

St. Luke United Methodist Church

Greg Smart
Pastor

The Messenger

July
2007

423-877-6447

Website: www.stlukeumc.info

E-Mail: st.lukeumc@comcast.net

Fax 870-5201



Presented by
Leap of Faith
Productions

Thursday, July 12 at 7:30 p.m.

Friday, July 13 at 7:30 p.m.

Saturday, July 14 at 7:30 p.m.

Sunday, July 15 at 2:30 p.m.

and

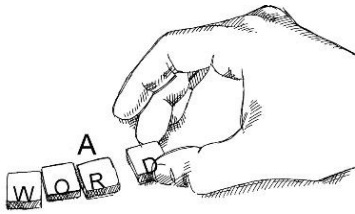
Thursday, July 19 at 7:30 p.m.

Friday, July 20 at 7:30 p.m.

Saturday, July 21 at 7:30 p.m.

Sunday, July 22 at 2:30 p.m.





from
Pastor Greg

I guess I'm the new kid at St. Luke, but calling myself the new kid is really not quite fair to anyone who's suffered through the "new kid in town" experience.

Though I am new here, I'm also in a position where folks know to greet me and make me feel at home. And frankly, you all have done that marvelously. The food, the gifts, the calls, the handshakes, and the hugs have made my whole family feel welcomed and accepted. Please continue to bear with Natalie, Nathaniel, and myself as we continue to unpack, adjust to new surroundings, and learn names.

As I said, however, as far as being the new kid goes, this is as easy as it gets. Everyone wants to help.

But that's not always the case. If you have ever been the new kid in school or at church, you know how traumatic that can be. It's tough to find your way around, and even tougher to find friends.

I get the feeling this church does better than most in welcoming the new kid, but that's an act of love we shouldn't let slip. If we are on our toes and seeing through the eyes of Christ, then no one should ever find themselves sitting alone at a church function, wandering lost in the halls, or going unnoticed during the time of fellowship.

The new kid—the stranger—is a special point of emphasis throughout scripture, from Deuteronomy 10:19 to Matthew 25:35. Heed the word and make it your personal point of emphasis, so that every visitor to St. Luke feels as welcome and loved as I do.



The Worship Committee will meet 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.



To the family of
Frank Cuzzort in the
death of his father,
Jessie James.

Dear St. Luke Friends & Family,

The family of Bob Evans would like to thank each of you for all the support you have given to us during the past few months since his death. Bob/daddy loved everything about St. Luke, so your love and kindness would be no surprise to him. That is simply St. Luke – a true loving and giving family of believers! The abundance of thoughts, caring words, calls, cards, food and, especially, prayers from each of you have been so cherished and have helped us through this very difficult time.

With our love and appreciation,
The Family of Bob Evans



In Memory of Bob Evans

Given By:

David and Katherine Carroll
Charles and Linda Chatham
George and Millie Newman
Lawrence and Sara Reeve
LCol. (Ret.) and Mrs. Homer Van Vleet, Jr.

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

PRIMETIME NEWS

PRIME TIME LUNCHEON

Primetime will not meet in July. See you in August.

BLOOD PRESSURE CHECKS

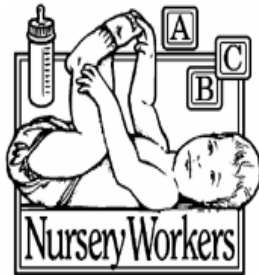
July 1 & 22

AEROBICS

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



- | | |
|--|---|
| 1 - David & Sue
Allen | 11 - Karen Rahn
Jane Brown |
| 2 - Gene Sullivan | 13 - Margie Snyder
Drew Kerr |
| 3 - Finch Yelliott
Philip & Joy
Boring | 14 - Tim Bates
23 - Betsy Beckham |
| 5 - Kevin Holland
Natie Allen | 24 - Mason Tornow
25 - Barry & Becki
Bradford |
| 7 - Sara Hartley | 28 - Bob Rahn |
| 8 - Bob Stott
Jim Griffith | 30 - Rick Rogers |
| 9 - Houston Evans | |



July

- 1 -
 - 8 - Wendy Stott
 - 15 - Melanie Fagan
 - 22 - Rosy Bennett
 - 29 - Colleen Price
- If you can not serve on your assigned day, please trade days with someone else.



July

- 1 - Cindy Beale
 - 8 - Elizabeth Bridger
 - 15 - Wendy Stott
 - 22 - Ted Bennett
 - 29 - Melissa Whitaker
- If you can not serve on your assigned day, please trade days with someone else.



Can you help??

Workers are needed for both the Nursery and Children's Church Program. While we currently have people serving almost once a month as well as some in both programs, 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.



The adult Choir will have a much deserved rest during the month of July. There will be no rehearsals and no anthems while the stage is up. Many thanks to all the choir members for their hard work all year long. Enjoy your break!

Joyce

Victim Offender Reconciliation Program VORP

needs your help

They are seeking volunteers to act as mediators for conflict resolution sessions.

There is a flyer on the 'News Bulletin Board' outside the church office with information or you can contact them at 423-209-5144 for more information.



News From
Our Parish Nurse

**WATER-AN IMPORTANT PART OF
MAINTAINING A HEALTHY BODY**

Have you ever wondered how much of our bodies are made up of water? Overall the body is 50-70% water, with muscles being made of 75% water. Even more interesting is that the brain cells are about 85% water. While food is essential for the functioning of our body systems in the form of energy, water is even more important. We can survive 5-7 weeks without food but no more than 5 days without water. The following are some of the ways our bodies are affected if we exist in even a slight deficit state of water intake:

1. Joint Pain and Arthritis- if we do not have adequate water intake, the cartilage of joints and discs between the spinal column can be affected causing degeneration and friction.
2. High Blood Pressure- In cases of mild dehydration, blood flow may be restricted to the non-essential organs thus causing a rise in blood pressure.
3. Digestion problems- Water is the basic fluid in all the digestive juices. Without adequate water intake, we may experience heartburn, constipation, and even ulcers.

So what can you expect if you increase your intake of good, clean water?

1. A boost to weight loss if you are struggling with this nutritional aspect.
2. Improved memory by assisting with the brain's ability to function.
3. Proper balance of water assists with the release of oxygen and nutrients to the cells, leading to overall better health and wellness.

Consult with your physician if you have heart related illness or any other major medical issue before you adjust your water intake.

Denise Gates



UMW News

No Circle Meetings in July

I attended the Spiritual Enrichment Experience held on May 19 and 20 at Lake Junaluska. It was a spiritual growth retreat with the theme "Resurrection Women" and a most interesting study. The retreat leaders were Joyce Winston and Kathy Booker and the music was led by June Smirk and pianist Sandy Parkinson. There were a lot of Bible studies, music, fun and fellowship. Evelyn Bannister

School of Christian Missions

July 26-28 at Kodak UMC

The theme will be "Sing Across the Walls". Studies will be: Spiritual Growth: "Mission and Music"; General Issues: "Globalization"; and Geographic Study: Israel/Palestine.

Mission Fair at St. John UMC

Saturday, August 11, 10:00 a.m. - Noon

*Chattanooga District
UMW Project for 2007*

Alton Park Empowerment Ministry

- 10 Webster pocket-size dictionaries
- Art supplies (markers, clay, finger paints, collage materials)
- New children's clothing of all sizes
- New or gently used dolls, toy trucks and cars
- New elementary science kits
- Scholarships for student transportation (\$9 /week or \$35 /month)

Contact Lisa Nichols

821-9424 or lisaanichols@cs.com

The circles are collecting these items. Please place your donations in the tub in the office hallway.

**As you can see, U.M.W. is at work all
summer long!!**

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!
THANK YOU! THANK YOU! THANK YOU!

A special thank you for all the help with this years Bible School. We had an average attendance of 38 children for both Saturdays and the children really enjoyed themselves. Without your help this ministry would not be possible. Thank you all so much!



Jennifer Gunner

THANK YOU SO MUCH!!!!

I would like to give KUDOS' to all the folks who helped me put together a memorable "send-off" luncheon on June 3 for Pastor Sherry. From helping me with the cooking (Rebecca & Stephen Clark), cleaning and washing pots & pans (Eddie Reel), decorating tables (Christ Café), producing the program (Bill Hackler Trio, Jane Brown & group, the youth singers, Denise Gates, Colleen Price and others), and especially to all of you who brought food for the table and gifts for Sherry, it was loads of fun! It wouldn't have happened without all of you!

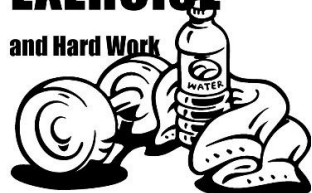
Sherry called me to express her appreciation and told me how much it touched her heart. Of course my reply was that it was just a very small way to show her how much she impacted each of us in such a loving way.

Thank you all for making it a special "celebration" of her tenure with St. Luke!

Betsy Donahue

EXERCISE

and Hard Work



It has paid off!!! Sherry has reached her weight loss goal of 50 pounds!! Please turn in your pledges in celebration of this. Be sure and send her a

note of congratulations at her new e-mail address: sboles@stjohnumc.org

Breast Cancer 3-Day Walk



Dear St. Luke Family,

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.

Thank you for your and support. *Nita Kilpatrick*



Thank you for a lovely party, cards and gifts. It was overwhelming to be showered with so much love. Thank you again, St.

Luke, for a fantastic seven years.

*God's Blessings
 Sherry Boles*

ST. LUKE UNITED METHODIST CHURCH

3210 SOCIAL CIRCLE
CHATTANOOGA, TN 37415-5306

NON-PROFIT
U.S. Postage
PAID
Permit #138
Chattanooga, TN 37415

Return Service Requested



My apologies for not having a preaching schedule together yet. I will be working ahead,

but, I just have not had time to sit and plan yet. You can hold me accountable in August if I don't have a schedule by then.

As for the little thing some folks noticed already, yes, I did do different sermons at the two services. As for whether or not that will continue... well, you'll just have to be present



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

RELIEVE EDITORIAL STRESS:
TURN IN YOUR ARTICLES EARLY!
REMINDER:
DEADLINE FOR NEWSLETTER ARTICLES IS
Thursday, July 19

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	Courtney Fry Linda O'Brien