposition. Many reports were given and ten resolutions were discussed. Generally these items gave positive impressions of our church leaders and the work being done by them. Examples of this are:

1. The approval of changes in the retiree health plan benefits in response to rising health care costs. This has an effect on our apportionment payments.
2. Concurrence of a resolution to compare the social benefits to the social costs of the Tennessee State Lottery. Apparently, only twenty-seven cents of each dollar went to education in 2006.
3. Numerous reports of various mission work, including Holston Home for Children, water wells for the people of Sudan, over 6300 kits provided for locations in Africa, the \$100k plus to support ministries for Brazil.

Worshipping included a Sunday evening communion service, Monday evening ordination service, Tuesday evening worship and a Wednesday sending forth worship. Our former Pastor Sherry assisted Bishop James Swanson with the communion service.

Wonderful music of all different flavors, including the Latvian choir, Oak Ridge youth, bluegrass, and traditional choirs from various conference churches. Many meaningful messages were provided. The sermon by Bishop Robert Hayes of the Oklahoma conference concerning a “short stick” really impressed me. The “short stick” represents what we think we have for doing God’s work. That is, we never have enough to do the job right. We need more money, more time, more people, etc. But, God through His grace, makes up for all of those things we think are needed. The theme of the conference is “boldly, passionately, and joyfully making disciples of Jesus Christ”. Our Bishop lead this conference in a very dynamic, yet warm and respectful way. The overall experience is needed by our ministers and appears effective in recharging their batteries for the coming year.

If you are interested in more information please contact me. Written materials, which include the book of reports and conference edition of daily newspapers, are available.

Thank you for giving me the opportunity to participate and worship with our Christian United Methodist leaders. It was a very busy time, but also a great and moving experience.

Bob Rahn

ST. LUKE UNITED METHODIST CHURCH

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*Please use the following
scripture references as
you prepare for worship
each week.*

August 5

9:00 - Psalm 107:1-9 – A Eucharistic Experience
11:00 – Luke 12:13-21 – Communion Trumps Wal-Mart

August 12

9:00 – Hebrews 11:1-3, 8-10 - Faith, Hope, and a Honda
11:00 – Luke 12:32-40 - Are You Ready?

August 19

9:00 - Hebrews 11:29-34 - God Called Who?
11:00 – Luke 12:49-56 - Holding Together a Divided Family

August 26

9:00 – Jeremiah 1:4-10 - There Is No Excuse for You
11:00 – Luke 13:10-17 - The Danger of Over-Thinking



Lorraine Aiken; Mike Alday; Billy Allen; George Carpenter; Kitty Edens; Mary Jo Eidson; Pat Evans; Danette Godbold; Mary Jo Hackler; Bill Hall; Ruby Hamill; Dorothy Hassler; Ken Jonakin, Roz Lance; Elizabeth Lyon; George Newman; Janey Eidson-Rice; Judy & George Sivils; Slayden & JoAnn Smith; Jean Wilkenson; Petey Wilkerson; Finch Yelliot.

OUR STAFF

MINISTERS	all members of the body of Christ
PASTOR	Greg Smart
DIRECTOR OF MUSIC	Joyce Franich
ADMINISTRATIVE ASSISTANT	Pat Howard
PROGRAM/FINANCIAL SECRETARY	Jennifer Gunner
PARENTS' DAY OUT DIRECTOR	Sharon Boring
AFTER SCHOOL COORDINATOR	Stephanie Ashley
HEALTH MINISTRIES NURSE	Denise Gates
MAINTENANCE	Eddie Reel
NURSERY WORKERS	Aron Aldridge Linda O'Brien