

St. Luke United Methodist Church

Greg Smart
Pastor

September
2007

The Messenger

423-877-6447

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Ask and ye shall receive!

Camp Lookout had a cancellation, we are there!!



Friday, September 21st, 6:00 p.m.

thru

Sunday, September 23rd, 12:00 noon

Cost per family is \$60 plus food for one meal.

No family will be turned away due to lack of funds. God will provide for all.

Bring: guitars, board games, cards, frisbees, crafts, anything(!!) to share with others.

Call Jennifer Gunner by September 10th to reserve a spot and a meal.

Get your family picture in the new directory!

Pictures will be taken

Friday, September 28
and Saturday, September 29.

Sign-up sheets are in the Narthex outside the office
and upstairs outside Marshall Hall.

Sign-up as soon as possible to get your preferred time.



Hairspray Booth
at the Fair

Youth Fundraiser

September 29th & 30th

Work anytime from 10:00 a.m. - 6:00 p.m.

Contact Becki Bradford for more information or to sign up

Trying to Reason with Hurricane Season



(with apologies to Jimmy Buffett)

Damage on the Gulf breeze,
Big storm just went through;
There's flooding in Ohio,
And earthquakes in Peru.
Houses smashed to matchsticks,
Life's all been reduced to ruins;
Hurricane closed Senor Frog's,
So I guess I'll skip that trip to Cancun.

Chorus:
And now I must confess
I could use some rest.
I can't read this bad news very long.
Yes, it's quite insane,
I think it hurts my brain.
But it's not me,
So I can just go on.

Heat wave in the Southeast,
105 in the shade.
My A/C's set at 65,
And I'm sipping lemonade.
Old man's sitting on his porch,
This heat could make him die.
But I've got nothing for him,
So I'll just wave to him as I drive by.

Chorus

Well, the news is coming faster now:
Dog-fighting quarterback,
Wall Street gambling, Utah mine,
And that *#@\$! war in Iraq.
It's time to close the shutters,
It's time to close my mind;
In a week I'll watch the SEC,
So life is fine here in my paradise.

Chorus



Everyone is invited to the 9 a.m. service on September 23rd for a service of healing. For those who have never been part of a United Methodist healing service, it is a powerful time of connection with the Holy Spirit and the assembled Body of Christ.

If there is any physical, personal, or spiritual issue plaguing you, come and put yourself in the hands of Christ through this very special service.



Sermon
Schedule

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

September 2

9 a.m. – Hebrews 13:2; Luke 14:12-14
A Matter of Motivation

11 a.m. – Jeremiah 2:4-13
There's a Hole in the Bucket

September 9

9 a.m. – Special Guest Denise Gates
11 a.m. – Special Guest Darrin Hering

September 16

9 a.m. – Special Guest Colleen Price
11 a.m. – Special Guest Don Washburn

September 23

9 a.m. – Jeremiah 8:18-22
A Service of Healing
11 a.m. – Luke 16:1-13
Am I Shrewd Enough to Explain this Passage?

September 30

9 a.m. – I Timothy 6:6-12
What Is the Good Fight, and How Do I
Fight It?
11 a.m. – Luke 16:19-31
What Were You Thinking?



In Honor of Sandy Sanderford

Given By: John and Sue Sanders

In Memory of Jane Fry Atkinson

Given By:

Bill and Jackie Hall
Irby and Sara Hartley

In Memory of Bob Evans

Given By:

Bill and Jackie Hall
The Rivermont School Retirees

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



**PRAYER
REQUESTS**

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

Handbells Join Fall Schedule



The Handbells will begin rehearsing on Wednesday, September 5th at 6:30 in the balcony. The Children's Choir rehearses in the Choir Room at 6:15 and the Chancel Choir in the Sanctuary at 7:30.

Please join us and have some fun!



*Mid-Week
Activities*

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

September 5:

Regular: Pancake Supper

Program: Denise Gates-Breast Cancer Awareness
Nita Kilpatrick-Breast Cancer Walk

September 12:

Regular: Chicken Tetrazzini

Children's: Chicken Nuggets

Veggie: Veggie Chicken Nuggets

Program: Jeopardy Health Game

September 19:

Regular: Lasagna

Children's: Pizza

Veggie: Cheese Pizza

Program: Family Health Fair

September 26:

Regular: Chili & Hot Dogs

Veggie: Veggie Chili

Program: Music for the Heart

Adults: \$4

Children under 12: \$2

Children under 3: Free

Family Maximum: \$10

**RESERVATIONS FOR EACH
WEDNESDAY DINNER ARE NEEDED
BY MONDAY**

PRIMETIME NEWS

PRIME TIME LUNCHEON

Primetime will meet on September 20 at 11:30 in Marshall Hall.

BLOOD PRESSURE CHECKS

September 2 & 23

AEROBICS

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

This Month's Birthdays & Anniversaries

- | | |
|---------------------------|----------------------------|
| 1 - Larry & Margie Snyder | 13 - Randy Price Raif Gork |
| Bob & Elsa Stott | 16 - Debbie Kerr |
| David Allen | 17 - Paul Long |
| Dwight Hunter | 18 - Bob Hightower |
| Pam Graham | 22 - Anne Browning |
| 5 - Mary Jo Hackler | Amy Autry |
| Cara Gork | 23 - Hugh Hightower |
| Will Bennett | 24 - Suzanne Bennett |
| 6 - Grace Whitaker | 25 - Johnnie Griffith |
| 8 - Stephen Clark | 26 - Aidan Parks |
| 9 - Ward Fleissner | 28 - Dorothy Bravard |
| 12 - Anna Hawkins | 30 - Denise Gates |



September

- 2 -
 9- Barb Derthick
 16 - Libby Santin
 23- Stevie Thompson
 30 - Rosy Bennett
 If you can not serve on your assigned day, please trade days with someone else.



UMW News

Ladies, summer is coming to an end and fall is before us. It is time we become united in the work of our Lord. As our theme says "Make us one Lord". Let us make these words come together, as the work of our circles continues to make us one in the spirit, one in our souls and also in our minds. As we begin our fall meetings, let us remember the following dates:

- Magnolia Circle - Saturday, September 8 at 1:30 at the Chalet; light lunch provided
- Annual Meeting at Lake Junaluska; September 15th - 16th
- UMW Board Meeting - September 18th at 10:00
- Kitty Price Circle - Tuesday, September 25
- Dorcas Circle September 26th at 10:30

We want to invite all our ladies to become a member of the UMW and to participate in a circle.



September

- 2 - Cara Gork
 9- Steve Derthick
 16 - Brian Santin
 23- Janelle Wilde
 30 - Ted Bennett
 If you can not serve on your assigned day, please trade days with someone else.



Parish Nurse

It's time for back to school activities and that means busy schedules, after school activities, and report cards. Taking all these

into consideration, here are a few tips to help all of us get a "good grade" when it comes to choosing foods at restaurants.

1. If you know you will be eating out for at least one meal, plan your other meals with plenty of whole grains, vegetables, fruits, and other low-fat milk products.
2. Visit the salad bar, but keep dressings and fruit dips on the side to limit the amount you use.
3. Beware of super sized and combo meals that may look attractive in price, but are heavy on fat, calories, and sodium.
4. Moderation is the key to eating wisely in restaurant settings-if you only eat out on special occasions or once a month, you're doing well.
5. If you want to treat yourself to dessert, try sharing with a friend or have some fruit for dessert.

Remember to always look for clues to healthy eating by reading the menu closely. Be alert to symbols on menus that indicate low fat, low sodium, or low calorie choices.

Let's all be good stewards of our health-God needs our healthy minds and bodies to perform the many tasks He has planned for us!!!

Denise Gates

Can you help??

A few more workers are still needed for both the Nursery and Children's Church Program. A

special thank you to all those who have already taken the opportunity to sign up! If you feel this is a way that you can minister to our little ones, please contact Elizabeth Bridger at 400-0767.



to our newest staff member, Wendi Ennis. She will be working in our nursery on Wednesdays and on Sundays for both services. She has six children of her own and has taught art at the Creative Discovery Museum in the past

HOLSTON HOME FIFTH SUNDAY PROJECT

ST. LUKE KIDS HELPING HOLSTON HOME KIDS

"YOU MUST HAVE BEEN A BEAUTIFUL BABY" PHOTO CONTEST



Calling kids of all ages.....participate in the Photo Identification Contest and help the kids of Holston Home for Fifth Sunday Collection.

Check out the photo display in the Narthex and place your entry form with a monetary donation in the envelopes provided. The adult and child who correctly identify the most photos will win a prize.

Here's your only clue.....the "babies" in the pictures are either a St. Luke member or a staff member.

All entries due by September 30 after the 1100 service.

Thanks
Denise Gates

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RELIEVE EDITORIAL STRESS:
**TURN IN
YOUR ARTICLES
EARLY!**
RE M I N D E R :
**DEADLINE FOR
NEWSLETTER
ARTICLES IS**
Thursday, September 20

After Cool

Begins September 5

4:15 - 6:00

We will be decorating a
picture frame



Bring your favorite summer
vacation picture!!

Breast Cancer 3-Day Walk



Dear St. Luke Family,

Just a reminder about my Breast Cancer 3-Day that I'll be doing 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 love and support.

Nita Kilpatrick

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 WORKERS	Wendi Ennis