

# THE TOWER

ST. PAUL UNITED METHODIST CHURCH

SPEED  
LIMIT  
25

GLASS  
EVARO

How Can We Pray  
for You?  
(Share below)  
Peace with Justice

St. Paul  
UNITED  
METHODIST  
CHURCH  
WORSHIP: 10:30 AM  
SUNDAY OF REV. DANIEL  
BENSON

Ashes  
BLESSING

4 all



St. Paul Church  
A UNITED METHODIST COMMUNITY

VOLUME 70, ISSUE 2 // FEBRUARY 2023



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## DEATHS SINCE LAST ALL SAINTS DAY

Terry Byers - December 15, 2022  
 Joyce Lynn - December 24, 2022  
 Jan Wade - January 4, 2023  
 Mary Vise - January 17, 2023

## MEMORIALS

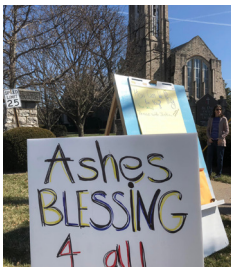
To Boar's Head in memory of Harry Campbell  
 from Carol & Dale Porfilio

In memory of Jan Wade  
 from Betty Matthews

## NEXT TOWER DEADLINE!

**February 16, 2023 at 5:00pm**

Submit articles and/or pictures to  
 Sara Ferebee at [sara@stpaulchurchky.org](mailto:sara@stpaulchurchky.org).



### On the Front Cover

Last year's Ashes and a Blessing on the corner of Bardstown Rd and Douglass Blvd. See page 4 for information on this year's Ash Wednesday offerings.



### On the Back Cover

Pastor Dustin shares a lesson with the Youth Group on Sunday evening, discussing how we can build connections by sharing our unique gifts.

# STAY CONNECTED!



**WEBSITE: The St. Paul website is our communications hub!** To keep up with all the St. Paul news and activities, visit [StPaulChurchKY.org](http://StPaulChurchKY.org). Bookmark it!



Connect with St. Paul Church on [Facebook](#), [Instagram](#), and [Twitter](#).

**Prayer Requests:** Send prayer requests or sign up to receive the Prayer Chain by emailing [prayer@stpaulchurchky.org](mailto:prayer@stpaulchurchky.org) or by filling out the form at the **St. Paul website**. *The Prayer Chain is emailed throughout the week as prayer requests are received.*



### St. Paul Weekly Email - Stay informed!

Stay informed about the news and happenings at St. Paul. Subscribe at our website or email [info@stpaulchurchky.org](mailto:info@stpaulchurchky.org).



### Pastor Darren's Weekly Phone Message



Each Wednesday, Pastor Darren sends an uplifting phone message. To receive these calls, email [info@stpaulchurchky.org](mailto:info@stpaulchurchky.org) or leave a message at 502-459-1595.

**Worship Recordings:** Our Sunday morning worship service is video-recorded. Find the recordings at [StPaulChurchKY.org/sermons](http://StPaulChurchKY.org/sermons), or follow the link under **Recorded Worship Services!**

# Invitation to Lent

Dr. Lori Elbert, Director of Koinonia Worship



Pastor and Theologian Paul Tripp published an email where he stated that many Christians live in a state of practical atheism. We Christians say we believe in God, the resurrection of Jesus, and the power of the Holy Spirit, but we live like none of that matters. Robert Webber stated in his book ***Ancient Future Time***: Sometimes we “live as though the death and resurrection of Jesus Christ never happened. Our lives become absorbed in the day-to-day experiences of life. We focus on name-brand clothing, the color of our automobile, the prestige in which others hold us, and the symbols of our own power: We too easily forget our maker and Redeemer, replacing God with things and ambition. Lent is the season that does something about this situation. It calls us back to God, back to basics, back to the spiritual realities of life. It calls us to put to death the sin and the indifference we have in our hearts toward God and our fellow persons. And it beckons us to enter once again into the joy of the Lord – the joy of a new life born out of a death to the old life.”

During Lent, we journey with Christ through his life and ministry to the cross and empty tomb. We make time to reflect on what those events meant to history and also to us. We use the disciplines of Lent (prayer, fasting, and alms giving) as tools to help us deepen, repair, and transform our relationship with God. In short, Lent is an invitation to delve deeper into what life with and in Christ is all about: *a Romans 6:4-6 life*:

*For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives. Since we have been united with him in his death, we will also be raised as he was. Our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. (NLT)*

As we move into Lent, how will you walk the journey from Ashes to Joy this year? Lawrence Hull Stookey offers some thought-provoking questions for self examination:

- What progress am I making in sharing gladly what I have with others, particularly with the stranger and the poor?
- What attitudes do I convey to those who irritate me? How can my awareness of my own need of God's grace enable me to be more gracious to them?
- How has my sense of interconnectedness in corporate worship grown of late, and how can I move ahead in appreciating the contributions and needs of other members in the congregation to which I belong?
- Am I as charitable and thoughtful to family members as to others, or do I “take it out” on my family when life at school or work gets hectic?
- Can I redistribute my long-range personal budget in order to have more money to give away?
- When I hear someone being unjustly maligned, do I speak up to correct the record, or am I a silent accomplice?
- How can I more effectively and consistently support legislation and social programs that help the disadvantaged rather than hurt them?
- In devotional acts of prayer, what habits can I develop that allow me to be more responsive to the sick, the distressed, and the bereaved, particularly when their needs emerge suddenly and require immediate attention? Can I plan spaces into my life to allow for such unanticipated opportunities to minister to others?
- Am I, by consistent attendance at worship, a witness to others of the worthiness of the God I follow? Or am I, by my sporadic attendance, suggesting that God is worth serving some times, but not others?

# A Lenten Journey: From Ashes to Joy

## Ash Wednesday Services February 22

### Ashes and a Blessing on the Corner

10:00-11:30am - Pastor Darren will be offering ashes and a blessing as an outreach to the Highlands and all who pass by that day.

### Noon Ash Wednesday Service and Soup Lunch

Noon - Join us in the St. Paul Sanctuary for a brief service, including a pastoral meditation, music, and imposition of ashes. All are invited to a light soup lunch in McAdams Hall following the service.

### Evening Ash Wednesday Service

7:00pm - This service marks the beginning of Lent, a time of reflection leading up to Holy Week and Easter, during which we focus on the sacrifice of Christ and our response to that sacrifice. Our evening service features music by one of our children's choirs, a pastoral message, and imposition of the ashes. It will conclude with a fire pit where we offer to God those things that are hindering us and that are hindering us in our walk with God.



### Maundy Thursday, April 6

7:30pm in the Gym

### Good Friday, April 7

Noon in the Sanctuary  
7:30pm in the Sanctuary

### Easter Sunday, April 9

7:30am - Sunrise Service, front steps  
9:00am - Koinonia Service, Gym  
11:00am - Traditional Service, Sanctuary

## Highlands Community Ministry Events

### A Taste of The Highlands, Mardi Gras! 2023 Fundraiser

Tuesday, February 21 at 5:30pm  
Tickets are \$50 - Must be 21 years or older.  
Get your tickets here: <https://www.eventbrite.com/e/a-taste-of-the-highlands-mardi-gras-2023-tickets-513167236017>

### Lenten Lunch Series

Thursdays, March 2, 9, 16, 23, 30  
12:00-1:00pm  
Location: Highland Baptist Church, 1101 Cherokee Road, fellowship hall. (parking lot entrance)  
Caterer: Soul Food by Tiffany (soups, bread).  
Watch for details in the weekly email and bulletins.

## St. Paul Personnel Committee Update

The Personnel Committee is pleased to welcome Tracy Martin to St. Paul in the part-time Administrative Assistant role. Tracy joined us January 4 and already has been a great addition to St. Paul.

Tracy has a wealth of experience in other administrative roles that include database management, project management, and communications/editing. Most recently, she worked with the YMCA.

Please join us in welcoming Tracy and thanking the wonderful Genie Yockey for her volunteer work in this role and the training she is leading.

Tracy was born and raised in Dallas, Texas, but has called Louisville home since 2010. She holds a Bachelor of Arts in English and History from Hardin-Simmons University and a Graduate Certificate in Editing from the University of Chicago. Tracy also works as a copyeditor and enjoys backpacking, biking, and teaching swim lessons at the YMCA. Her home in Shelby Park is loud and happy with her three daughters, dog (Ollivander), cat (Tinuviel), and sweet friends.



## We Need You!

***Can you give 2.5 hours a month? Are you technically inclined? Can you run a PowerPoint presentation? Are you itching to learn a new skill?***

Each week as we gather for worship, whether in the Koinonia service or the traditional, there are important things going on behind the scenes that allow us to hear and see the cues we need to worship together. We need volunteers to help us with those behind-the-scenes things. Some of these tasks are as simple as running a PowerPoint presentation. Some are more difficult and complex, but all of them can be taught to those willing to learn. Most of these commitments are once a month.

We need:

- 2-3 volunteers to run the computer for the Koinonia service (basically a PowerPoint presentation)
- 1-4 people to learn to run the soundboard for the Koinonia service (requires an ear for musical balance and a willingness to learn)
- 1-3 people to learn to run the cameras and computer for the Facebook Live service at the traditional service
- 1-3 people to learn to run the soundboard in the Sanctuary

**These areas are being carried by 3 volunteers when we really need 16.**

Please prayerfully consider whether you can serve in these areas. Contact Lori Elbert at [lori@stpaulchurchky.org](mailto:lori@stpaulchurchky.org) for more information or to volunteer.



# Wesley Night Continues!

**Dinner:** 6:00-7:00pm | McAdams Hall

Register online (see link below) or call the church office at 459-1595.

## Children's Music Groups

**Music Milestones** (Ages 3-Kindergarten)

6:00-6:30pm | Room 306

**Joyful Song Choir** (1st-3rd Grade)

7:00-7:45pm | Room 306

**Wesleyan Choir** (4th-6th Grade)

7:00-8:00pm | Room 302

## Children & Youth Activities

**Open Gym** - Free time for kids in grades 1-6, accompanied by a responsible adult

6:00-7:00pm | Gym

**Youth Jam & Hangout** for grades 7-12

6:30-8:00pm | Youth Center

## Adults & Youth

*"Christianity at Work," a scripture-based study guide for "Small Business, Big Heart"*  
Led by Paul Wesslund, author

Learn more about these programs and studies and RSVP for the meal at this page:

<https://www.stpaulchurchky.org/ministries/wesley-night/>

Or scan the Flowcode to the right for quick access -->>>



## February Dinner Menu:

2/1 Home-cooked meal

2/8: Chick-fil-A

2/15: Pizza Night

No Wesley Night on February 22. Join us for one of our Ash Wednesday services that day. See page 4 for details.

## Church Leader Orientation Saturday, February 4, 10:00am-12:00pm

Church Leader Orientation will take place Saturday, February 4, 10am-Noon. All those serving on a ministry or administrative team are invited to gather in McAdams Hall. Our annual leadership orientation includes discipleship formation and planning for the new year. We are grateful for all of those who have agreed to serve.

## Blood Drive Report

The Friday the 13th Red Cross Blood Drive kept to the number 13. Between deferrals & no shows, it was not one of our better turnouts. However, with optimism in my heart, I feel our next drive on Monday, April 17 will bring out more donors. Please mark your calendar, tell friends & neighbors so that we can have a big spring drive. The need is so great!

Thank you!  
Ruth Ann Whitehouse

**Save the Date for our next  
Blood Drive!**

**Monday, April 17, 1-5pm**



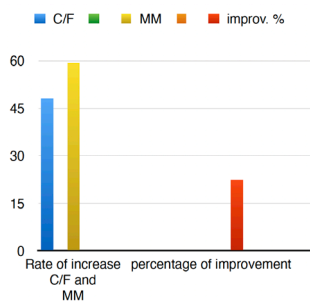


# Learning HOW to Age® Wellness Classes

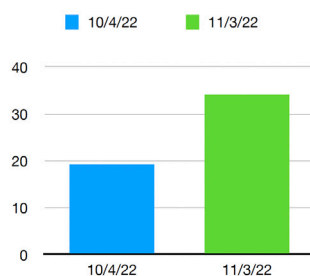
In October 2022, SPAMS began offering a wellness class to its members. Participating in an introductory class is needed for enjoyment and success. The first introductory class has reached level one and is continuing.

On Tuesday, February 21st at 10am in McAdams Hall, SPAMS and Expressive Avenues: Wellness will sponsor another introduction using the holistic program Learning HOW to Age®. For 5-7 weeks, twice a week, adults aged 65 and over meet for an hour to learn games and exercises to develop skills for mental flexibility, physical perception, and kinesthetic awareness- 3 areas of wellness neglected in other wellness programs. The wellness class is limited to 10 participants to 1 facilitator. Angie Dortch facilitates this group. A typical lesson includes a warm up, introduction of a new game or training, practice of a previously introduced activity, and a post lesson discussion. President of SPAMS, Glenda Young, thinks an opportunity such as this is beneficial to everyone, but especially those active aging adults. Each participant gave a recorded testimonial about the benefits and challenges of the class. Their testimonials are on the website [www.learntoage.org](http://www.learntoage.org); just choose "testimonials" from the menu.

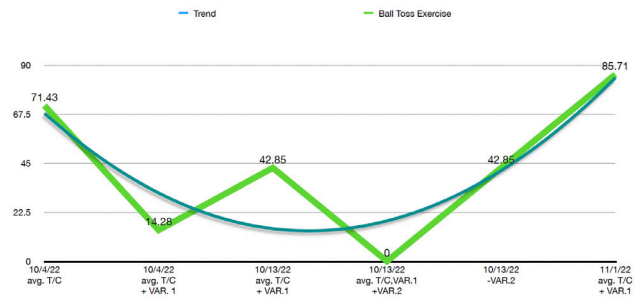
The data from the fall class has surpassed expectations with 11.84% increase in kinesthetic awareness:



77% increase in physical perception:



and a whopping 199.93% increase in mental flexibility:



Having a growth mindset is critical for retirees, but that attitude may not come naturally, regardless of age. Learning HOW to Age® offers a challenging path and helps develop a growth mindset.

The social interaction and connection of a group of people dedicated to that challenge was the number one comment from the participants. A small group with a ratio of 10/1 encourages a "team" atmosphere. A shared goal infuses the group with a spirit of teamwork and allows for time and space for discovery. That is the essence of Learning HOW to Age® at any age. Stay curious. Challenge long-held beliefs. Benefit from earned wisdom. "Bear one another's burdens, and so fulfill the law of Christ" - Gal. 6:2

To register for the February class, contact Glenda Young at 502-416-2657 or 502-742-1022. For more details, contact [angie@learntoage.org](mailto:angie@learntoage.org) or visit the website [www.learntoage.org](http://www.learntoage.org)





## Sunday School Teachers Needed!!

Please consider teaching Sunday School! Choose from art, cooking, games, science, storytelling/drama, missions, or spiritual practices. A two-week commitment over a three-week period is all that is needed. Curriculum and materials provided!

Contact Lorie Williamson at [loriew@stpaulchurchky.org](mailto:loriew@stpaulchurchky.org) to help!

### Questions about Kids and Tweens?

Contact Lorie Williamson,  
Director of Family and Children's Ministries, at  
[loriew@stpaulchurchky.org](mailto:loriew@stpaulchurchky.org).

## Parents Night Out!

Saturday, February 11th  
5:30-8:30pm

Have your child/ren ages birth-6th grade join us for an evening of fun while you get a much-deserved break!

\$15/child with a family cap of \$25.

Claim your spot by emailing Lorie Williamson at [Loriew@stpaulchurchky.org](mailto:Loriew@stpaulchurchky.org) by Wednesday, February 8th.

## Skating anyone?

Tuesday  
February 21st  
11:30-2:30pm

Iceland Sports Complex  
1701 UPS Drive 40223

All 4th, 5th and 6th graders are invited for a little time on the ice! Meet in the church parking lot at 11:30 to carpool. If meeting at Iceland, arrive at 12:00 and pickup at 2:00.

**Reservations are a must!! Email Lorie Williamson at [Loriew@stpaulchurchky.org](mailto:Loriew@stpaulchurchky.org) by Sunday 19th if you plan on going!!**

## Save the date!

Summer is quickly approaching! Make sure to block these dates on your calendar!

(ages refer to grade completed in 22-23 school year)

Vacation Bible School	June 19-23	4 years-3rd grade
Project Serve	June 19-23	4th-6th grades
Music Camp	July 10-14, 16	1st-6th grades
St. Paul Week at Loucon	July 16th-21	2nd-5th grades





# Youth News!

## CONFIRMATION 2023

Confirmation classes have begun! This year, we have seven youth in our confirmation class. Please be in prayer for these young people:

**Sofia Elbert**  
**Quenton Horton**  
**Caroline Keith**  
**Eleanor Keith**  
**Samuel Meadows**  
**Cash Northington**  
**Abe Peña**

Confirmation Sunday will be May 7th.

To stay up to date on Youth events:

- Sign up for the Youth email list [here](#)
- Check the Youth Instagram account @stp.youth

General Youth info can be found on the St. Paul [Youth Webpage](#).

## Winter-Spring Schedule:

### February

2/5 - Regular Youth  
2/12 - Youth Super Bowl Party (pick up at halftime)  
2/19 - Regular Youth  
2/26 - Regular Youth

### March

3/3-3/4 - Lock In!  
3/5 - No Youth (Recover from Lock In)  
3/12 - Regular Youth  
3/29 - Regular Youth  
3/25 (Saturday) - Easter Egg Hunt  
3/26 - Regular Youth

### April

4/2 - No Youth / Palm Sunday (JCPS Spring Break)  
4/9 - No Youth / Happy Easter! (JCPS Spring Break)  
4/16 - Regular Youth  
4/23 - Regular Youth  
4/30 - Regular Youth

### May

5/7 - Regular Youth  
5/14 - No Youth / Mother's Day  
5/21 - Senior Banquet

Schedule subject to change.





# Mobile Resource Center

Saturday, February 11

11:00am-1:00pm

at Fourth Ave UMC's Open Door Community Ministry

We have a great group of committed volunteers at our Mobile Resource Center, but we'd love to have some more! No long-term commitment needed; join us any month that works for you! You can sign up to volunteer here: <https://www.stpaulchurchky.org/mobile-resource-center/>

## Current Resource Center Needs!

We almost always run out of men's items, especially underwear, socks, and t-shirts. Donations of NEW socks and underwear as well as new or gently-used t-shirts (especially long-sleeved currently) are needed!

Other needs include:

Sturdy men's shoes are always needed (*all sizes*)

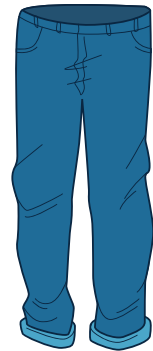
Blue jeans and long-sleeved shirts for men and women

Winter jackets, coats, scarves, hats, and gloves (especially for men)

Large department store-type shopping bags or reusable totes

New toiletries are always needed

Financial donations are always welcome and help us provide essential resources to those in need.



Many of the items we need are on our Amazon and Dollar Days wish lists here: <https://www.stpaulchurchky.org/mobile-resource-center/>

## Volunteers Needed at Open Door Community Ministry

Over the last couple of years, St. Paul has developed a partnership with Fourth Avenue United Methodist Church. Their Open Door Community Ministry serves meals to those in need in the Old Louisville neighborhood five days per week. Once a month, St. Paul brings its Mobile Resource Center to Fourth Ave to offer clothing, shoes, toiletries, and more to the Open Door guests. Our partnership has been a blessing to both our churches as we work together to be the hands and feet of Christ.

The Open Door Community Ministry is in need of volunteers to help serve lunch on Saturdays from 11:00am-1:00pm. Volunteers will primarily help to set up for food service, serve the meal, then wipe down tables once lunch is over.

If you would like to volunteer, please contact Greg Hatcher at 502-510-0604 or Kim Simpson, St. Paul member, at 502-608-1019.



# February 2023

## HEALTH & WELLNESS

### Senior Adult Wellness Class

Tues & Thursday, 10:00-11:00am, McAdams Hall

### Guided Meditation

Wednesdays, 10:30am, Zoom

## SUPPORT GROUPS

### AA Groups

Mondays at 6:00pm and 7:30pm, Tuesdays at 7:30pm, Thursdays at 6:00pm, Saturdays at 10:00am & 8:00pm, Sundays at 8:00pm

#### - GLI AA Meeting

February 9, 6:00pm, McAdams Hall

### Depression Bipolar Support Alliance

Tuesdays & Thursdays, 7:30pm, Rooms 110 & 113

- DBSA Writing Group - Tuesdays, 6:30pm, Room 111

## FELLOWSHIP & CLASSES

### Kaleidoscope

Tuesday, February 7, 7:00pm, Youth Center

### Men's Group

Monday, February 13 & 27, 7:00pm, Common Cup

### Faith Quilters

Tuesday, February 21, 10:00am, Room 100

### Women of the Word Bible Study

Wednesdays, 10:00-11:30am, Room 113

### Women's Discernment Group

Thursdays, 10:00am, (Zoom)

### Prayer Beading Group

Sunday, February 19, 1:00pm, Common Cup

### Guitar Club

Sunday, February 19, 6:30pm, Room 113

## MUSIC

### Chancel Choir

Thursdays, 7:15pm, Choir Room

### Bells of St. Paul

Wednesdays, 8:00pm, Room 303

## OUTREACH

### Resource Center Assistance

Mondays & Wednesdays, 10:00am-1:00pm

*Available to those in need of basic necessities.*

### Mobile Resource Center

February 11, 11:00am-1:00pm,

Fourth Avenue United Methodist Church

## WESLEY NIGHTS

Wednesdays, 6:00-8:00pm

Dinner: 6:00-7:00pm, McAdams Hall

Children's Choirs:

*Musical Milestones (age 3-K), 6:00-6:30pm, Room 302*

*Joyful Song Choir (Grades 1-3), 7:00-8:00pm, Room 306*

*Wesleyan Choir (Grades 4-6), 7:00-8:00pm, Room 302*

Open Gym: Open to children with trusted adult, 6:00-7:00pm

Adult Study: Christianity at Work, 7:00-8:00pm, McAdams Hall

## CHILDREN & YOUTH

### Confirmation Class

Sundays, 10:00am through April

### Youth Group

Sundays, 6:00-8:00pm, McAdams Hall and Youth Center

### Parents Night Out!

Saturday, February 11, 5:30-8:30pm

*See page 8 for more information.*

### Skating Anyone?

Tuesday, February 21, 11:30am-2:30pm

*See page 8 for more information. Reservations required.*

### Scouts

Boy Scouts, Tuesdays, 7:00pm, Gym

Cub Scouts, First and Third Thursday, 6:00pm, Family Life Center

## SPECIAL SERVICES

**Ash Wednesday, February 22 (full details on page 4)**

- Ashes and a Blessing on the Corner, 10:00-11:30am

- Noon Service and Soup Lunch

12:00-12:30pm Service in the sanctuary, followed by lunch in McAdams Hall

- Evening Service, 7:00pm, Sanctuary

## ADMINISTRATIVE

### Church Leaders Orientation

Saturday, February 4, 10:00am-12:00pm

### Worship Staff Meeting

Tuesdays, 10:00am, Youth Center

### Staff Meeting

Tuesdays, 11:00am, Youth Center



ST. PAUL UNITED METHODIST CHURCH  
2000 DOUGLASS BLVD  
LOUISVILLE, KY 40205  
502-459-1595  
WWW.STPAULCHURCHKY.ORG

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# THE TOWER

ST. PAUL UNITED METHODIST CHURCH



Pastor Dustin shares a lesson with the youth on how sharing our gifts with others builds connections.

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