



The Tower

St. Paul United Methodist Church

July 25, 2011
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St. Paul UMC Church Picnic Sunday, August 7 "Dress down Sunday"

The Community Life Ministry Team is planning a church wide picnic for August 7 at South Park County Club, immediately following the 11:00am service. It is "dress down Sunday" so come prepared to leave straight from church. It is 14.2 miles (approximately 20 minutes from church) and if you need transportation, the church bus will depart at 12:00 noon and will then return, leaving South Park at 3:30pm. A golf cart will be available for those who need a ride from the parking area to the picnic area.

Maps are available at the Information Centers.

This will be a pot luck lunch with church providing hot dogs and hamburgers. We are asking each family to bring the following:

If your last name ends with...

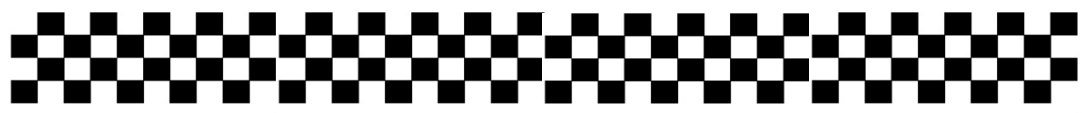
- A—G drinks (lemonade, tea, water)**
- H—R side dishes**
- S—Z desserts**

You can leave your food items in the Coffee Shop during church services.

Please bring your own lawn chairs or blankets.

Lunch will be around 12:30pm.
Games will be from 1:30pm-2:15pm.
Activities that will be available include:

- Playground
- Corn hole
- Bocci ball
- Picnic games—water balloon toss, relay races, etc...
- Fishing (must have KY fishing license)
- Horseshoes
- Bouncers
- Tennis (bring your own rackets and balls)
- Volleyball
- Canoeing/kayaking (bring your own canoe/kayak and must have PFD)



From the Staff

Karla Temple, Children's Music Director and Music Secretary

Music Camp 2011-Thoughts on Jonah and the will of God.

What a great week! With 54 children and roughly 30 youth and adult volunteers, Music Camp week ran beautifully. I am so very appreciative of everyone who gave their time and energy to help with music, crafts, playtime, story-time, and let's not forget snacks! A big thanks to each of you from the bottom of my heart. An endeavor like this can only happen with many people coming together to pull it off! We had a wonderful time singing together, playing, and learning about poor Jonah and his time spent in the whale.

I hope everyone participating in the musical, as well as those listening, came away with the truth that we are always in a better place when we are listening to God and following God's will. Even when we disobey that perfect will, there is mercy and forgiveness as God draws us back to His heart.

I remember being in high school and wondering what I would do with my life. As I approached my senior year with so many decisions, all I wanted was to know "the will of God for my life." I think I wanted a letter to float down from heaven with a map and instructions! I would talk about this with almost every adult that I trusted, including Sunday school teachers and youth leaders... I needed answers, now! Little did I know, those answers would come eventually, just not in the way I expected.

Well, that letter never came. Our Lord has a beautiful way of making us trust in the midst of the unknown. I was forced to be still and listen, and trust His guidance. As you well know, God does not tell us what to do with a letter from heaven or an audible voice, but more of a gentle nudging in our hearts. As I look back, I see God's hand guiding each chapter of my life. I just had to take it one step at a time, one decision at a time-praying about each decision and trusting to be lead in the right way. Each of those decisions (college, seminary, jobs, relationships...) led me to places where I would learn and grow, places where I would meet people who would greatly influence my life and point me closer to God. I've learned that there was no need for a map, only a need to trust God's leading for the next step. I needed to cherish the people and the life lessons along the way. One thing I learned from the example of our dear friend, Virginia, is to enjoy the journey and to take time to cherish and love those around us. I think if we walk the journey with eyes and hearts wide open, we can't help but to see God's will for us as He leads each day.

Staff Spotlight

Sharon Boyles, Administrative Coordinator

Sharon is the newest member of the St. Paul staff. She began working part time as the Administrative Coordinator earlier this month. In that role, she keeps membership records, schedules weddings, and helps with various other tasks that need to be done around the office. Sharon enjoys music and plays guitar and banjo. She has already shared her musical gifts by playing with the 9:00am Worship Team. Sharon graduated from the University of Cincinnati in 1993 with a degree in English. She moved to Louisville from Cincinnati in March of this year and lives with Timothy, a professional musician and massage therapist.

Community Life

Health & Wellness News

Mark your calendars for the 3rd Annual St. Paul Health & Wellness Fair on September 10, 9:00am-1:00pm. This is a great time for everyone to increase their knowledge of how to better care for themselves and their loved ones. Be watching for more details! Questions? Want to volunteer? Call Marilyn Helvey 419-6095.

Business @ St. Paul

The Business @ St. Paul group will be back on our regular schedule in August. We are members (and some non-members) of the church 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, August 16, 8:00am in the Coffee Shop. Coffee, tea and pastries will be available. Please RSVP to Gretchen Mahaffey at gmahaffey@kfg.com by Monday, August 15. For more info, contact Gretchen at 451-0600.

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.

Summer Offering

Summer is the traditional time for vacation. Many of us will have an opportunity to get away for a few days. I hope you can find some time for rest and relaxation with family and friends. The opportunity to travel, whether far or close to home, is a refreshing break from the routine. Your travels may have you away from church on Sunday. I would like to encourage you to remember your offering while you are away. Offerings during the summer months are traditionally low. We need everyone to keep their pledge current so we do not enter the fall with a large deficit. Thank for your commitment and faithfulness to St. Paul.

Solomon's Porch Coffeehouse Presents "The Penny Loafers"

Mark your calendars for August 28 as we gather to enjoy THE PENNY LOAFERS in concert at 7:00pm in the FLC. This talented vocal quartet performs doo-wop, Gospel and contemporary jazz pieces, and have recently signed a three-album contract with one of North America's most prestigious Gospel producers. You will not want to miss this great evening of music—appropriate for all ages! Contact Jim Rittenhouse (645-2256 or jimritt@gmail.com) if you can assist in marketing or set up for this outreach event.

Wesley Manor Party

On Tuesday, August 23, 2:00pm, the Sr. Adults will host a party for some of the residents at Wesley Manor. We have done this in the past, and it has been well received. We will serve punch, fruit, and cookies, and entertain the residents with music provided by Randall Gilbert at piano and Darlene Schultz leading songs.

This type of gathering means a great deal to the residents and we invite anyone to join us who would like to participate in conversation with the residents and help us serve treats. We will car pool from the church at 1:30pm and should be back between 4:00 & 4:30pm. If you are interested, call Pat Miller (894-8477) or Bill Dickinson (458-5607), or if you prefer, you may meet us at Wesley Manor at 2:00 pm.

Upward Louisville Training Event Saturday, August 27

Plan to come to this event if you are interested in working with Upward this year. It will be an inspiring and informative look at the Upward program and how we can provide an even better experience for participants. For more info, contact Brian (bwright@stpaulchurch.net).

NewSong Music Festival

August 19-20 at Camp Loucon in Leitchfield, KY. Tickets prices: Friday-\$25; Saturday-\$35; both days-\$45. www.newsongmusicfestival.com

Discipleship & Spiritual Formation

Knowing God

Continuing the topic from the last column about language, here are some thoughts on words and silence from the Benedictine teacher, Don Talafous. His Daily Reflections are available at www.saintjohnsabbey.org/reflection/.

We are made in such a way that we must use words even to express the inadequacy of words! If we wish to point out how limited is our language about God, we have to use words. I will use words here to emphasize the importance of silence, of the absence of words. We have an inkling of the significance of silence in the experience of friends who feel so comfortable with each other that they don't have to think of things to say. Silence shuts off the noise that really prevents us from hearing our own selves and God. Talk and noise are a sort of barrage that makes sure no other messages get through. Often they mask our fear of facing ourselves or any serious thought about life, the direction of life, our actions, our end. Too, words limit us to the kind of thinking which can be expressed through words. More profound thinking or feeling often is just too subtle for the stolid and wooden character of words. But we come back to the paradox we began with: we are such social beings that the thoughts and feelings that well up in silence often call out for expression. People turn to everything from poetry (straining at the limits of words) to music to dance to bring out what seems ready to burst from within. ...

How we express our experience of God with words may vary widely from one person to another. Just as some prefer the King James translation while others relate to more modern language, some might use the word "mystical" while others might describe the same experience of wonder as "a God thing." Neither description is adequate because the experience of God is so much greater than our words can convey, yet we **know** and understand the meaning behind the words from a deeper place of relationship.

Church Retreat at Camp Loucon September 3-5, 2011

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.

Experience Loucon at the St. Paul Church Retreat, September 3-5. Enjoy planned activities such as: zip-lining, rappelling, 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, food and activities: \$40 for adults, \$30 for children, with a family cap of \$140.00. Sign-up at the Information Desk or by contact Brian Wright at bwright@stpaulchurch.net for more information.



LOUCON
TRAINING AND RETREAT CENTER

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* through the team. For more information please visit www.virginiawalkers.com.

Children and Family Ministries

Wacky Wednesdays

Join us for the last Wacky Wednesday of this summer on August 10, from 10:00am-1:00pm. "Wacky Wednesday" begins in the Youth Center, where we dismiss for movie showings in either the Youth Center or room 303, your choice of movie: *How to Train Your Dragon* or *The Secret of Kells*. We will follow the movie with lunch in the Coffee Shop (parents provide a sack lunch), and then games and free play in the Gym. Pick up is at 1:00pm from the Gym (parents must come in to sign children out!). Those children who have completed kindergarten and older, may attend without an adult. Rising kindergarteners and younger must have adult accompaniment. "Wacky Wednesdays" are free and open to the community. All children attending without an adult must have a signed permission slip, available at the Information Center or on St. Paul's website: www.stpaulchurch.net.

Tween Tuesdays

Pool Party!

Calling all rising 5th & 6th graders! Join us for the last Tween Tuesday on August 9 from 10:30-12:30 at the home of Allan & Nancy Morris for an end of Summer/Back to School Pool Party. Permission slips are available at the Information Center or on the church website, www.stpaulchurch.net

Summer Parents' Night Out

The last PNO for the Summer will be August 13. We will continue to hold it on the second Saturday of the month throughout the rest of the year. Parents' Night Out is from 5:00pm-9:00pm. The cost is \$10.00 per child (cash is preferred), and each participating child should bring their own sack supper. Please email Lorie Williamson at lwilliamson@stpaulchurch.net by the Wednesday prior if you plan to participate.

Family Life Ministry Team

During the summer months, many of us find ourselves outdoors often, possibly around water or just working/playing outside. We know how to prevent sunburn, but sometimes we simply fail to take the precautionary measures necessary to prevent this dreaded condition. Besides being bad for our skin, getting sunburn can be very painful. So, if you, your children, or grandchildren find yourselves with sunburn this summer, here are the four steps stressed by the Skin Cancer Foundation and American Academy of Pediatrics, as recently published in USA Today:

Get out of the sun—While this may seem obvious, many think that if they apply a sunscreen with a high UV rating over skin with sunburn that they will be OK. This is not the case. All sunscreen lets through some UV rays.

Moisturize—After a cool shower or bath, slather on a moisturizing cream or lotion to soothe the skin. Repeat frequently to make peeling and flaking less noticeable. It's also OK to use a hydrocortisone cream for a day or two to relieve discomfort.

Hydrate—Any burn draws fluid to the skin surface and away from the rest of the body. So drink extra water, juice and sports drinks for a couple of days.

Don't wait to medicate—Take (or give your child) a dose of ibuprofen (for example, Advil) as soon as you see signs of sunburn and keep it up for the next 48 hours. Acetaminophen (for example, Tylenol) will treat the pain, but does not have the same anti-inflammatory effect. -Submitted By Jason Ramsey

Around the Church

Welcome New Members

Daniel Challman joined St. Paul UMC on July 10, 2011.
Sondra Lee and Joey joined St. Paul UMC on July 10, 2011.

Celebration of Baptism

Liam Cash Taylor, son of Carson and Cora Taylor, was baptized on July 10, 2011.

Memorial and Honorary Gifts

In Memory of Martha Allison

Steve and BJ Allison

In Memory of Mary Lawson

LOA Sunday School Class

In Memory of Geneva Likens

Nick and Rita Murphy

Highland Community Ministries

Line Dancing Classes

HCM Senior Services is offering Line Dancing classes every Monday from 12:00-2:00pm. Classes are in the St Paul Gym. Classes are free. For more information please call 502-459-0132.

Bones for Life Exercise Program

Highlands Community Ministries Senior Services is offering a new exercise program, *Bones for Life*. This exercise program may help combat osteoporosis, improve posture, gait and equilibrium. Classes begin September 14 and will meet every Wednesday and Friday through December 2 from 1:00-2:30pm at St. Paul. Classes are free.

* This class will cancel unless 12 people register; if you are thinking about participating, please let Mary Lynne know. For more information and to register please call 502-459-0132.

Volunteer Needed

Highlands Community Ministries Senior Services is seeking a volunteer to provide transportation for seniors who live in zip codes 40204 and 40205 on the following days each month:

- first Wednesday to Kroger
- second Tuesday to Doctor appointments
- third Tuesday to Walmart
- third Thursday to Mid City Mall

The driver will drive a 12 passenger van owned by HCM Senior Services (no CDL license required).

If interested, please call 502-459-0132.

St. Paul UMC July 25-August 14, 2011

<p>25 9:15 AM Tai Chi (120) 12:00 PM Line Dancing (Gym) 5:30 PM Exercise Class P90X (YC) 6:00 PM AA Group Mtg. (120) 6:00 PM Families in Transition (100, 302, 303, 305, 308, 309) 7:00 PM New Psalms Project (316)</p>	<p>26 9:00 AM Yoga (YC) 9:15 AM Tai Chi (120) 10:30 AM St. Paul UMC Staff Mtg (319) 10:30 AM Seniors (Of All Ages) Trip to Steam boats Museum 12:00 PM Tween Tuesdays 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>27 9:00 AM Yoga (YC) 5:30 PM Exercise Class P90X (YC) 7:05 PM Louisville Bats Game</p>	<p>28 9:00 AM Yoga (YC) 7:30 PM Depression & Bipolar Support Alliance (DBSA) (110, 113) 8:00 PM Soberfest Mtg (100)</p>	<p>29 5:00 PM Werner/Campbell Wedding Rehearsal (Sanctuary) 5:30 PM Exercise Class P90X (YC)</p>	<p>30 9:00 AM Spiritual Actions AA Group (100) 5:00 PM Werner/Campbell Wedding (Sanctuary, 110, 113) 8:00 PM AA Group Mtg. (120)</p>	<p>31 8:30 AM Worship (Sanctuary) 9:00 AM Worship (Gym) 9:45 AM Aldersgate Class (319) 9:45 AM LOA Class (Chapel) 10:00 AM Sunday School Classes 11:00 AM Worship (Sanctuary) 12:00 PM Family Life Ministry Team (319) 8:00 PM AA (100)</p>
<p>1 9:15 AM Tai Chi (120) 12:00 PM Line Dancing (Gym) 5:30 PM Exercise Class P90X (YC) 6:00 PM AA Group Mtg. (120)</p>	<p>2 9:00 AM Yoga (YC) 9:15 AM Tai Chi (120) 10:30 AM St. Paul UMC Staff Mtg (319) 12:00 PM Tween Tuesdays 5:30 PM Endowment Team Mtg (113) 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 (316) 7:30 PM Depression & Bipolar Support Alliance (DBSA) (110, 113)</p>	<p>3</p>	<p>4 9:00 AM Yoga (YC) 7:00 PM Greater Louisville Inter Group AA Business Mtg (120) 7:30 PM Depression & Bipolar Support Alliance (DBSA) (110, 113) 8:00 PM Soberfest Mtg (100)</p>	<p>5 5:00 PM Taylor/Lewis Wedding Rehearsal (Sanct) 5:30 PM Exercise Class P90X (YC)</p>	<p>6 9:00 AM Spiritual Actions AA Group (100) 2:30 PM Taylor/Lewis Wedding (110, 113, Sanct) 8:00 PM AA Group Mtg. (120)</p>	<p>7 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 11:00 AM Worship (Sanctuary) 12:00PM CHURCH PICNIC (South Park Country Club) 8:00 PM AA (100)</p>
<p>8 9:15 AM HCM Tai Chi Class (120) 5:30 PM Exercise Class P90X (YC) 6:00 PM AA Group Mtg. (120) 6:30 PM Evening MOPS (113)</p>	<p>9 9:00 AM Yoga (YC) 9:15 AM Tai Chi (120) 10:00 AM UMW (113) 10:30 AM St. Paul UMC Staff Mtg (319) 10:30 AM Tween Tuesdays (off-site) 6:30 PM Tai Chi (113) 7:00 PM BSA Eagle Court of Honor (Sanctuary, 120) 7:00 PM La Leche League (316) 7:30 PM Depression & Bipolar Support Alliance (DBSA) (110, 113)</p>	<p>10 9:00 AM Yoga (YC) 9:00 AM Atherton High (302, 120) 10:00 AM Wacky Wednesdays (coffee shop, gym, youth center) 1:00 PM Walk the Labyrinth (Gym)</p>	<p>11 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>12 10:00 AM Rittenhouse (219) 5:30 PM Exercise Class P90X (YC)</p>	<p>13 9:00 AM Spiritual Actions AA Group (100) 5:00 PM Parent's Night Out(200,201,202) 8:00 PM AA Group Mtg. (120)</p>	<p>14 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 11:00 AM Worship Service (Sanctuary) 6:00 PM Spiritual Formation Tm Mtg (219) 8:00 PM AA Group Meeting (100)</p>

Sunday Worship Services

8:30 and 11:00 AM Traditional Worship, Sanctuary
9:00 AM Contemporary Worship, Gym

July 31, 2011

Scripture: Matthew 14:31-21

Rev. David Garvin

Music:

8:30 service, Lori Elbert, Violin

9:00 service, Worship Team

11:00 service, Lori Elbert, Violin

August 7, 2011

*Becoming a Great Christian
by How You Pray*

Scripture: Philippians 3:7-11

Rev. Gary Gibson

Music:

8:30 service, Will Simpson, Organ

9:00 service, Worship Team

11:00 service, Will Simpson, Organ

*Casual Sunday—Church Picnic following
worship, see front page for details.

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Next *The Tower* newsletter deadline:
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cburns@stpaulchurch.net

Weekly Attendance Report

	Sunday School	Worship
July 10	123	634
July 17	106	722

Impact Appalachia

One day of service to show Kentucky Methodists Care

Saturday, August 27 9:00am-4:00pm

IMPACT APPALACHIA will take place at multiple locations across nine counties for "one day of service." It is a day about giving back to the communities who need our help. This is a concrete way we can make a difference in the lives of our Kentucky neighbors and show them that Kentucky Methodists care! Locations include: Red Bird School & Mission, Henderson Settlement, the Bennett Center, and several United Methodist churches in the Red Bird Missionary Conference.

There are many volunteer projects to choose from (including child friendly options): home repairs, landscaping, community gardens, beautification, painting, a community fair, and more.

Anyone can participate—individuals, groups, couples, families and children. Childcare will be available at London UMC. At the end of the day there will be celebration at the Red Bird Gym from 5:00pm-7:00pm. Dinner will be served and Bishop Davis will be preaching.

Groups from St. Paul are organizing...contact Ken Curry (kcurry@stpaulchurch.net or 459-1595) to be part of one!

Visit www.impactappalachia.org for more details and to sign-up.

