

St. Luke's Newsletter

NOVEMBER 2020



**"If God is
for us,
who can be
against
us?"**

**Romans
8:31b**

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Pastor's Note

Dear Friends,

There is so much about 2020 that has been different and all of us, at one time or another, have said "I can't wait until things get back to normal." Although there will still be much about our Thanksgiving, Advent and Christmas seasons that will look and feel different this year, the Session has been hard at work trying to figure out ways to help things feel "normal" to give everyone some points of comfort and continuity as we keep journeying together in these upside-down days.

Things that will be "normal" in November include:

- We will toll a bell at the beginning of the November 1st worship service as we name members of our congregation who have gone home to be with the Lord this past year,
- We will have an Honor Guard with us to present the colors on Veteran's Sunday (November 8th),
- We hope to fill and send 70 Operation Christmas shoe boxes out to continue to bless children in the US and around the world with the opportunity to hear about Jesus and receive Christmas gifts,
- We will have a "Hanging of the Greens" on Saturday, Nov. 28th from 8-11 a.m. in the Sanctuary as we prepare for the Advent/Christmas season,
- We will ring bells from three days (Dec. 3rd-5th from 10 a.m. - 8 p.m.) at the Publix on Cheney Hwy. for the Salvation Army Red Kettle Campaign,
- We will have the Christmas Card boxes in the Narthex through Advent still with Susan Beverly curating the cards so everyone remains safe, and
- We will be coming up with new ways to partner with our area non-profit hunger relief organizations and schools to bless them with financial and supply support.

Although we are having to be the church differently in these days, WE ARE STILL THE CHURCH! Let us finish this upside-down year in ways that honor and glorify our Lord, declaring that he is King of Kings, and (like the little drummer boy) bringing him the best of what we have to give!

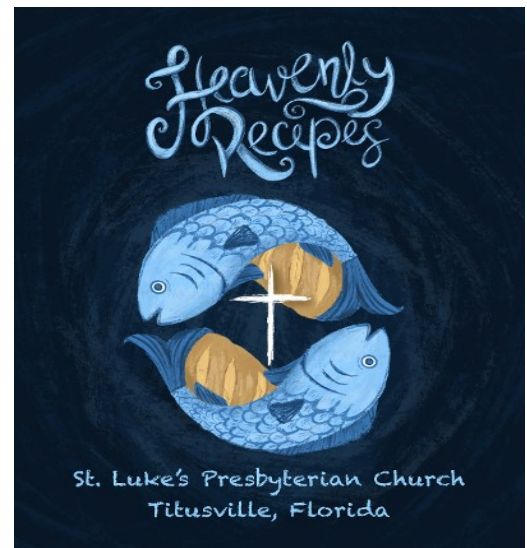
In God's Love,
Pastor Jody

Special Congregational Meeting

The Session has called for a Special Meeting of the Congregation on Sunday, November 22nd immediately following the 10:00 a.m. worship service for the purpose of electing new Elders and Deacons. Watch for information coming soon by email regarding the proposed Slate of Elders and Deacons from the Nominating Committee.



Thank you to everyone who contributed recipes to our new "Heavenly Recipes" church cookbook. Recipes are being typed into a master file, section pictures are being designed by our talented Brandilyn Hoftzyer, and we hope to have the cookbook ready for purchase by the beginning of December (price TBD). All proceeds from the cookbook will benefit the 2021 Summer Youth Mission Trip.



Ladies of the Church ...

Our third Circle meeting of the new program year will be on Tuesday, November 10th at 9:30 a.m. in Fellowship Hall. Sharon White will lead the visiting time, we will share in a time of Bible study, and we will be discussing our plans for December and January. This is a wonderful time to gather together as sisters in Christ and all of the women of the church are invited to attend.





4 Person Bell Groups Forming

Our Music Director, Sheila King, is putting together 4 person handbell groups that will practice and then provide special music during worship services when she determines that the group is ready. If you would like to be part of a 4 Person Bell Group, please call Sheila at (321) 698-3923.

Ephesians 5:19-20, "Speak to one another with Psalms, hymns, and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."

Nov/Dec Happenings @ SLPC

November and December at St. Luke's offer many wonderful opportunities for you to participate in worship, education, fellowship and mission at church:

November 1st	All Saints' Sunday Communion and Worship Service 10:00a
November 4th	The Children's Hunger Project food packing 9:00-11:00 a.m.
November 8th	Veterans Sunday worship and Scout Troop 488 Color Guard
November 15th	Stewardship Sunday worship service at 10:00 a.m.
November 22nd	Christ the King Communion Sunday service at 10:00 a.m. w/ Special Congregational Meeting to elect Elders/Deacons
November 28th	Deck The Halls/Hanging of the Greens from 8:00-11:00 a.m.
November 29th	The 1st Sunday of Advent Worship Service at 10:00 a.m. Advent Wreath candle lighters
December 3-6	Bell Ringing at Publix (Rt. 50) for Salvation Army 10a-8p
December 6th	The 2nd Sunday of Advent Worship Service at 10:00 a.m. Communion and Advent Wreath candle lighters
December 13th	The 3rd Sunday of Advent Worship Service at 10:00 a.m. Advent Wreath candle lighters
December 20th	The 4th Sunday of Advent Worship Service at 10:00 a.m. Advent Wreath candle lighters
December 24th	Christmas Eve Worship Service at 6:30 pm in the Sanctuary and livestreamed. Communion, Advent Wreath candle lighters, and special music.
December 27th	Lessons and Carols Worship Service at 10:00 a.m.
December 31st	New Year's Eve ... have a safe and happy last day of 2020!



*** Youth Group News ***

Youth Group is about growing deeper in our faith, participating in mission projects, making friends, and having fun. Here's our line up of Youth Group activities coming soon:

- Saturday, October 31st **Trunk or Treat** 5:00-7:00 p.m. West parking lot
- Sunday, November 1st **Youth Group @ Fox Lake Park**, picnic and cleaning up the park. We will leave church at 11:30 a.m. and return at 1:30 p.m.
- Sunday, November 8th **Youth Group @ Sandpoint Park**, picnic and cleaning up the park. We will leave church at 11:30 a.m. and return at 1:30 p.m.
- Sunday, November 15th **Youth Group @ Chain of Lakes Park**, picnic and cleaning up the park. We will leave church at 11:30 a.m. and return at 1:30 p.m.
- Sunday, November 22nd **Youth Group @ Marina Park**, picnic and cleaning up the park. We will leave church at 11:30 a.m. and return at 1:30 p.m.
- Saturday, November 28th **"Deck The Halls"** from 8-11 a.m. Hot chocolate, Christmas caroling, and more fun as we work to make the church Sanctuary and Fellowship Hall ready for the Advent and Christmas season.
- Sunday, November 29th **Youth Group in Fellowship Hall** from 11:30 am-1:30 pm. We will make Christmas cards, hear the 1st Christmas story, and eat lunch.

Homework Club: Jeff Moody is leading our Homework Club every Wednesday and Thursday from 2:30-6:30 p.m., and Sunday mornings from 8:45-9:45 a.m. Snacks are provided by people in our congregation for the Homework Club kids as many of them are very hungry after a full day of school and some having 1st Lunch, which begins at 10 a.m. at Jackson Middle School. **If you would like to provide snacks for Homework Club, please call Pastor Jody (419.306.4591) to sign up to help.**

**Are You Ready
To Make
Some Great
Memories
Together?**



Picture was taken in 2019

Looking Ahead to Advent

We have welcomed a tremendous number of new people to our congregation in the past year, so it's worth taking a look ahead to Advent and highlighting some of the wonderful traditions at St. Luke's that everyone can be part of in December:

Christmas Poinsettias

Orders for Christmas Poinsettias will begin on Sunday, November 29th and continue through Sunday, December 13th. The poinsettias will sell for \$10 each and be on display in the Sanctuary on Sunday, December 20th for our 10 a.m. worship service and Thursday, December 24th Christmas Eve Candlelight and Communion worship service at 6:30 p.m. Poinsettias may be taken home following the Christmas Eve worship service.

Order forms will be in your Sunday bulletins beginning on November 29th and via email each week. Please make all checks payable to St. Luke's Presbyterian Church and include with your completed order form. After paying for all poinsettias, the Worship Committee will contribute remaining funds to the 2021 Youth Mission Trip.

Christmas Card Boxes

Congregants will have the opportunity to share Christmas cards with each other using the Christmas Card boxes in the Narthex. Susan Beverly, Elder and leader of the Congregational Care committee, will curate the boxes so that she is the only one touching the cards to put them into the boxes and taking them from the boxes to hand to congregants present for in-person worship. The Elders also encourage congregants to utilize the US Postal Service as you are able for delivery of your Christmas cards to congregants.

Advent Wreath Candle Lighters

The Worship Committee calls congregants each year and invites them to serve as the Advent Wreath candle lighters and lay readers. The liturgy for the Advent Wreath lighting is interactive; readers, musicians, and the congregation all working together to worship the Lord as we light the Advent wreath candle/s each week. Candle lighters will lead the Advent Wreath Liturgy each Sunday from November 29th - December 22nd and the Christmas Eve worship service at 6:30 p.m. on Thursday, December 24th.

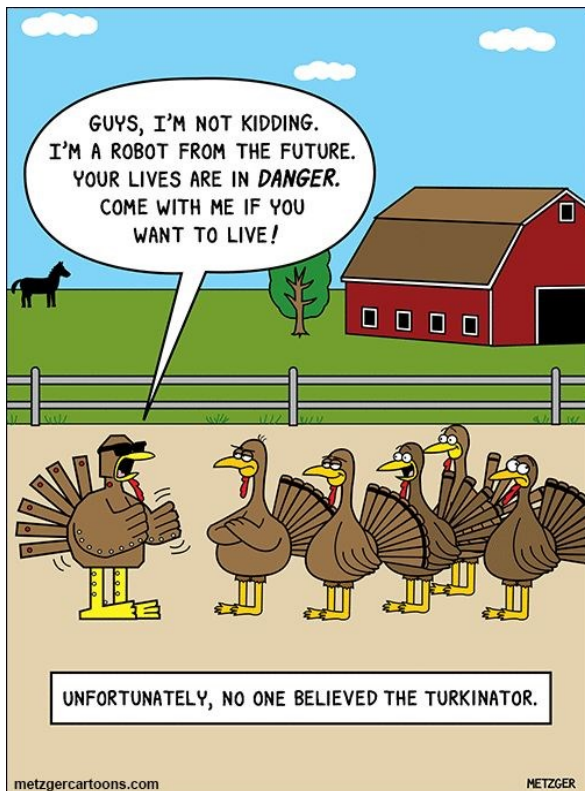


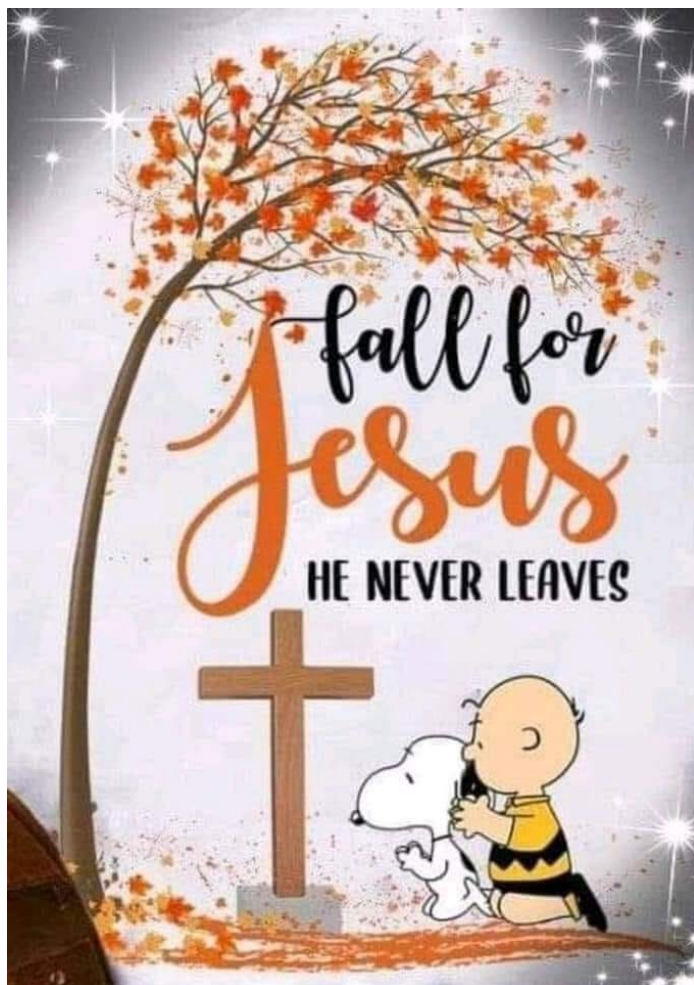
Nominating Committee Update

Thank you to everyone who submitted nominations for members of our congregation to serve as Elders and Deacons. The Nominating Committee will meet on Wednesday, October 28th at 7 p.m. for the purpose of completing the slate of nominees together. The Session has called a Special Meeting of the Congregation for the purpose of electing new Elders and Deacons on Sunday, November 22nd following the 10 a.m. worship service. After being elected, new Elder and Deacon candidates will enter into a time of training in preparation for the beginning of their ordination in January 2021 and active service with the congregation.

A big THANK YOU to the Nominating Committee for their work to listen for God's leading in this process: Ann Reitz (Chair, Elder, Class of 2020), Jose' Amador (Vice Chair, Elder, Class of 2022), Rebecca Gunness, Sharon White, and Bill Rushing, with Pastor Jody serving *Ex Officio*.

Need A Laugh? :-)





New Member Class

Periodically, we hold New Member classes for people who are interested in finding out more about St. Luke's and are considering church membership. If you have been worshipping with us and you would like to learn more about our church, or if you think you might be interested in becoming a member, we invite you to consider attending our upcoming new member class.

Participation in the class does not commit you to church membership, but it is an opportunity for you to find out more about the life and ministry of our church and to give prayerful consideration to whether you want to enter into membership.

To join, people meet with Pastor Jody for a New Member conversation, then meet with your New Member class 1 time, meet with the Session, and then are received into membership during a Sunday morning service.

If you have not yet shared with Pastor Jody your interest in attending a membership class, please contact her at:

Phone - (419) 306-4591

Email - Fire2Last@aol.com

Calling All Knitter/Crocheters

Do you enjoy knitting and/or crocheting? If yes, we have two opportunities for you to share your talents with people in our community:

1. The Prayer Partners collect caps year round for youth and adult patients at the Cancer Center on US1 who are receiving chemo treatments. The Prayer Partners have lots of donated yarn that you may use to make caps or you may provide your own yarn. Finished caps may be given to Loretta Mudrak and she will make sure that the Prayer Partners bless the caps and then deliver them to the Cancer Center.
2. The Presbyterian Women collect small items twice a year for the Senior Citizen Center to use for BINGO prizes. Crocheted dish rags, scarves, mittens, etc. would be a wonderful addition to the items collected by PW for the Senior Center. All donations may be given to Sharon White, PW Moderator.

Thank you for your help warming up the heads, hands and hearts of dear ones in our community!



Coping With Grief In A Pandemic

If you've been hit with personal hardship during the coronavirus pandemic, you might be experiencing a mixture of sorrow, anger, and fear right now. Or you may feel numb, exhausted, and detached from the normal rhythms of life. Such emotions are natural in these circumstances - all are common expressions of grief.

Though many people think of grief as something that can only be brought on by the death of a loved one, this deeply human response can happen on the heels of any meaningful loss, says Robert Neimeyer, PhD, Director of the Portland Institute for Loss and Transition. In addition to the devastating human toll of the pandemic, millions have lost relationships, jobs, and homes—and with that, a fundamental sense of safety and stability, he says. Many of us are mourning as we navigate an altered reality.

That grief, while natural, can undermine wellbeing in the absence of effective coping tools, says Toni Miles, MD, PhD, an epidemiologist in Athens, Georgia, who specializes in bereavement. Complications such as sleep problems, disruptions to healthy eating patterns, substance misuse, and withdrawal from normal activities are not unusual, she says. Such shifts may partially explain why bereavement is associated with an increased risk of developing depression, heart disease, and cognitive issues such as memory loss.

Coping strategies for grief

Taking steps to manage grief can support your wellbeing by helping you process hard feelings, understand and find meaning in loss, and prioritize self-care, Dr. Neimeyer says. Below are some simple ways to facilitate healthy grieving, along with links to resources for additional support, if you need it.

Let yourself be human.

"Individuals experiencing grief may feel like they need to stay strong and hold it together, or be as mentally present and on top of things as they were prior to a loss," says Elizabeth Crunk, PhD, a grief researcher and therapist in Washington, DC. "But this added pressure can heighten stress and prevent engaging with and releasing the pain associated with loss—a crucial part of processing grief." Give yourself permission to mourn, and know that it's OK to not feel your best right now.

Get comfortable seeking support.

Grief can feel isolating. When we're hurting, we may worry that we're burdening people with our sorrow or lack the energy to reach out at all. But sharing experiences of loss—along with memories of what we're missing—can ease loneliness and enrich our social bonds, Dr. Crunk says. Plus, research suggests that social support helps regulate the body's stress responses.

~ Continued on next page ~

To reduce the strain of staying connected, consider setting up a recurring phone call or weekly outing with friends and family (in keeping with Covid-19 safety guidelines). It may also help to connect with an online support group or spiritual community that convenes regularly. And just know there's no "right" way to speak of your pain; it may come out messy or disjointed, Dr. Crunk adds. The important element is the act of sharing.

Move in a way that makes sense for you.

To be clear: There's no pressure to start or maintain a major fitness regimen while mourning. If sweating through an hourlong cardio class is the last thing you feel like doing, let yourself dial it back. Dr. Miles's research suggests that even brief interludes of regular, gentle physical activity—such as a 10-minute walk or mini yoga session—could protect against health declines. The effect may stem from reduced inflammation, as well as the release of neurotransmitters linked to improved mood and cognition.

Bring structure back to your days.

Deep loss can ratchet up stress by underscoring life's unpredictability, Dr. Crunk says. For this reason, she recommends blocking out time each day for an activity you find enjoyable or calming. Ideas include meditation, prayer, or journaling; listening to your favorite music; or noodling with a creative hobby. Not only do you get the soothing benefit of the activity itself; you get a measure of daily consistency as a reminder of what you can control.

If you've gotten off track with larger routines, such as those for sleep or meal planning, don't be hard on yourself. Simple steps often can help people start again and move in a positive direction.

Know when a pro might be helpful.

Grief has no time limit. That said, mental health professionals generally find grief concerning if it interferes with self-care or meaningful participation in social, work, or family life for longer than six months, Dr. Neimeyer says.

The ongoing nature of the Covid-19 pandemic means many of us may be struggling for longer than we would be in response to a one-time event. If at any point you are feeling overwhelmed by loss, connecting with a grief therapist might be a move to consider, Dr. Neimeyer says. Grief counselors provide tools to help people manage turbulent emotions associated with loss; process and draw meaning from loss; and renegotiate identity in the wake of loss. You can search for a grief specialist on Grief.com, or via The Center for Loss and Life Transition. The American Psychological Association also offers this useful guide to getting started with therapy.

And remember: Your feelings are not abnormal or wrong. Grief can take many forms and may feel different from day to day. "We need to cry, reflect, laugh—all of it—to fully cope with loss," Dr. Neimeyer says. Honor where you're at today, and know that you are moving toward healing.

Katherine Schreiber, MFA, LMSW, is a social worker and freelance journalist in NY City.

**Pastor's Note: I am available to you by phone, text, email and appointment to help you heal in your grieving process. My cell number is 419-306-4591.*

Operation Christmas Child

For the 8th year in a row, St. Luke's is taking part in Operation Christmas Child and we hope you will participate by filling a shoebox! Each and every shoebox gift given in Jesus' name opens doors for boys and girls, and their families, to hear the *Good News* of our Lord Jesus Christ. As a result, churches are growing and communities are being transformed.

Empty shoeboxes are available in the Narthex and church office. All filled shoeboxes should be returned to the church on or before Sunday, Nov. 15th so we may bless them as part of the worship service.

Marsha Van Vuren, Dorothy Peters, and Beth Coldiron
Your 2020 Shoebox Coordinators



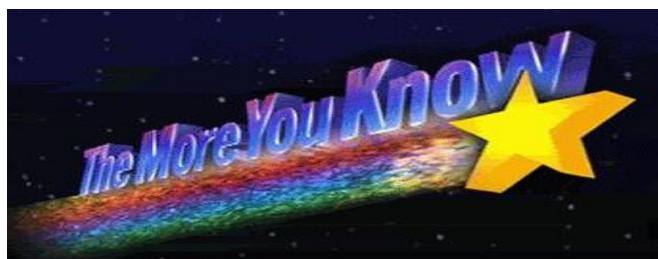
The Children's Hunger Project

Many thanks to our St. Luke's team who packed 510 food bags on Wednesday, October 21st from 9:00-11:00 a.m. to help feed hungry children in our county. Our next food packing will be on Wednesday, November 4th from 9:00-11:00 a.m. at The Children's Hunger Project location in Cocoa. **Four more people are needed to round out our 12 person team. If you would like to help, please call Dorothy Peters (321) 268-3416.**

The More You Know ...

The Session continues to work to provide good answers to your questions each month on our church life together. Recent questions we have been asked include:

1. Whom will we toll the bell for on All Saints' Sunday? Past congregants and friends we will toll the bell for include: Ken Baker, Barbara Anderson, Chris Fairey, Stewart Eldredge, Joan Otto, Ken Van Cott, Ken Woods, and Pat Borne.
2. Can I be part of a 4 person hand bell group if I do not know how to read music? If you can count on a beat and know your left hand from your right hand, you have the ability to be part of a 4 person hand bell group. Two of the members of our first 4 person hand bell group do not read music and have learned how to hear the music, count and play their parts. If you would like to be part of a new 4 person bell group, please talk to our Music Director, Sheila King.
3. What is the "Hanging of the Greens?" Every year, congregants are invited to gather together on the Saturday morning before the 1st Sunday of Advent to decorate the Sanctuary and Fellowship Hall. This year, the date for our "Hanging of the Greens" gathering will be Saturday, November 28th from 8:00 a.m. - 11:00 a.m. There will be hot chocolate, coffee, special treats, singing of Christmas carols as we work, and lots of time to get to visit with other helpers as we do the fun work of preparing the Sanctuary and Fellowship Hall for the Advent and Christmas season. Please come be part of the fun!
4. Will we be doing Thanksgiving Fruit Plates this year for dear ones at assisted living homes in the Titusville area? Our tradition is to prepare and deliver ~ 60 plates filled with fresh fruit and other small treats to our dear ones at Royal Oaks and Crescent Wood Assisted Living. Due to Covid-19 concerns, we will not be able to provide fruit plates this year but we will resume the tradition next year when it is determined to be safe for all of our dear ones at Royal Oaks and Crescent Wood.



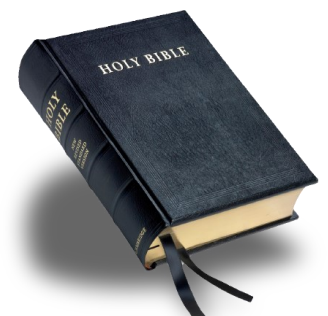
Thank You Note

Thank you to everyone for the wonderful Surprise Party you threw for me in celebration of the 10th anniversary of my ordination! Not one of you gave away the surprise (I was told that was because M.E. Kelly might have “encouraged” everyone to button their lips HA!) and I was literally brought to tears by your prayers, presence, presents, cards, and videos. Thank you for blessing me with the opportunity to journey with you as your Pastor! In God’s Love, Jody



Worship Bible Texts and Sermon Titles

- Sunday, November 1st: **All Saints’ Communion Sunday**
 New Testament reading is 1st Thessalonians 4:13-18
 Gospel Reading is Revelation 7:9-17
 Sermon Title “Will”
- Sunday, November 8th: **Veteran’s Sunday**
 Old Testament reading is Joshua 24:1-3a,14-25
 Gospel Reading is Matthew 25:1-13
 Sermon Title “Choose”
- Sunday, November 15th: **Stewardship Sunday**
 Old Testament reading is Psalm 100:1-5
 Gospel Reading is Ephesians 1:15-23
 Sermon Title “Faithfulness”
- Sunday, November 22nd: **Christ The King Sunday**
 Old Testament reading is Ezekiel 34:11-24
 Gospel Reading is Matthew 25:31-46
 Sermon Title “Who Are The Meek?”
- Sunday, November 29th: **The 1st Sunday in Advent**
 Old Testament reading is Daniel 9:20-27
 New Testament reading is Luke 1:5-25
 Sermon Title “Gabriel’s First Visit”



Year To Date Financial Information

Financial Report as of September 30th

2020 Operating Income Year to Date \$123,316.64

2020 Operating Expenses Year to Date \$ 102,125.12

Net Income Year to Date: \$ 21,301.52



Worship Attendance

October 4th World Communion Sunday Livestream

42 in worship and 233 livestream views as of 10/24/20

October 11th Sunday Livestream

48 in worship and 316 livestream views as of 10/24/20

October 18th Stewardship Kick Off Sunday Livestream

45 in worship and 209 livestream views as of 10/24/20

October 25th Sunday Livestream

TBD



Special Occasions

Anniversaries

Spencer & Deb Woodward	Nov. 2
Bob & Nancy Bradley	Nov. 6
Tom & Kathy Nichols	Nov. 19

Birthdays

Linwood Jackson	Nov. 4
Aby Gibson	Nov. 6
Aubrey Schultz	Nov. 7
Carolyn Henderson	Nov. 8
Charlye Massey	Nov. 10
Derek Moody	Nov. 10
Janice Massey	Nov. 11
Sam Woodward	Nov. 13

Birthdays (continued)

Victoria Eldredge	Nov. 17
Karen Amador	Nov. 17
John Herzog (#90)	Nov. 22
Luis Huapaya	Nov. 25
Kari Stiles	Nov. 25
Cherry Moore	Nov. 29
Carl Talmadge	Nov. 29
Spencer Woodward	Nov. 30

*We thank God for blessing each of you
with the gift of time and pray that your
next year will be filled with
God's continued blessings!*



November 2020

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Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 All Saints' Sunday 10:00 am Worship 11:30 am - 1:30 pm Youth Group at Fox Lake Park (picnic and clean up) <i>Daylight Savings Time Fall back one hour</i>	2	3 Election Day	4 9:00—11:00 a.m. Pack food bags @ The Children's Hunger Project 11:30 a.m. Prayer Partners 2:00-3:00 p.m. 4 Person Bell Group #1 Rehearsal 2:30-6:30 p.m. Homework Club Room 3	5 2:30-6:30 p.m. Homework Club Room 3	6 7:30-11:30 a.m. TOPS meeting in FHall and Rm 6	7
8 Veteran's Sunday 10:00 am Worship 11:30 am - 1:30 pm Youth Group at Sandpoint Park (picnic and clean up)	9 7:00 p.m. Boy Scout Troop 488, Committee Meeting	10 9:30-11:00 a.m. Presbyterian Women's Mtg. and Bible Study in Fellowship Hall 7:00 p.m. Scout Troop 488, Fellowship Hall	11 11:30 a.m. Prayer Partners 2:00-3:00 p.m. 4 Person Bell Group #1 Rehearsal 2:30-6:30 p.m. Homework Club Room 3	12 2:30-6:30 p.m. Homework Club Room 3	13 7:30-11:30 a.m. TOPS meeting in FHall and Rm 6	14
15 Stewardship Sunday 10:00 am Worship, Blessing of the OCC shoeboxes and turn in Pledges/Time and Talent Surverys 11:30 am - 1:30 pm Youth Group at Chain of Lakes Park (picnic and clean up)	16	17 7:00 p.m. Scout Troop 488, Fellowship Hall	18 11:30 a.m. Prayer Partners 2:00-3:00 p.m. 4 Person Bell Group #1 Rehearsal 2:30-6:30 p.m. Homework Club Room 3	19 2:30-6:30 p.m. Homework Club Room 3 6:30 p.m. Session meeting in FHall	20 7:30-11:30 a.m. TOPS meeting in FHall and Rm 6	21
22 Christ The King Sunday 10:00 am Worship and Special Congregational Meeting (Elect Officers) 11:30 am - 1:30 pm Youth Group at Marina Park (picnic and clean up)	23	24 7:00 p.m. Scout Troop 488, Fellowship Hall	25 11:30 a.m. Prayer Partners 2:00-3:00 p.m. 4 Person Bell Group #1 Rehearsal 2:30-6:30 p.m. Homework Club Room 3	26 Happy Thanksgiving Day Office Closed	27 7:30-11:30 a.m. TOPS meeting in FHall and Rm 6	28 8:00-11:00 a.m. "Hanging of the Greens" Church Work Morning
29 1st Sunday In Advent 10:00 am Worship 11:30 am—1:30 pm Youth Group in Fellowship Hall	30					