

THE EPISTLE

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

Welcome, Jazmyn!

Please join us in welcoming Jazmyn Quarells to St. Luke's as our new Children and Youth Director.

Jazmyn Quarells will be serving as the Children and Youth Director at St. Luke's, where she is passionate about creating spaces for children and families to learn, grow, connect, and experience the love of God.

She holds a degree in Interdisciplinary Children & Society with a minor in Child Welfare from the University of West Florida.

Jazmyn enjoys finding creative ways to help children engage with their faith and become active members of the church community.

In her free time, she enjoys cozy hobbies like reading, crafting, gaming, cooking, and baking, and she looks forward to getting to know the members and families of St. Luke's.



LIVING GOD'S LOVE IN REAL TIME

A FALL WORSHIP SERIES



During worship this fall, we will be engaging with scripture that calls us to think about how we help bring in God's gracious reign through our own lives. This series of scriptures and services will remind us that faith isn't a performance. It's the daily work of showing up with open hands and willing hearts, trusting that God is shaping us one faithful choice at a time. Week after week this fall, Jesus invites us into the gritty, grace-drenched practice of living God's kingdom here and now – where forgiveness becomes habit, generosity becomes instinct, service becomes joy, and gratitude becomes our steady song.

As we hear the scriptures, we are called to respond – to notice certain things and respond in prayer and action. During each service you'll have the opportunity to write a prayer and place it in a large jar at the front of the Sanctuary. As we share these prayers and the collection grows throughout the season, we'll witness the nearness of God's kingdom and our part in it.



September 6

When Healing Begins

Matthew 18:15-20

Watch for moments when healing begins in your own life or around you.

September 13

The Math of Mercy

Matthew 18:21-35

Pay attention to instances when mercy is practiced.

September 20

Grace That Turns the Tables

Matthew 20:1-16

Notice when something good happens for someone else.

September 27

A Change of Heart

Matthew 21:23-32

Think about one place in your life where you might need a change of heart.

AUGUST 2026 HONORIUMS AND MEMORIALS:

Memorials:

In Memory of Deb Sanders from Rorie Read, Janie Hendrix, Beth and Adam Ryan, Shirley Robinson, Lynne and Wally McAlexander, Sarah Jordan, Mary Lou Cushing, Harry Colter, Carla and Tim Taylor, Carolyn Graves, Loretta Bell, Betty Northcross, Arthur Mae Davis, Bernice Humphrey

In Memory of Ruth Ann Simpson from Barbara Simpson



The Fun Bunch Activities

We will have a tour of the historic St. Luke's Sanctuary with a special highlight of our beautiful stained-glass windows.

Following our tour, we will have lunch in the lounge. Please sign up at the Hospitality Hall so we can plan our menu.

Questions?

Contact Jim or Jeanne Debo 826-4583



BUBBILICIOUS BACK TO SCHOOL BASH

Sunday, September 20

4:00 to 6:00 p.m.

Super Fun Foam and Bubbles Party

Sprinklers, bubble fun, pools,
and play on the greenspace.

Play for free

Hamburger or Hotdog meal
\$6 with a \$25 family maximum

Attire: bathing suits,
closed toe shoes, and bring a towel.

NO FLIP-FLOPS!

EVERYONE IS WELCOME!

BRING A FRIEND!

Grief Part 4

Surely hope the series has been of benefit in better understanding grief and all that comes with it. It is truly the portion of some everywhere, either personally in it or as helper. Part 4 centers on other losses, grief spikes, and complicated grieving. Grief broadly refers to other kinds of losses, which are tough to deal with requiring thoughtful care.

These losses include:

- Pets who pass or can no longer keep because of moving or health
- Secret keepers
- Divorce
- Dating break ups
- Empty nest
- Unwanted home downsizing
- Lamenting the decay of value systems.
- Shattered or unfulfilled dreams
- Loss of treasure possessions like a pacifier or one's vehicle
- Loss of identity from "Who's Who!" to "Who?"
- Privacy
- Giving up keys or fobs
- Being active in community and church interests
- Income
- Job
- Loss of trust
- Lack of being visited/remembered
- Loss of cherish independence because of illness or injury accident
- Rights yanked awa.
- Mobility, body limbs, sensory loss.
- Being the last of your immediate family
- Losing one's voice
- Living under another's thumb after years of independence

All loss is not equal in the scope of life's ride, but the overall degree of a hurt at that moment and length of stay very much overwhelms.

Care Plan

- Respect whatever they say their loss is
- Acknowledge the loss as significant to them and being so very sorry
- Assessing "does this loss invite of follow up?" generating an invitation to continue the conversation at a later time
- If no extra time is sensed, circling back to see how a neighbor is doing with what was hurting them.
- If given permission to offer a prayer, along with assuring them how God cares and embraces them, express the feelings they shared. This lets them know you were truly listening.

Grief Spikes

Healthy grieving is a function, allowing survivors to identify, acknowledge, feel, and integrate who they love, but now without. It is an active, non-linear, process of feeling emotions fully rather than suppressing them, gradually integrating loss into life. It is feeling pain and adapting to life without a loved one. Overtime, most usually can manage painful feelings, so they don't interfere with daily life.

Signs of adjusting or adapting to when life is becoming more tolerable and enjoyable include:

- Starting to look to the future
- Self-realization that I am making progress
- The pain is not as intense and gratefully remembering the love.
- Regaining self-confidence and identity- "I'm doing better"
- Sharing happier memories
- Venturing out more
- Appearance of home inside and out is improving

During this period and afterwards, grief spikes pay a visit. They come with:

- Birthdays
- Anniversaries
- Holidays
- Seeing happy couples
- Finding a special celebration card hiding in a drawer looking for something
- Hearing an expression that is reminiscent of the one you love
- Seeing someone who looks like them
- Listening to a special song

The experience is a rise of elevated sadness that grabs your heart with a rush of pain feeling overcome. And you ought to be! Let them happen as they come and go. If feel getting stuck, get help. Complicated grief is an intense, long-lasting form of grief that impairs daily function often lasting beyond 12 months. If you are in this state or if you know of someone who is there or heading that way, seek out a support person and express to them your concern prompting intervention. This is to your health and to our health.

Take care,

Pastor Neenan



You're invited to a Life Line Screening event!

Where: St Luke's UMC

When: Monday, November 2, 2026

Life Line Screening is the nation's leader in **Stroke and Cardiovascular Disease Risk** Screenings.

Trusted by over 11 million customers.

Screenings are simple and painless. Get peace of mind or early detection.

Who should attend:
Anyone **age of 40+**

Special Pricing for \$129

- ♥ Carotid Artery Disease Screening
- ♥ Atrial Fibrillation Screening
- ♥ Abdominal Aortic Aneurysm Screening
- ♥ Peripheral Artery Disease Screening

4 ways to book your appointment...

Call **800-324-9458** and use
promo code **HABC001**

Visit  **LLSA.SOCIAL/HABC**



Text the word **"circle"**
to **216-279-1607**

These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease. Those with abnormal results should discuss possible next steps with their family healthcare provider and ensure they understand the risk and benefits of any additional testing or procedures.



United Women in Faith

On August 11 the United Women in Faith held their annual pot luck. Lots of Food and Fellowship followed by our Pledge for Missions program by Mary Lou Cushing.



September 2026

-  St. Luke's UMC
-  Holidays in United States

August 2026							September 2026							October 2026						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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		2	3	4	5	6	7	8					6	7	8	9	10	11	12	13
	9	10	11	12	13	14	15						13	14	15	16	17	18	19	
	16	17	18	19	20	21	22						20	21	22	23	24	25	26	
	23	24	25	26	27	28	29						27	28	29	30				
			30	31																

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