

St. Luke's United Methodist Church  
4444 Fifth Avenue North  
St. Petersburg, FL 33713-6299



9:00 Contemporary Service  
11:00 Traditional Service  
10:00 Bible School

RETURN SERVICE REQUESTED

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# The Spirit of St. Luke's

Published monthly

July 2010

## LEARNING TO TRUST

*"Then Moses said to them, 'No one is to keep any of it until morning.'" - Exodus 16:19*

Have you ever seen God do something really good in your life only to find that you have abused the blessing He gave you? Such was the case of the Israelites as they were traveling through the desert on their way to the Promised Land. God was providing for them in miraculous ways. Manna was provided each day as their bread. God gave Moses specific instructions as to how this manna was to be eaten. God said each one was to gather only what he needed for that day. No one was to keep it until the next morning.

"However, some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell. So Moses was angry with them" (Ex. 16:20). God was teaching the Israelites daily trust in His provision for them. He wanted them to trust Him one day at a time. If they tried to hoard, God put a self-destruct feature in the manna. Yet God also told them to gather two days' worth on the sixth day so that they would have manna to eat on the seventh day. Interestingly, this manna did not stink nor have maggots.

I think what compelled people to gather more bread than they needed for the day was fear. Fear is the greatest hindrance to trust and faith in God. The only way we can overcome our fears is to learn how to trust God for our daily bread. That is what He was teaching the Israelites in the desert. Learning to overcome our fears and trust God is something that most of us have to be taught, we usually don't learn it instinctively. If your life comes to the place where the only option or hope you have is to trust in God, then fear not because He is at work in your life. No one really likes to be in that place, but in order to grow in our faith and be molded into the person of faith God desires us to be we must take that journey in life.

Learning to trust...

Your friend, PASTOR CRAIG MOORE

"Open hearts. Open minds. Open doors." The people of The United Methodist Church®



St. Luke's United Methodist Church  
4444 5th Avenue North - St. Petersburg, FL 33713

Phone: (727) 321-1335 Fax: (727) 327-8693  
www.st-lukesumc.com emails: stluke@tampabay.rr.com  
sec-treas@tampabay.rr.com

Dr. Craig Moore, Pastor  
Barbara Snead, Director of Children's Ministries  
Maresi Brown, Director of Youth and Young Adult Ministries,  
Bulletin Editor, Contemporary Worship Leader  
Ginny Stewart, Pastor's Secretary, Treasurer, Spirit Editor  
Derek Weston, Director of Music Peggy BeVille, Organist  
Dr. Gloria Willcox, Associate in Counseling Bob Lieber, Custodian

### Missionaries and Ministries

- Rex Almquist, Southeast Asian Relief
- St. Petersburg Free Clinic
- Resurrection House St. Petersburg
- Covenant House of Florida, Gideons

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St. Luke's is a spiritually alive congregation committed to welcoming all generations and helping them become disciples of Jesus in their community and the world.

# Our Church Family

## Scripture Readers

**Jul 04** 11:00 Jean Schneider  
**Jul 11** 11:00 Kathryn Sweatt  
**Jul 18** 11:00 Nancy Chapin  
**Jul 25** 11:00 Gary Chapin

## Greeters

**Jul 04** 11:00 Marion Galloway  
**Jul 11** 11:00 Joy DeAbreu  
**Jul 18** 11:00 Karen Kelsay  
**Jul 25** 11:00 Miley Root

## Ushers

**Jul 04** 11:00 Frank Galloway, Charlie  
 BeVille, George Leonard, Jeff Brown  
**Ju 11** 11:00 Harriett Swartzmiller, Alfred  
 Plange, Bud Anderson, Gary Chapin  
**Jul 18** 11:00 Judy Bunnell, Gene DeHaven,  
 Rodney Cassaway, Ether Horsley  
**Jul 25** 11:00 Fred & Judy Bunnell, Steve  
 & Rosemary Reynolds



Verdine Skinner February 7, 2009  
 Barbara (Creaseman) Foster  
 February 9, 2009  
 Mel Skinner June 14, 2010

## Recently Hospitalized

Louise McFadden  
 Caitlin Sellards

*St. Luke's friends,  
 Thank you for your kindness, love, and  
 prayers during my illness. You will al-  
 ways be remembered. Alice Vance*



## SUMMER FELLOWSHIP FUN

Gulf Central District United Methodist Women  
**Ice Cream Social**

**Saturday, August 14, 2010**

**1:00-3:00 p.m.**

**Skycrest United Methodist Church  
 2045 Drew Street, Clearwater**

**We will leave the church at noon.  
 Sign up at the UMW's Bulletin Board or let  
 Helen Sweatt know you want to attend**

**If you are participating in *UM Women's Reading Program*, your list of books  
 needs to be given to Mary Howlett before July 15<sup>th</sup>**

**It is not too late to register for *School of Christian Mission*  
 July 20-23 or July 23-25  
 Florida Southern College Lakeland  
 Registration forms at UMW's Bulletin Board**

**Inspirations will meet on July 13 at 6:15 in the Joy Corner to continue the study,  
*The Esteemed Journey*, a reflective look at our relationship with Jesus.  
 It is never too late to join this group.**

## FLOWER CALENDAR

**If you would like to provide altar flowers in memory of or in honor of someone,  
 come to or call the church office, choose a date and service and, sign our flower  
 calendar for the flowers. We will highlight your gift in the church bulletin for the  
 date selected. You may take the flowers or leave them to be delivered to shut-ins.  
 Altar vases are \$20, side vases are \$15.**

### **FLOOD RELIEF**

As a "1,000 year flood" drenched the southeastern United States in May, viewers were glued to their TVs and other media focused on the oil spill.

Responding to the crisis, the United Methodist Committee on Relief (UMCOR) on June 8 issued a special appeal—U.S. Disaster Response, UMCOR Advance #901670—for all affected areas in the southeastern United States.

"So much rain fell in two days in Tennessee—15 or more inches in some spots—that experts refer to the event as a '1,000-year flood,' not expecting to see another like it in that span of time," the Rev. Cynthia Harvey, UMCOR executive, said. "Besides middle and western Tennessee, rain also poured over south-central and western Kentucky and northern Mississippi. Creeks and rivers overflowed their banks and caused flash flooding."

Crops, especially in west Tennessee, suffered severe storm damage. Families without flood insurance—and many had considered themselves safe from such an event—experienced catastrophic losses.

In Nashville, Memphis and towns and villages spread over 52 counties, neighbors helped neighbors; and volunteers arrived by the busload. Others assembled cleaning buckets and sent them to UMCOR Sager Brown and annual conference depots to deliver to those in need.

However, Harvey said, "news coverage of the disaster receded faster than the floodwaters." There is still a need for help.

If you would like to help restore this flood ravaged area, make your check out to St. Luke's and mark your gift with the word "flood."

### **Share Food Network**

Our Share program has now combined with Clearview United Methodist Church. Share packages may be purchased and picked up as usual at 4515 38th Ave N. 522-4673.

Those being covered by the Helping Hand Fund will continue at this location. The July pick-up date at Clearview is Saturday the 31st.

### **SCHOLARSHIPS AWARDED**

The 2010 Richard Jackson Memorial Scholarship has been awarded to Michael Brown, son of Jeff and Mary Brown, a sophomore at the University of Central Florida

Two Educational Assistance Scholarships have been awarded to: Rebecca Leonard, daughter of George Leonard, a student at St. Petersburg College, majoring in science.

Robert Willis, son of Candace Willis and grandson of Mary Howlett, a senior at the University of Florida. Robert is seeking degrees in computer and electrical engineering.

Congratulations to all these deserving scholars. Please keep all of them in your prayers.

## WELCOME TO OUR NEW MEMBERS



Scott Hazelton  
4140 8th Ave N  
St. Petersburg, FL  
33713  
727-242-4783



Marco & Danielle Ricciardi  
4212 12th Avenue N  
St. Petersburg, FL 33713  
727-328-3675



Gabriel Garcia  
5479 Lynn Lake Dr. S Apt. C  
St. Petersburg, FL 33712  
727-415-5160



Kathryn Sweatt  
122 6th Avenue N  
St. Petersburg, FL  
727-898-9050



Michael & Michelle Hintz-Prange  
4316 5th Ave N  
St. Petersburg, FL 33713  
727-323-7368



Rob Emmett  
6115 51st Terrace N  
St. Petersburg, FL 33709  
727-754-0068



Gloria Leeson  
5200 28th Street N  
St. Petersburg, FL 33714  
727-329-6564

## Check Out What's in the Library!

### The Appomattox Saga The Shadow of His Wings

by Gilbert Morris



A young soldier bravely risks his life but after a tragic injury, will he have the courage to live again?

As the spring of 1863 begins, both Northern and Southern armies prepare for another year of war: the North tries to capture Richmond and end the rebellion; the South strives for European recognition of its independence before its army is decimated by casualties.

Lowell Rocklin, Clay's youngest son, encounters General Longstreet, who understands the South's dilemma and encourages Lowell to make an observation balloon for the Confederate army. Before he began his project, however, Lowell is wounded and sent to Chimborazo, a war hospital in Richmond. There Lowell meets Rooney Smith, an extraordinary young woman who nurses him back to health and agrees to help him make the balloon.

On the balloon's maiden voyage in battle, Lowell is wounded and loses a leg. Physically he recovers, but mentally he gives up hope and won't face the world. Lowell will need a dying young friend and the love of a young woman to help him recover and find a faith in God!

Gilbert Morris is the author of many bestselling books, including the popular Reno Western Saga, the House of Winslow series, and the Wakefield Dynasty. His family includes three grown children, and he and his wife live in Orange Beach, Alabama.

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#### July Prayer Focus

Each month we will have a different prayer theme to focus on. The prayer focus for July is *the oil spill and all the people, property and environment adversely affected by the spill.*

Counselor's Corner continued from page 12.....

*suffering produces perseverance, and perseverance builds character and character gives us hope.*" Once we become aware of our circular thinking patterns, (suffering), with God's help we can stop them (*Dr Amen's ANTs –Automatic Negative Thinking's*). Then by concentration (*perseverance*) through the discipline of **repeating** a new thought or behavior **replaces** the old negative ones with positive thoughts and behaviors.

**3. Responsibility,** When we fail in giving love and thus sin, we need forgiveness and forgiveness work is a major step in Christian psychotherapy. Forgiveness is seldom mentioned in the training of secular counselors. We need forgiveness from God, need to forgive ourselves, and often need to forgive those who have wronged us (**character**). **"The prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective,"** (James 5: 15-16)

**4. Righteous Living** "Seek ye first the Kingdom of God and all of these things will be added unto you." This is the key to abundant life. It seems so simple, yet because of our fallen nature (**hope**) we can only do this through Holy Spirit power.

In all that we do as God's on-earth counselors, it must be done with a deep-soul understanding of God's grand intention for His universe. More specifically, a theology of counseling must understand the relational intention between Him and His first human beings. If we are to understand His hope for all of creation, we must look within His revealed Word for the plan. A foundation for Christian counseling must work in **concert with the Holy Spirit**. No counselor knows exactly where God has each child, but it is through humble participation that we assist the Holy Spirit. **Restoration** and growth comes not from us, but is entirely dependent upon the will of God and the work of His Holy Spirit.

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#### Thrift Store

The thrift store is need of household items to sell in the store. Do you have kitchen items you no longer use that are stored in the upper cupboards or drawers? Do you have other items that have been in a closet for years and not used? The thrift store is the perfect place to drop off these items.

All proceeds from the thrift store go to our Helping Hand fund which helps those in need in our church and our neighborhood.

# COUNSELOR'S CORNER

By Dr. Gloria Willcox

COUNSELOR'S CORNER — July 10

As I have shared with several of my Prayer Partners, and now request all of your prayers, we are negotiating with Asbury Theological Seminary to have a branch here in Seminole through the Virtual Classroom (VTEC) With St. Petersburg College's University Partnership program. We hope to start classes either this fall or in January 2011. Last week I received a special gift at a luncheon hosted by Andy Hines and Evelyn Kuttler- Retired Board members of Asbury Seminary.

It is a delightful little booklet written Asbury's new President, Dr. Tennent, about the Four R's of his vision for Asbury; Revitalize, Reflect, Renew, Restore. I felt so inspired after the luncheon that I have written the following "Four R's" for the Asbury University Partnership for a Pastoral Counseling degree.

***The Four R's of the Asbury Seminary/ St. Petersburg University Partnership "Reconnect, Relationship, Responsibility, Righteous Living"***

**1. Reconnect** – Most people who come for counseling are hurting because they have lost their connection with important people in their lives. When the counselor can facilitate the process of "connection" by lending a listening ear, praying for and with the client, having empathy and understanding for their feelings, the connections can be **resorted**.

One of the most effective ways for doing this is to teach the client skills of **Active Empathetic Listening** and **Ego State Sorting**. The Biblical principle underlying this idea is **"Give yourselves to God. Surrender your whole being to him to be used for righteous purposes."** Rom 6:13.

This is effectively done using the handouts and exercises based on my book **"Feelings – Converting Negatives to Positives."** This book is based upon the principles of Cognitive Behavioral Therapy. The ABC Theory handout teaches them that it is not the stimulus (ACTION) of another person's actions that causes our feelings (CONSEQUENCE), but rather it is our interpretation of their action based on our own private (Belief) System. The Feeling Wheel and the accompanying book help clients learn this foundational principle.

**2. Relationship** – It is in relationships that we feel broken and in relationships that we heal. Clients learn to transform their beliefs through **"Inner Healing Prayer and Re-Parenting."** Again I reference my book, where on pages 120-1, I write of four other "R's" which are part of the learning process based on (Romans 5:8) **"We rejoice in our suffering knowing that**

continued on page 13.....



# Barb's Branches

by Barb Snead

July 2010

I can't believe that summer is here already! We've got some special things planned for the summer. We'd like you to try to do the following this summer:

1. Be safe this summer!
2. Bring a friend to TreeHouse
3. Make new friends!
4. Do something good each day for someone different!
5. Come to the TreeHouse Summer events!
6. Have Fun!!!!!!!!!!

**Here are the special dates for July:**

Sundays....4th, 11th, 18th, 25th.....10:00 - 10:45 - Sunday School

Sunday...July 4th - HAPPY INDEPENDENCE DAY!!!!!!!!!!!!!! BE SAFE!!!!!!

Wednesday, July 14th -----5:30pm - 8:00pm - Beach and "Sno-Balls!"!

Wednesday, July 28th----- 5:30pm - 8:00pm Park to play BALL (Baseball, kickball, and soccer).

MORE GREAT STUFF TO COME NEXT MONTH INCLUDING OUR LOCK-IN!!!!!!

**the ladder is waiting for you.....**

## **MOVIE NIGHT**

**Friday, July 16** is our next FREE movie. Movies are family friendly starting at **6:30pm**. Cartoons will be shown at 6:00pm. Pizza will be available for \$1.00 a slice, drinks, popcorn and candy for a small fee. Movies are shown on a wide screen with a great sound system. Take advantage of a fun time for everyone the family. Let's go to the movies!!



### Salad Potluck Luncheon

Sunday, July 18, 2010 will be a salad potluck lunch at St. Luke's following the 11:00am service.

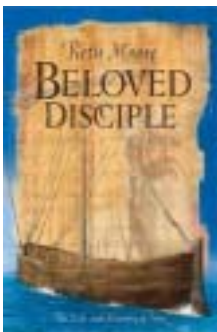
Do you have a special bean, greens, pasta or chicken salad you'd like others to taste? Join us at noon July 18 for our first potluck salad lunch. Place settings, drinks and dessert will be provided. Bring a salad to share.

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### Wednesday Night Live (WNL) -Summer Schedule

The Youth, Tweens and TreeHouse will continue with a meal and classes throughout the summer plus additional activities. Check the schedules. Invite a friend to join you!

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**A Beth Moore Bible study:** "Beloved Disciple: The Life and Ministry of John" - This 10-week women's Bible study explores the life of the apostle John who had the God-given gift of seeing a larger picture. John's love relationship with Jesus Christ profoundly influenced everything he did and wrote. As the other disciples were martyred one by one, John remained to write his sublime Gospel proclaiming Jesus' identity as the eternal Word of God. In his three letters John left a legacy of divine love to ignite the passion of future believers. And while exiled on Patmos, John recorded His risen Lord's glorious revelation of victory and hope. John referred to himself as "the disciple whom Jesus loved." Just as Christ took John on a lifelong journey into the depths of His love, He will do the same for you. The Bridegroom's love is unmatched and inexhaustible, and He is waiting to lavish it on you, His beloved. Join us beginning Wednesday, July 7th, 6:00pm in the "Joy Corner." Call the office to place your order for a workbook 321-1335.



## Spring Tea Memories



The Secret of Happiness

Psalm 1 tells us the secret of happiness lies in how we treat and respond to the law, or the Word. But does this just mean the commands of God? Psalm 119, the longest psalm, could be called an expanded version of Psalm 1. Here the psalmist seems to be worshipping God's law. "I lift up my hands to thy Word." Is he worshipping the Bible? No. If you look deeply, you will see that the Word is Jesus. The law is Jesus. The Bible, in essence, is Jesus. When we immerse ourselves in His Word, when we choose to walk in the light of His way, we are walking with Him, we are keeping the way pure between ourselves and Him, we are sinking our roots down — not into our circumstances, but into God Himself. And this is the secret of happiness in the sweet times and in the wilderness times.

If you pursue happiness, you will get neither righteousness nor happiness. But if you pursue righteousness, as Psalm 1 shows us how to do, you will get happiness thrown in. *Dee Brestin Ministries*

*"But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you." (Ps. 5: 11)*

HURRICANES

Hurricanes are tropical cyclones that threaten areas of the United States along the Atlantic coastline and the Gulf of Mexico. They can cause extensive damage due to the winds, flooding and even tornadoes they produce. The hurricane season extends from June to November, and peaks from mid-August to late October. **TERMS TO KNOW:** Hurricane Watch - Hurricane conditions are possible within 36 hours. Hurricane Warning - A hurricane is expected within 24 hours. Storm Surge - A dome of water pushed ashore by hurricane force winds. Storm Tide - A storm surge combined with a normal tide. During a Hurricane Threat - stay tuned to radio or TV for updates, shutter or board the windows in your home, secure outdoor objects or bring them inside, stock up on food and water in case you must take shelter in your home, fuel up your car in case an evacuation is ordered, and turn off utilities at the main valves or switches if instructed by authorities. St. Luke's Disaster Response & Church Security Committee will prepare the church for a storm before a Hurricane Watch is announced, approximately 48 hours ahead of time.

# Youth Group

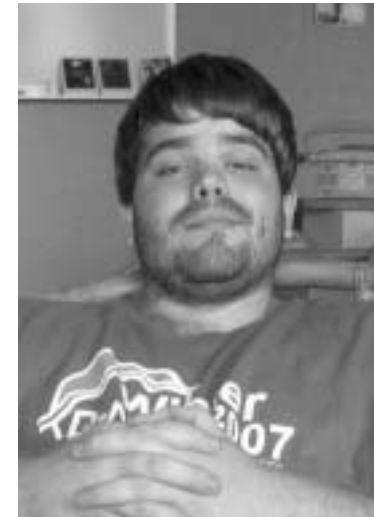
Maresi Brown  
MINISTERING TO TEENS IN GRADES 6-12  
St. Luke's United Methodist Church  
4444 5th Avenue North  
St. Petersburg, FL 33713  
(727) 321-1335  
youthandyoungadult@tampabay.rr.com



## JULY YOUTH EVENTS

- 07/01/10 6:16-8:15 Feed The Homeless
- 07/07/10 3:30-5:15 Confirmation Class - All Tweens & Youth who have completed 6th grade and have not been confirmed are encouraged and invited to attend the Confirmation classes over the summer. Please see Maresi Brown for more information.
- 07/14/10 5:30-7:30 Youth Group - \$1/food
- 07/15/10 9:00-4:00 Adventure Island
- 07/21/10 3:30-5:15 Confirmation Class
- 07/21/10 5:30-8:30 Youth Group - \$1/food
- 07/22/10 6:15-8:15 Feed The Homeless
- 07/25/10 5:30-7:30 Youth Activities
- 07/28/10 5:30-7:30 Youth Group - \$1/food

Can't wait to see you at church this summer - bring your friends!



Congratulations and Best Wishes to our former summer youth worker Matt Hamilton and his new bride, Elizabeth (married July 10)! May they have a blessed life together!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 4:30/6:15 Feed Homeless 6:30/7:15 Choirs 7:00 Venture Crew	<b>2</b> 	<b>3</b> 7:30 UM Men's Breakfast 9:30 Band Practice
<b>4</b> <i>Independence Day</i> Communion Worship 9:00 & 11:00 9:45 & 10:45 Coffee Bar 10:00 Sunday School Emergency Food Col.	<b>5</b> Office Closed 7:00 Scouts	<b>6</b> 6:30 Live Oak N. A. 7:00 Cub Scouts	<b>7</b> 10:30 Al-Anon 3:30-5:15 Confirmation Class 5:30 Youth	<b>8</b> 9:30 Missions Team 7:00 Venture Crew	<b>9</b>	<b>10</b> 9:30 Band Practice
<b>11</b> Worship 9:00 & 11:00 9:45 & 10:45 Coffee Bar 10:00 Sunday School 5:30 Youth	<b>12</b> 8:30 Prayer Time 7:00 Scouts	<b>13</b> 5:30 Worship 6:15 Inspirations 7:00 Cub Scouts	<b>14</b> 10:30 Al-Anon 5:30 Youth 5:30-8:30 TreeHouse to Beach & Sno-Balls	<b>15</b> 9:00-4:00 Adventure Island-Youth 6:30/7:15 Choirs 7:00 Venture Crew	<b>16</b> 6:00 Cartoons 6:30 Movie Night	<b>17</b> 9:30 Band Practice
<b>18</b> Food Assistance Worship 9:00 & 11:00 9:45 & 10:45 Coffee Bar 10:00 Sunday School	<b>19</b> 8:30 Prayer Time 7:00 Scouts	<b>20</b> 7:00 Cub Scouts	<b>21</b> 10:30 Al-Anon 3:30-5:15 Confirmation Class 5:30 Youth	<b>22</b> 4:30/6:15 Feed Homeless 6:30/7:15 Choirs 7:00 Venture Crew	<b>23</b>	<b>24</b> 8-11 Outside Workday 9:30 Band Practice
<b>25</b> Worship 9:00 & 11:00 9:45 & 10:45 Coffee Bar 10:00 Sunday School 5:30 Youth	<b>26</b> 8:30 Prayer Time 1:00 Parkinson's No Church Council 7:00 Scouts	<b>27</b> 6:00 Finance 7:00 Cub Scouts	<b>28</b> Spirit Mailing 10:30 Al-Anon 5:30 Youth 5:30-8:30 TreeHouse to the Park	<b>29</b> 6:30/7:15 Choirs 7:00 Venture Crew	<b>30</b>	<b>31</b>