

THE EPISTLE

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

Grief Care: Part 3

This two-part article—this month and next—centers on aspects of healthy grieving that are not often volunteered by the bereaved or explored by grief caregivers.

In this month's article, we will focus on the many related losses that accompany the death of a family member, regardless of age or relationship. Next month, we will turn our attention to other significant losses that generate grief, regardless of their duration, and conclude with a discussion of "grief spikes."

There are two reasons for these articles. First, I hope those who are grieving will feel encouraged to share these often-unspoken feelings with a grief caregiver. Second, I hope grief caregivers who are comfortable exploring these deeper dimensions of grief will find opportunities to gently weave these topics into their conversations with those they accompany.

When a family member dies, the grief extends far beyond the death itself. Countless secondary losses often emerge, many of which remain unrecognized or unspoken. I list only a few examples here, hoping they will open the door for others to share—or ask about—the many other relational losses that accompany death.

The Death of a Spouse

- Daily routines suddenly rearranged.
- The empty chair.
- Taking on responsibilities your spouse once handled.
- Morning kisses and goodnight kisses.
- No longer receiving birthday, anniversary, or holiday cards from your spouse.
- Missing familiar looks, embraces, and gentle touches.
- Sitting side by side—or simply knowing they were in another room.
- No longer hearing words of affirmation or affection.
- Missing the whistling, singing, or humming that filled the house.
- Missing the unique, quirky habits that once made you smile.

- Memories waiting in every room.
- Feeling like a "fifth wheel" when socializing with couples.
- Losing your human alarm clock.
- Facing the possibility of moving away from familiar surroundings—or moving closer to family.
- The empty place beside you in your place of worship.

The Death of a Daughter or Son

- Dreams left unfulfilled, such as seeing them marry, raise a family, or continue the family name.
- Losing the opportunity to develop an even deeper relationship over the years ahead.
- Regrets over conversations never had or amends never made.

The Death of a Grandchild

- Losing the joy of watching them grow.
- Missing the privilege of spoiling them, encouraging them, and giving them the unique love that grandparents so often share.

If you have experienced other related losses that are not listed here, I invite you to call or text me. Your experiences may help expand these lists and, in turn, encourage others to recognize and express feelings they may have been carrying alone.

Sharing these hidden losses can open the door to healthy unburdening. Likewise, gently drawing them out in conversation can help lighten a grieving heart and remind someone they are not alone in what they are experiencing.

Take care,
Pastor Neenan

JULY 2026 HONORIUMS AND MEMORIALS:

Memorials:

In Memory of Margaret Tanner from Carol Feisal, Janie Hendrix, Matt and Shirley Garner

In Memory of Ben Wages from Karen Kinney, Mary Palmer, Red Door Wealth Management, Hal and Betty Padgett, Carole Feisal, Dan and Vicki Murrell, Harry Colter, Janie Hendrix, Mary Lou Cushing, John Bridges, Barbara Robilio, April and David Carpenter, J. Alan Malcolm.

In Memory of Dr. Jimmy Padgett from Mary Lou Cushing

In Memory of Nellie and Mark Mathis from Mary Lou Cushing, Sarah Jordan



The Fun Bunch Activites

The Fun Bunch invites the church congregation and friends to a presentation, “Methodist Music History.” Our Worship and Music Director, Rev. Amy Martin, will be our guest presenter.

Join us on Wednesday, August 26, at 11:30 a.m. in the Lounge.

We’re trying something different! Lunch will be catered by Jason’s Deli. The lunch includes a sandwich, chips, a cookie, and a drink for \$8.00.

All are welcome! Please sign up at the desk in Hospitality Hall so we can plan our food order.

Questions? Call Jim or Jeanne at 413-3341.



DAY SCHOOL NEWS

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We had a wonderful fun/crafting/waterday filled summer!! Now, Tia Patrick (the new Assistant Director) and I are readying for our teacher in-service and a new school year!

We have 75 students formally enrolled and 2 more in the process. We have retained all teachers that were here last year, except for the college staff that is either returning to school or moving on to their permanent teaching jobs. Likewise, we have retained our students, except for those moving on to their forever schools or in one family's case, moving to the Netherlands!

We are super excited for this new year and are looking forward to Welcoming all our new families!

Thank you for your prayers and your support of this special little school!! We are here because of the sweet families and YOU!



Security and Other Information for Statements Sent Via Email

To avoid any issues with privacy concerns, several measures have been taken to ensure that contributors can access only their statement.

These security precautions include:

- All personal and financial data is transmitted using industry-standard SSL encryption.
- The hyperlink each contributor receives is unique and generated specifically for that individual. Only the contributor can open the link and access the statement associated with it.
- Contributors can **NOT** access another person's statement using the hyperlink sent to them.
- Each contributor must enter the e-mail address provided for statements, so someone cannot modify the hyperlink to view another contributor's statement.
- Contributors' e-mail addresses will never be sold or shared by the software company generating the contributor's statement.
- When recipients open the e-mail, they will see a link to the statement rather than only a statement or an e-mail with the statement attached.
- Target date for emailing 3rd Quarter 2026 Contribution statements (reflecting contributions through Sept. 30) is first week of October.

Please contact Mary Lou Cushing (membership@stlukesumc.org) or call the church office (901) 542-6262, if you have any questions or concerns.

Sunday School Opportunity

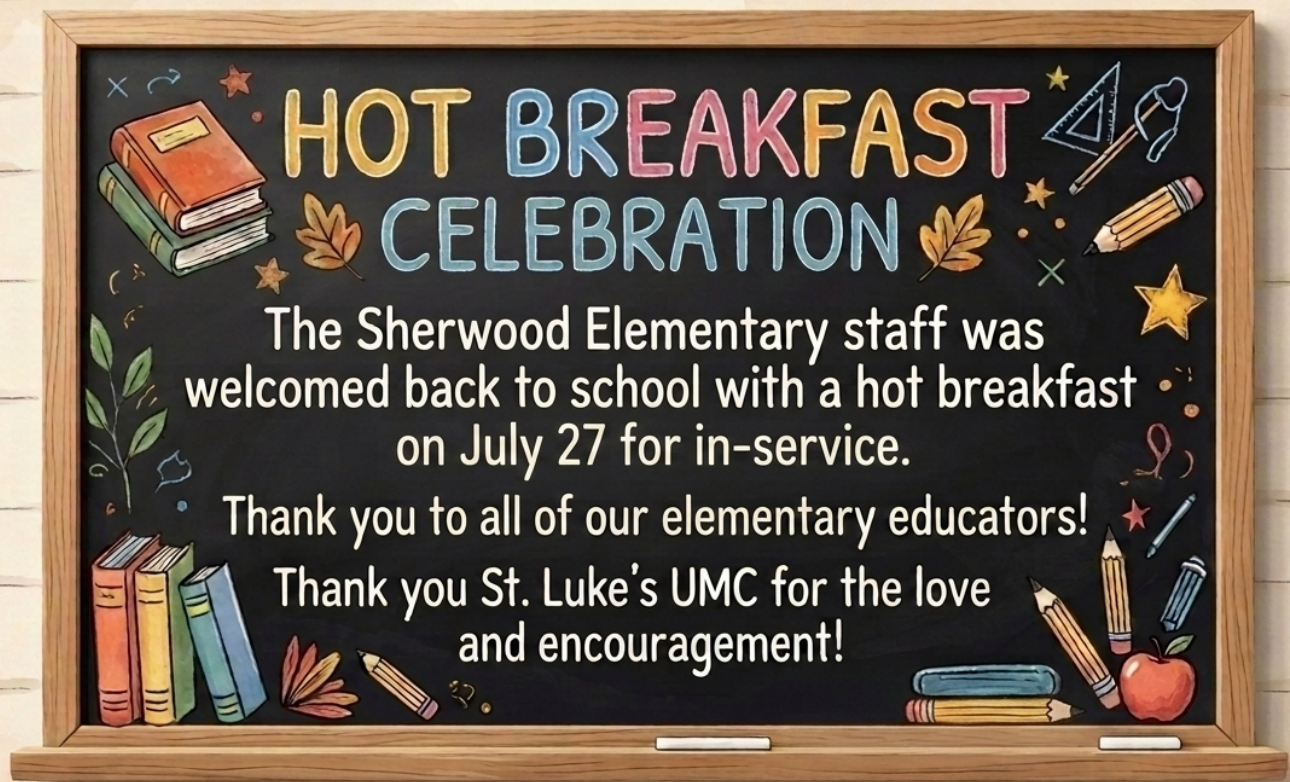
The Seekers Class, which meets on the second floor across from the Library, will begin a discussion of a fascinating five-chapter book that almost didn't make it into the New Testament.

Join us on Sunday for an enlightening adventure as we explore its history, message, and relevance for today. Everyone is welcome!

Love Grows Here T-Shirts Now Available!



\$15 Each
Order at the
Front Desk!



The United Women in Faith donated items from the Dorothy Day House wish list. Dorothy Day House provides temporary housing and support for families experiencing homelessness. Their generous contributions will help meet the daily needs of these families and are greatly appreciated.



**Shirley Robinson was presented a
pin for Woman of the Year
by Mary Lou Cushing.
Congratulations!**

August 2026

July 2026

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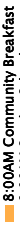
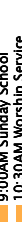
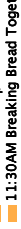
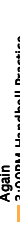
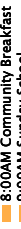
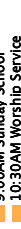
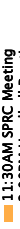
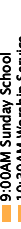
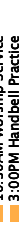
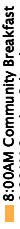
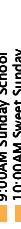
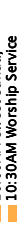
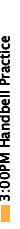
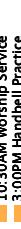
August 2026

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September 2026

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 St. Luke's UMC
 Holidays in United States

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 8:00AM Community Breakfast  9:00AM Sunday School  10:00AM Sweet Sunday  10:30AM Worship Service  3:00PM Handbell Practice 26	 6:30AM Men's Basketball League  8:15AM Yoga Class  9:00AM Chair Aerobics  6:30PM Boy Scouts Troop 40 27	 1:00PM Pickleball  6:00PM Finance Meeting  6:00PM Yoga  6:30PM Cub Scouts 28	 6:30AM Men's Basketball League  9:00AM Chair Aerobics  10:30AM Exercise Class  12:00PM Practice Pickleball  6:00PM Stamp Club  6:30PM Choir Practice 29	 10:00AM AI-Anon  1:00PM Art Gathering  1:00PM Pickleball 30	 6:30AM Men's Basketball League 31	 9:30AM Yoga 1
 8:00AM Community Breakfast  9:00AM Sunday School  10:30AM Worship Service  11:30AM Breaking Bread Together Again  3:00PM Handbell Practice 2	 6:30AM Men's Basketball League  8:15AM Yoga Class  9:00AM Chair Aerobics  6:30PM Boy Scouts Troop 40 3	 1:00PM Pickleball  6:00PM Yoga  6:30PM Cub Scouts  7:00PM Coin Club Meeting 4	 6:30AM Men's Basketball League  9:00AM Chair Aerobics  10:30AM Exercise Class  12:00PM Practice Pickleball  6:00PM Stamp Club  6:30PM Choir Practice 5	 10:00AM AI-Anon  1:00PM Art Gathering  1:00PM Pickleball 6	 6:30AM Men's Basketball League 7	 9:30AM Yoga 8
 8:00AM Community Breakfast  9:00AM Sunday School  10:30AM Worship Service  11:30AM SPRC Meeting  3:00PM Handbell Practice 9	 6:30AM Men's Basketball League  8:15AM Yoga Class  9:00AM Chair Aerobics  6:30PM Boy Scouts Troop 40 10	 1:00PM Pickleball  6:00PM United Women of Faith  6:00PM Yoga  6:30PM Cub Scouts 11	 6:30AM Men's Basketball League  9:00AM Chair Aerobics  10:30AM Exercise Class  12:00PM Practice Pickleball  2:30PM Wings Gymnastics  6:30PM Choir Practice 12	 9:30AM Food Pantry  10:00AM AI-Anon  1:00PM Art Gathering  1:00PM Pickleball 13	 6:30AM Men's Basketball League 14	 9:30AM Yoga 15
 8:00AM Community Breakfast  9:00AM Sunday School  10:30AM Worship Service  3:00PM Handbell Practice 16	 6:30AM Men's Basketball League  8:15AM Yoga Class  9:00AM Chair Aerobics  6:30PM Boy Scouts Troop 40 17	 1:00PM Pickleball  6:00PM Trustee Meeting  6:00PM Yoga  6:30PM Cub Scouts  7:00PM Coin Club 18	 6:30AM Men's Basketball League  9:00AM Chair Aerobics  10:30AM Exercise Class  12:00PM Practice Pickleball  2:30PM Wings Gymnastics  6:30PM Choir Practice 19	 10:00AM AI-Anon  1:00PM Art Gathering  1:00PM Pickleball  5:30PM Communication Committee 20	 6:30AM Men's Basketball League 21	 9:30AM Yoga 22
 8:00AM Community Breakfast  9:00AM Sunday School  10:00AM Sweet Sunday  10:30AM Worship Service  3:00PM Handbell Practice 23	 6:30AM Men's Basketball League  8:15AM Yoga Class  9:00AM Chair Aerobics  6:30PM Boy Scouts Troop 40 24	 1:00PM Pickleball  6:00PM Finance Meeting  6:00PM Yoga  6:30PM Cub Scouts 25	 6:30AM Men's Basketball League  9:00AM Chair Aerobics  10:30AM Exercise Class  12:00PM Practice Pickleball  2:30PM Wings Gymnastics  6:30PM Choir Practice 26	 9:30AM Food Pantry  10:00AM AI-Anon  1:00PM Art Gathering  1:00PM Pickleball 27	 6:30AM Men's Basketball League 28	 9:30AM Yoga 29
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