

St. Luke United Methodist Church

Greg Smart
Pastor

March
2008

The Messenger

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Confirmation Class



March 2 thru May 4

Led by Rev. Smart

Confirmation to be on Sunday, May 11
Special Parents' Meeting Sunday, March 2, at 5:00 p.m.

See page 2 for more details

Do you know what a *Shepherding Group* does?

Shepherding
Groups

Do you know someone who has some short or long term care needs that would benefit from the *Shepherding program*?

See page 4 for more details



Wellness Awareness Presentations Sunday, March 9th

Immediately following worship in Marshall Hall
and

Wednesday, March 12th from 3:00-6:00 p.m.
404 McClure Terrace, Chattanooga

Contact information

Larry and Margie Snyder or Denise and Tim Gates

See page 5 for more details



“You can’t live until you die.”

That’s a line from Sixx A.M.’s song *Life Is Beautiful*, a song that grew out of Nikki Sixx’s experience of a heroin overdose. But it also describes the Christian experience - especially what we see during Holy Week.

To put it simply, there can be no Easter without a Holy Thursday and a Good Friday. There can be no resurrection without a last supper and a crucifixion.

Our temptation is always to avoid the unpleasantness. We know Holy Thursday and Good Friday are emotional services that might bring tears, and our preference is just to skip ahead to the celebration and joy of Easter. But to do so is to skip the power of what Jesus did. It also robs you of a powerful time of connecting with Christ - of worship that might truly alter your life.

This year, get the full impact of the greatest story ever told. Clear out your calendar so that you can experience the betrayal and the death, before rising again with Christ on Easter morning.

Confirmation

On Sundays from March 2 to May 4, the UMYF focus will be on confirmation. Rev. Smart will lead this lively look at the Christian faith and the United Methodist Church.

Youth who are already members will serve as mentors for this year’s confirmands. Those wishing to join will be confirmed on Sunday, May 11. Any parents who are interested in more information may attend a special parents’ meeting at 5:00 p.m. on Sunday, March 2.

Bill Allen; Sadie Mae Brewster; Donna & Hugh Cunningham; Steven Duncan; Kitty Edens; Pat Evans; Danette Godbold; Mary Jo Hackler; Bill and Jackie Hall; Ruby Hamill; Dorothy Hassler; Joy Jackson; Seth Jackson; Chris Jonakin; Rafael Lancaster; Roz Lance; Elizabeth Lyon; George Newman; Brady Raines family; Harper Sasser; Judy & George Sivils; Slayden Smith; Margaret Terhune (Bill Ivey’s sister); Bill Tittle; Petey Wilkerson; Jean Wilkinson.



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

March 2 Communion

9 a.m. – 1 Samuel 16:1, 4-12

You Could Be Next

11 a.m. – John 9:1-41

Just Believe Already!

March 9

9 a.m. - Psalm 130

Out of the Depths, or the Tomb

11 a.m. – John 11:1-27

Daylight Savings Time, Basketball Time, and God’s Time

March 16 - Palm Sunday

9 & 11 a.m. – Matthew 21:1-11

Worry-Free Sunday

March 23 - Easter Sunday

No 9:00 Service

11 a.m. – John 3:1-7

You Can’t Stop Rock and Roll

March 30

9 a.m. – 1 Peter 1:3-9

Today Is the First Day of the Rest of Your Life

11 a.m. – John 20:19-31

Does Belief Bring Peace?



- **Church Council** - Sunday, March 2, at 12:15 p.m.
- **Witness Team** - Sunday, March 9, at 12:15 p.m.
- **Pastor-Parish Relations Committee** - Monday, March 24, at 6:00 p.m.

YOUTH FUNDRAISER

**Sunday, March 16th
12:15 p.m.**



*Honoring Elyse Newland
March 29th at 2:00 p.m.
in Marshall Hall
Hosted by Jennifer and
Courtney Fry*



*In Memory of Charles Erd
Given By:
Allen and Juanita Gifford
Robert and Karen Rahn*

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



- **5:30 - Dinner**
- **6:15 - Program**

RESERVATIONS FOR EACH WEDNESDAY DINNER ARE NEEDED BY MONDAY

March 5

Regular: Cheese Noodles & Chicken, Broccoli, Salad

Veggie: Cheese Noodles & Broccoli

Children's: Chicken Nuggets & Fries

Program: Short Term Missions: Tales from Brazil

March 12 -

Regular: Bar B Q Sandwiches, Chips, Slaw

Veggie: Veggie Burgers

Children's: Hamburgers, Chips, Slaw

Program: Game Night

March 19

NO WONDERFUL WEDNESDAY ACTIVITIES

March 26

Regular: Ham, Mac & Cheese, Baked Beans, Corn

Veggie & Childrens: Mac & Cheese, Baked Beans, Corn

Program: Long Term Missions; The U.S. 2 Program - Rev. Natalie Smart

Adults: \$4

Children under 12: \$2

Children under 3: Free

Family Maximum: \$10



- Music from former member, Earl Miller's library has been donated to the church. If you might have any use for some of these pieces, please contact Joyce to look at what is available.
- The choir and hand bell ringers are preparing special music for Lent, Holy Week and Easter services. All are welcome to join us as we celebrate our faith with good music and to share the wonderful companionship in our music groups.

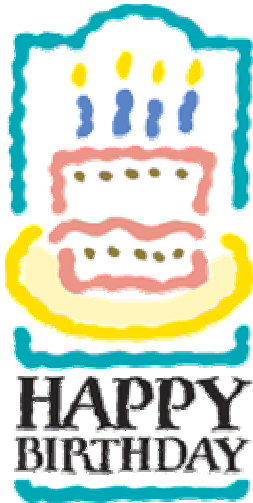
PRIMETIME NEWS

PRIME TIME LUNCHEON

Join us on March 20th at 11:30 a.m. for lunch and our program being presented by Hospice. **Please be sure and make reservations so we know how many to prepare for.**

BLOOD PRESSURE CHECKS

March 2 and 16
Before and after 11:00 service



- 2 - Sue Allen
- 5 - Geoff Ward
- 7 - Nell Carpenter
Nita Kilpatrick
- 8 - Avis Browning
Colleen Price
- 11 - John Sanders
- 14 - Betty Holland
- 15 - Joni Evans
- 18 - Beth Bennett
- 19 - Carol Fleissner
- 28 - Cameron Bradford
- 31 - Natalie Smart



March

- 2- Brian Santin
 - 9 - Wendi Stott
 - 16 - Colleen Price
 - 23 - Jane Yelliot
 - 30 - Rosy Bennett
- If you can not serve on your assigned day, please trade days with someone else.



CHILDREN'S CHURCH

March

- 2- Libby Santin
- 9 - Jennifer Fry
- 16 - Elizabeth Bridger
- 23 - Sara Hartley
- 30 - Ted Bennett

If you can not serve on your assigned day, please trade days with someone else.



UMW News

- Magnolia Circle - Saturday, March 1, at 1:30 p.m. in the Chalet. We invite anyone who would like to share some fellowship to join us for our monthly meeting.
- Dorcas Circle - Wednesday, March 26, at 10:30 in the Fellowship classroom. Please bring a sandwich and join us.
- March 7 & 8 - Young Adult Retreat in Pigeon Forge
- March 11 - Cluster Meeting at 7:00 p.m. at Highland Plaza UMC
- March 26 - *Lift Up Your Cup for Living Water* will be the theme of our retreat at Camp Dixie. Rev. Sandra Johnson will be the featured speaker.

We want to invite all our ladies to become members of the UMW and to participate in one of our circles.

Shepherding Corner



1. Do you know what the Shepherding Group does?
2. Do you know someone who has some short term or long term care needs (i.e. meal preparation, shopping, doctor's visits) that would benefit from the Shepherding program?

The Shepherding Program is a ministry that helps those who have ongoing needs, either short or long term, through various means. Cards, home visits, telephone calls, and meal preparation are just a few of the ways we reach out to others.

If you would like to know more about this important and meaningful ministry, or if you know someone who might benefit from this ministry, contact Pastor Greg or Denise Gates. Watch for monthly updates about the Shepherding Program.

May you find many blessings today!!

Denise



Gardening Provides Many Benefits

Spring is right around the corner....and so is the season of gardening. Vibrant colors decorate rock gardens, and the smell of flowers fills our senses. As we embark upon our gardening efforts, benefits to our Body, Mind and Spirit are available. I found these facts about gardening noteworthy.

1. If you are looking for unique ways to exercise and burn calories, consider these equivalents for 30 minutes of garden activities: sitting quietly (40 calories); trimming shrubs with a power tool (142 calories); planting seedlings (162 calories); and mowing a lawn by pushing a power mower (182 calories).
2. Horticultural therapy is a new field of practice that promotes the well-being of body, mind, and spirit through horticulture-related activities. Some of the discoveries in this field are that gardening provides an emotional release, helps people to connect to others, and is psychologically helpful just by being outdoors.
3. A study of residences for Alzheimer's patients showed that at residences with gardens, there was a decline of violent incidents by 19% over a 2 - year period.
4. As with all forms of exercise, use caution. Warm up and stretching followed by cool down and stretching should be done. Break gardening tasks into short periods, as opposed to a marathon 8 - hour session. Remember to alternate your grip when digging or raking to prevent an injury.

In closing, I'd like to share this quote about the value of working with nature. Happy Spring!!!

" Arranging a bowl of flowers in the morning can give you a sense of quiet in a crowded day like writing a poem or saying a prayer."----Ann Morrow Lindbergh

Sources: www.yourhealth,ivillage.com
www.goforgreen.com

Denise Gates

Want To Be A Healthier You?

Introducing a Home Wellness program to lead you to a healthier lifestyle. Come join Margie and Larry Snyder on Sunday, March 9, and hear about some wonderful new technologies that have been discovered in health care. This technology has helped us and millions of others.

Is your home making you sick? The environment? Do you have aches and pains? Fortunately, National Facilitators Nikken Wellness Expert Patty Roach and Live Cell Microscopist Ike Mitchell, from New York, will be with us at St. Luke to educate and inform us on March 9 at 12:15 p.m.

In addition, the Snyders will be hosting Wellness Home presentations at their home Saturday, March 8, through Wednesday, March 12, where we will demonstrate some of the technologies. When you attend one of these sessions, please ask about the live cell analysis and the free Japanese massage, which are enlightening! The presentations will be from 3:00 to 6:00 p.m. Please come join us and have fun while learning about this breakthrough technology. It may completely reinvent the way you think about health and wellness. For more information, contact either:

Margie and Larry Snyder
875-0644
404 McClure Terrace
Chattanooga
or
Tim and Denise Gates
876-9515

ST. LUKE UNITED METHODIST CHURCH

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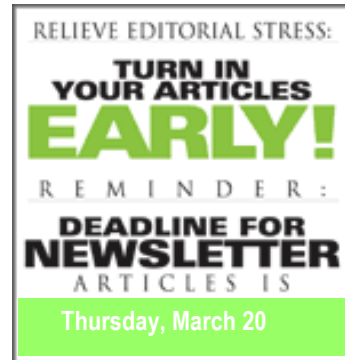


At St. Luke:

OUR VISION: To be the hands, feet, heart, and voice of Jesus Christ to Stuart Heights, Chattanooga, and the world.

OUR MISSION: To worship God, witness to each other and our community, and strive toward spiritual wholeness.

OUR VALUE: Love the Lord our God with all our heart, all our mind, all our soul, and all our strength and love our neighbor as ourselves.



OUR STAFF

MINISTERS	all members of the body of Christ
PASTOR	Greg Smart
DIRECTOR OF MUSIC	Joyce Franich
CHILDREN'S MUSIC COORDINATOR	Rebecca Clark
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 WORKER	Lucille Greevor