



The Tower

St. Paul United Methodist Church

August 22, 2011
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Church Retreat at Camp Loucon Labor Day Weekend, September 3-5

Most of us are so busy that it is difficult to find time to get away. But if we schedule that time and make it a priority, go to a peaceful place where God's presence can be felt, recharge our batteries while growing closer to God and each other, then we will be much better equipped to handle the busyness when we return.



LOUCON

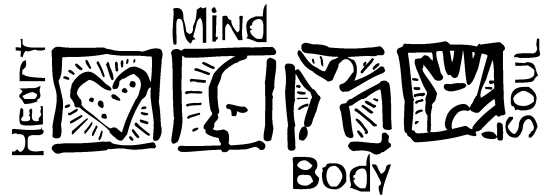
TRAINING AND RETREAT CENTER

Experience Camp Loucon at the St. Paul Church Retreat, September 3-5. Enjoy planned activities such as: zip-lining, repelling, climbing, canoeing, paddle boating, hiking, crafts, hayrides and campfires as well as planned relaxation, fellowship, worship, food and fun for all ages. Cost includes lodging, (air-conditioned cabins) food and activities: \$40 for adults, \$30 for children, with a family cap of \$140.00. Sign-up at the Information Desk or contact Brian Wright at bwright@stpaulchurch.net for more information.

| INSIDE THIS ISSUE | |
|------------------------------------|---|
| <u>From the Staff</u> | 2 |
| From Will Simpson | |
| Staff Spotlight on Cullen Hornaday | |
| <u>Community Life</u> | 3 |
| Business @ St. Paul | |
| Financial Peace University | |
| Impact Appalachia | |
| 9 th Habitat House | |
| Red Cross Blood Drive | |
| Race for the Cure | |
| Light the Night Walk | |
| <u>Discipleship Formation</u> | 4 |
| Leadership Class | |
| Fall Classes | |
| Wesley Night Returns | |
| <u>Spiritual Formation</u> | 5 |
| Knowing God | |
| Wish List: Reading Room | |
| <u>Around the Church</u> | 5 |
| Celebrations | |
| Condolences | |
| <u>Children's Ministry</u> | 6 |
| Childcare Volunteers | |
| MOPS Consignment Sale | |
| Volunteer needs | |
| Wesley Night | |
| Acolytes needed | |
| Parents' Night Out- New format | |
| <u>Calendar</u> | 7 |

Health and Wellness Fair Saturday, September 10

9:00am-1:00pm St. Paul UMC



Health Fair participants include:

Alzheimer's Association, Lupus Association, Gilda's Club, Friend for Life (cancer survivors), Mental Health Association, Second Chance (organ transplants); screenings for: bone density, body fat analysis, skin cancer, dental health, blood pressure; multiple educational displays to promote good health; Maternal & Child healthcare; environmental groups; healthy snacks; face painting for kids; door prizes from the Douglass Loop Farmer's Market.

This year *Life Line Screening* is partnering with St. Paul's Health and Wellness Team for this event:



For those who are interested in spending 9 minutes that can save your life and prevent stroke, Life Line Screening will be in the Social Hall, (room 120) from 9:00am-1:00pm. The stroke test is painless and non-invasive and just takes 9 minutes. Please call 1-800-679-5609 (Mention Code CHM01001) regarding questions, costs and appointment time.

Contact Marilyn Helvey, 419-6095 or marilynhelvey@realtor.com for more information.

From the Staff

Will Simpson, Director of Worship and Music

In the early 1990's our congregation purchased hundreds of copies of "The United Methodist Hymnal" printed in 1989. Most of the money for that acquisition came from individuals or families in memory or honor of a person or family member or some people bought copies as a gift to our church. Certainly those hymnals have been thoroughly used many times over to the Glory of God. After over 20 years of use, some of the hymnals have begun to show a great deal of wear with some bindings cracked and others with heavy use. We are looking to replace about 60 such hymnals with new copies this fall.

If you would like to donate a hymnal or hymnals in memory or honor of someone, or to the glory of God please keep reading to find out how.

Each hymnal costs \$25.00, which includes shipping and handling. In an envelope, please write a check to St. Paul and be sure to designate it as a hymnal purchase. We can include a label on the inside of the Hymnal that has your name and the name of the person whom you are honoring. In the envelope, please include your name and the person or persons you wish to memorialize or honor. If you wish to donate anonymously, please indicate that. Please remember to write as legibly as possible.

You may put this envelope inside the church office in my mail box (Will Simpson). Please do not put it in my box outside the office as financial material is not secure there.

You may also use *egiving* online if you wish. If you do so, please make sure to designate the money for the hymnal. Please also give me an envelope indicating what you would like on the label on the inside of the hymnal and that you gave online.

If you wish, you may give multiple copies.
Thank you for your continued support of the music program at St. Paul.

Staff Spotlight

Cullen Hornaday, Director of Spiritual Formation

Cullen Hornaday joined the staff part time this month as Director of Spiritual Formation, but has been a member of St. Paul since 1985. Cullen grew up in the Episcopal Church in Oxford, OH, and is a graduate of Vanderbilt University where she also received a Masters in Teaching in English in 1980. After several years teaching high school English in Nashville, she and her husband, Charles, moved to Louisville where he joined an internal medicine practice. Together they have two adult children, Marjorie and William. Cullen is grateful for the many ways St. Paul has nurtured her faith and is looking forward to developing spiritual formation opportunities that connect the St. Paul congregation more deeply with their own faith journeys, with God and with each other.

Community Life

Dave Ramsey's Financial Peace

This class is a unique combination of humor, informative financial advice and biblical messages to help you eliminate debt, save for the future, and give. Led by Todd Twyman, Sundays 6:00pm-8:00pm, Sept 18-Dec 11. Free preview nights, Sept 11 & 13 at 6:00pm.

Remember—if you have taken Financial Peace

University in the past, you are a life time member and can participate again at no cost.



American Red Cross Blood Drive Sunday, September 11, 2011

After 9/11, ten years ago, there was a surplus of blood given to the Red Cross as people were motivated to help out. The Red Cross needs help now just as they did then. Let's attempt to make this our most successful Blood Drive yet! You may make an appointment for a particular time or simply show up: Appointment sheets are at the Information Center or call the church office to make a reservation.

Impact Appalachia

Saturday, August 27 9:00am-4:00pm
Registration is FULL!

As of August 19, 824 volunteers were registered to serve Appalachia! Registration for job sites has been filled. Registration is still open for the Celebration at Red Bird School which includes dinner and Bishop Davis speaking.

Race for the Cure-October 8 St. Paul Team

Join team: St. Paul UMC! Registration forms are at the Information Desk and at www.komenlouisville.org. Be sure to include team name-St. Paul UMC—to be listed as part of the team; all t-shirts can be picked up together and then distributed. Contact Team Captain, Nancy Krause, for more information, 636-2965 or nfkrause@insightbb.com.

Habitat for Humanity

9th Habitat House is Complete!

The new home sitting at 2220 Wilson Avenue would not have been possible without Ray Fore heading up the Habitat for Humanity build once again for St. Paul. Many thanks to Ray for leading the construction and Claudia Bodine for organizing food for the volunteers. Also, thanks to all who helped make it possible, through prayers and contributions of money, time, skills and food.

Business @ St. Paul

The Business @ St. Paul group is focused on getting back to business after this hot summer. We are comprised of members (and some non-members) of St. Paul who are working to help one another grow our businesses. We have a diverse group of talented individuals with regular discussions on business issues and marketing. Please join us on Tuesday, September 20, 8:00am in the Coffee Shop. Coffee, tea and pastries will be available. Please RSVP to Gretchen Mahaffey at gmahaffey@kfg.com by Monday, September 19. For more information, contact Gretchen at 451-0600.

Light the Night Walk

A benefit for Leukemia & Lymphoma Society

Light the Night is Saturday, October 1, 2011. It will take place on the Great Lawn, Waterfront Park with festivities beginning at 5:30pm, Opening Ceremony at 7:15pm, and the Walk starting at 7:30pm.

Proceeds go toward research to find a cure for blood cancers and toward helping people fight those cancers. You can join Team Virginia Walkers, if you want to walk, or if you can't make it to the walk, you can show your support by donating to *Light the Night* though the team. For more information please visit www.virginiawalkers.com.

Discipleship Formation

Leadership Class

The Discipleship Team invites all Sunday school, Wesley night, and small group leaders, as well as anyone else interested in leading church groups in the future, to an informal training workshop on August 31, 6:30-8:00pm. Mark Johnson and Pastor David will lead the discussion. Contact Pastor David for more information: dgarvin@stpaulchurch.net

The Way of Blessedness

In this eight week experience, participants will engage the Beatitudes, examining these revolutionary faith concepts that challenge us to grow in faith, to see ourselves as Blessed. Working one's way through the Beatitudes reminds participants that the Kingdom of which Jesus spoke is here and now. Led by Jerry & Pat Taylor. Tuesdays, 9:30-11:30am, starting September 13, in the Parlor (room 219).

Disciple I

This class will take participants from Genesis through Revelation, prompting them along the way to consider their human condition and become disciples. Led by Sandra Dickinson and Ray Fore. The class will meet Monday nights.

Companions in Christ

Learn about spiritual formation, scripture, prayer, vocation and spiritual companionship through sharing, reflecting, and taking part in diverse group learning experiences. Led by Cathy Miller and Eilene Collins. Mondays, 7:00-9:00pm, starting October 3, in the Parlor (room 219).

Men's Bible Study

St. Paul men begin a weekly study of the Gospel of John on Saturday, September 10, at 7:00am. The study last for one hour, under the leadership of Dean Harper. The group meets in room 100; doors open at 6:30am. Coffee and pastries are provided. Come early or stay afterward for conversation. The Saturdays Morning Men's Bible Study offers fellowship and learning. Men of all ages are welcome and invited to attend.

Wesley Night Preview-September 7; Groups begin September 14

Wesley Night is a time for sharing and learning for all ages on Wednesday nights. Dinner is served at 5:30pm, followed with small group studies, worship, youth gatherings, children's choirs and activities.

On Wednesday, September 7, we will gather for dinner and fellowship, dismiss the children to their activities and then hear a brief overview the classes/groups to be offered this fall. Classes/groups will begin the following Wednesday, September 14, 6:30pm.

Wesley Night Adult Options

A Class on United Methodism: Learn more about what it means to be a United Methodist by studying our theology and history. Led by Gary Gibson, room 100.

Jesus and the Gospels: Take a closer look at Jesus' ministry through the Gospel Accounts. This class will be the first in a series of classes. Led by Dean Harper, room 113.

Invitation to the Old Testament: Gain a deeper understanding of the Old Testament through this 8 week *Disciple Bible Study*. Sessions include "The Making of the Hebrew Bible" and "The Creation Story of Israel." Led by Katrina Paxson, room 319.

A World of Health: this class will explore "good health," the connections between human health and the environment, and how we can sustain both. Led by Megan Edwards, room 111.

Contemplative Worship: a time for quiet reflection, meditative music, prayer, and silence, Chapel.

Prayer Practices: Explore various ways of praying and connecting to God. Meets the second Wednesday of each month, 6-6:30. Led by Cullen Hornaday.

Beading to Beat Autism: bracelet making to support Autism Research, room 120.

Spiritual Formation

Knowing God

The following is an excerpt from a 2009 APM interview on the program *Speaking of Faith*, now called *On Being*. Podcasts from this program on a wide variety of topics concerning faith are available to download free.

"Sometimes it seems when I'm talking to people about prayer that one of the main points I have to keep making over and over is there is no right way. The important thing is to find your way..."

We often have a kind of notion as part of this highfalutin, noble picture of ourselves as pray-ers that when we pray we need to be completely attentive and fully engaged and concentrating and focused. But the fact is, if prayer is our end of a relationship with God, that's not the way we are with the people we love a large portion of the time. We simply are in their presence. We're going about our lives at the same time in each other's presence aware and sustained by each other, but not much more than that.

Prayer is long periods of ordinary shared life together with intense periods of wrestling with really serious stuff that can scare us to death but can also bring us into real life with God and real life with ourselves in a way that we can't otherwise have it."

Roberta Bondi is a retired professor of church history at Emory University's Candler School of Theology. She has written and spoken extensively about prayer and has tried to make the wisdom of the early church accessible to contemporary Christians. Her book *To Pray and to Love* will soon be available in the Windsong Room.

Wish List for the Reading Room, The Windsong Room

Room 108 is being transformed into a special space for prayer and meditation. There are a few items still needed:

- folding TV tray table
- cd player
- foot stool

Please contact Cullen Hornaday if you can help with these items, 459-1595 or chornaday@stpaulchurch.net.

Around the Church

Our Sympathy to...

Roy Lunsford and Carter Reynolds and family on the death of Irene Lunsford, Roy's wife, and Carter's sister, who died on August 15, 2011.

Congratulations on the birth of ...

Lily Grace Bradley, daughter of Emily (Hance) and Larry Bradley, born on August 4, 2011.

Children's Ministries

Childcare Volunteers

11:00 AM Sunday Worship

We are fortunate to have wonderful childcare during worship, Sunday school, ministry team meetings, small group studies, Chancel Choir rehearsals, Wesley Night, and other meetings. Childcare provides an opportunity for adults to participate in areas of ministry where they feel called, without distraction or need to find childcare at home. In August of each year, the Childcare Ministry team seeks volunteers to provide one hour of service, every other month, during our 11:00am worship service. The Childcare Ministry Team sent a letter to all parents with children, birth-1st grade asking for a 6-hour commitment from September 2011-August 2012. If you did not receive this letter, but are interested in volunteering, contact Lorie Williamson, Director of Children and Family Ministries, at lwilliamson@stpaulchurch.net.

MOPS Children's Consignment Sale

September 16 and 17

BUYERS & SELLERS WANTED

Items include children's clothing, newborn to size 14; maternity clothing; baby equipment, toys, books, DVDs and more.

Consignors get 70 percent of sale price and early bird purchasing opportunity.

Friday, September 16, 9:00am - 1:00pm

Saturday, September 17, 8:00am - 2:00pm
(1/2 off most items on Saturday)

For more information contact: Kellie McFarland, Jewelryforu@insightbb.com, 386-8924.

To sign up to consign, contact: Julie Kleinert, Kleinertjulie@yahoo.com, 418-7003.

Consignment sign-up deadline:
Sunday, September 11.



St. Paul Children Need YOU

The Children's Ministry at St. Paul provides quality programming for the children of St. Paul and beyond. This programming would not be possible without the help of volunteers. There are openings for Rotation Sunday School, KICS, the Sunday Evening Tween group and Wesley Night Bible Blast. Please look for the Children's Ministry table available after the 9:00am and 11:00am services beginning August 21.

Wesley Night Returns September 7

Wesley Night is a time for sharing and learning for all ages on Wednesday nights. Dinner is served at 5:30pm, followed with small group studies, worship, youth gatherings, children's choirs and activities.

Children's Schedule

6:00-6:25pm — Preschool Music Class

6:00-7:00pm — Bible Blast for Grades 3-6

6:00-7:00pm — Caroler Choir for Grades K-2

7:00-8:00pm — Bible Blast for Grades K-2

7:00-8:00pm — Wesleyan Choir for Grades 3-6

Acolytes needed

All 3rd, 4th, and 5th graders are invited to become an Acolyte. Please consider participating in this important part of our worship service. Training for new Acolytes will be Saturday, August 27, 11:00am. Contact Tish Kasbaum, 454-5140 (tishk@insightbb.com) if interested.



Family Life Ministry

Parents' Night Out—New Format

Please join us for our next Parents' Night Out on September 10 from 5:00-9:00pm where we will begin a six week series on the "Art of Marriage." We will offer this video series and discussion for the first 45 minutes to an hour and then enjoy the rest of the evening as we wish. All are welcome!

St. Paul UMC August 22– September 11, 2011

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|---|--|--|--|---|--|--|
| <p><u>Mon Aug 22</u> 9:15 AM HCM Tai Chi Class (120) 5:30 PM Exercise Class P90X (YC) 6:00 PM AA Group Mtg. (120)</p> | <p><u>Tues Aug 23</u> 9:00 AM Yoga (YC) 9:15 AM HCM Tai Chi Class (120) 10:30 AM St. Paul UMC Staff Mtg (319) 2:00 PM Wesley Manor Party by Senior Adults 6:30 PM Tai Chi (113) 7:00 PM BSA Troop 40 (WH, FLC 16, 18) 7:00 PM Ministry Leadership Team Mtg (120) 7:30 PM Boar's Head Committee Mtg (319) 7:30 PM Depression & Bipolar Support Alliance (DBSA) (110, 113) 8:00 PM Better Days AA Group Mtg (CS)</p> | <p><u>Wed Aug 24</u> 9:00 AM Yoga (YC)</p> | <p><u>Thur Aug 25</u> 9:00 AM Yoga (YC) 6:00 PM Worship and Music Ministry Team Mtg (319) 7:30 PM Depression & Bipolar Support Alliance (DBSA) (110, 113) 7:30 PM Chancel Choir Rehearsal (302) 8:00 PM Soberfest Mtg (100)</p> | <p><u>Fri Aug 26</u> 8:00 AM Bus - Scouts 5:30 PM Exercise Class P90X (YC)</p> | <p><u>Sat Aug 27</u> 8:00 AM Bus - Scouts 9:00 AM Spiritual Actions AA Group (100) 11:00 AM Acolyte Training (Sanctuary, CS) 8:00 PM AA Group Mtg. (120)</p> | <p><u>Sun Aug 28</u> 8:30 AM Worship (Sanctuary) 9:00 AM Worship (FLC Gym) 9:45 AM Aldersgate Class (319) 9:45 AM LOA Class (Chapel) 10:00 AM Sunday School Classes 10:00 AM Pathways Class (White House 2nd Fl) 11:00 AM Worship Service (Sanctuary) 5:00 PM Community Life Ministry Team Mtg (319) 5:00 PM Youth Choir Open House (302) 5:45 PM Youth Group Open House (YC, CS) 6:00 PM Solomon's Porch-Penny Loafers Concert (Gym) 8:00 PM AA Group Meeting (100)</p> |
| <p><u>Mon Aug 29</u> 9:15 AM HCM Tai Chi Class (120) 6:00 PM AA Group Mtg. (120) 7:00 PM New Psalms Project (316)</p> | <p><u>Tues Aug 30</u> 9:00 AM Yoga (YC) 9:15 AM HCM Tai Chi Class (120) 10:30 AM St. Paul UMC Staff Mtg (319) 6:30 PM Tai Chi (113) 7:00 PM BSA Troop 40 (WH, FLC 16, 18) 7:30 PM Depression & Bipolar Support Alliance (DBSA) (110, 113) 8:00 PM Better Days AA Group Mtg (CS)</p> | <p><u>Wed Aug 31</u> 9:00 AM Yoga (YC) 6:30 PM Leadership Class - Discipleship Team (120) 7:00 PM St Paul Green Team Mtg (113)</p> | <p><u>Thur Sept 1</u> 9:00 AM Yoga (YC) 10:30 AM Christian Literary Circle (219) 6:30 PM Cub Scout Pack 40 (100) 7:00 PM Greater Lou AA Business Mtg (120) 7:30 PM Depression & Bipolar Support Alliance (DBSA) (110, 113) 7:30 PM Chancel Choir Rehearsal (302) 8:00 PM Soberfest Mtg (100)</p> | <p><u>Fri Sept 2</u></p> | <p><u>Sat Sept 3</u> Church-wide Retreat (Camp Loucon) 9:00 AM Spiritual Actions AA Group (100) 8:00 PM AA Group Mtg. (120)</p> | <p><u>Sun Sept 4</u> Church-wide Retreat (Camp Loucon) 8:30 AM Worship (Sanctuary) 9:00 AM Worship (FLC Gym) 9:45 AM Aldersgate Class (319) 9:45 AM LOA Class (Chapel) 10:00 AM Sunday School Classes 10:00 AM Pathways Class (White House 2nd Fl) 11:00 AM Worship Service (Sanctuary) 8:00 PM AA Group Meeting (100)</p> |
| <p><u>Mon Sept 5</u> Church-wide Retreat (Camp Loucon) <i>Church Office closed for Labor Day Holiday</i></p> | <p><u>Tues Sept 6</u> 9:00 AM Yoga (YC) 9:15 AM HCM Tai Chi (120) 10:30 AM St. Paul UMC Staff Mtg (319) 6:30 PM Tai Chi (113) 7:00 PM BSA Troop 40 (WH, FLC 16, 18) 7:00 PM Kaleidoscope Circle Group (100) 7:00 PM La Leche League Support Group (316) 7:30 PM Depression & Bipolar Support Alliance (DBSA) (110, 113) 8:00 PM Better Days AA Group Mtg (CS)</p> | <p><u>Wed Sept 7</u> 9:00 AM Yoga (YC) 5:30 PM Wesley Night (120) Wesley Night Preview Children's Activities Youth Gathering</p> | <p><u>Thur Sept 8</u> 8:00 AM Louisville Metro Foster Grandparent Prg (120, Library) 9:00 AM Yoga (YC) 7:30 PM Depression & Bipolar Support Alliance (DBSA) (110, 113) 7:30 PM Chancel Choir Rehearsal (302) 8:00 PM Soberfest Mtg (100)</p> | <p><u>Fri Sept 9</u> 8:00 AM Bus - Scouts 5:00 PM Reifert/Reber Wedding Rehearsal (Sanct)</p> | <p><u>Sat Sept 10</u> 7:00 AM Men's Bible Study (100) 8:00 AM Bus - Scouts 9:00 AM Spiritual Actions AA Group (100) 9:00 AM Health and Wellness Fair (CS, YC, 120) 5:00 PM Parent's Night Out (200s) 5:30 PM Reifert/Reber Wedding (Sanct, 110, 113) 8:00 PM AA Group Mtg. (120)</p> | <p><u>Sun Sept 11</u> 8:00 AM American Red Cross Blood Drive (120) 8:30 AM Worship (Sanctuary) 9:00 AM Worship (FLC Gym) 9:45 AM Aldersgate Class (319) 9:45 AM LOA Class (Chapel) 9:55 AM Sunday School Classes 10:00 AM Pathways Class (White House 2nd Fl) 11:00 AM Worship Service (Sanctuary) 6:00 PM Financial Peace Preview Class (113) 8:00 PM AA Group Meeting (100)</p> |

Check out www.stpaulchurch.net for the complete calendar as well as more info about the events, including contact info.

Sunday Worship Services

8:30 and 11:00 AM Traditional Worship, Sanctuary

9:00 AM Contemporary Worship, Gym

August 28, 2011

Scripture: Exodus 3:1-15

Rev. David Garvin

Music:

8:30 service, Erin Simpson, Soprano

9:00 service, Worship Team

11:00 service, Chancel Choir,

Erin Simpson, Soprano

September 4, 2011

Spiritual Formation: The Myths

Luke 19:1-10

Rev. Gary Gibson

Music:

8:30 service, Harrison Zoercher, Guest Organist

9:00 service, Worship Team

11:00 service, Harrison Zoercher, Guest Organist

Chancel Choir

St. Paul United Methodist Church
2000 Douglass Blvd.
Louisville, KY 40205
(502) 459-1595

email: info@stpaulchurch.net
www.stpaulchurch.net

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Next *The Tower* newsletter deadline:

August 30, 2011. Please send info to

cburns@stpaulchurch.net

Weekly Attendance Report

| | Sunday School | Worship |
|-----------|---------------|---------|
| August 7 | 110 | 642 |
| August 14 | 125 | 503 |

Solomon's Porch Coffee House Ministry Presents The Penny Loafers

The Penny Loafers are a zany Gospel, doo-wop, contemporary jazz quartet from Berea, KY. Their mix of incredible harmonies, comedic antics, stirring Gospel songs and message has been captivating churches and organizations for almost 20 years. They have recently begun a three-record project with HEARTLAND MUSIC, a top-tier Gospel promotion company, and some of their new arrangements and songs.

If you would like to help promote this ministry of our church...

- Spread the word and invite a friend!
- Volunteer to help set up at 4:00pm on August 28
- Bring some cookies for refreshments (we are expecting a larger crowd)
- Assist with refreshments that evening

Contact Jim Rittenhouse (jimritt@gmail.com or 645-2256) if you are interested.

ST. PAUL UMC PRESENTS | A COFFEEHOUSE MINISTRY

SOLOMON'S PORCH

THE PENNY LOAFERS

Doo-Wop, Gospel, Contemporary Jazz

St Paul UMC
Family Life Center
2000 Douglass Blvd
Corner of Bardstown and Douglass
www.stpaulchurch.net

FREE CONCERT
Love offering will be taken

www.facebook.com/the penny loafers

SUNDAY, AUGUST 28, 2011 • 7:00 PM