

THE TOWER

ST. PAUL UNITED METHODIST CHURCH



The Joyful Song Choir
with Miss Niamh

IN THIS ISSUE

THE FAITHFUL DEPARTED	2
IN MEMORY OF	2
WHAT IS EASTERTIDE?	3
CONFIRMATION 2026	3
HOLY WEEK AND EASTER	4
WESLEY NIGHT	5
BLOOD DRIVE	6
RESOURCE CENTER NEWS	6
MARCH HYMN OF THE MONTH	7
GET CONNECTED – SMALL GROUPS	8
KIDS WORSHIP NIGHT	9
"LET IT SHINE" CHILDREN'S CHOIR CONCERT	9
YOUTH NEWS	9
YOUTH COFFEEHOUSE CONCERT	9
SAFETY TEAM TIP	10
SPAMS	11
RESILIENCE TEAM	11
GAME DAY	11
CLEAN28	11

THE FAITHFUL DEPARTED

William J. Bush - December 6, 2025
 Brian Buchanan - December 21, 2025
 William (Bill) Smith - December 27, 2025
 Pat Miller - February 23, 2026

IN MEMORY OF ...

In memory of Brian Buchanan,
 from Wilma Couch

To the Boar's Head Festival in memory of
 Pat Miller, from the following ...

Wilma Couch
 Betty Matthews
 Bob & Marg Suffill
 Royce & Linda Bailey
 Kathleen Adams
 Carl & Glenna Heimerdinger



WEBSITE: The St. Paul website is our communications hub! To keep up with all the St. Paul news and activities, visit StPaulChurchKY.org. Bookmark it!

Prayer Requests: Send prayer requests or sign up to receive the Prayer Chain by emailing prayer@stpaulchurchky.org. The Prayer Chain is emailed throughout the week as prayer requests are received.

Sunday morning worship livestream

The Sunday morning worship service is now livestreaming on the St. Paul YouTube channel - [youtube.com/](https://youtube.com/StPaulUMCLouKY) - search for StPaulUMCLouKY. Or scan the QR code to the right. Visit our channel and subscribe!

You can also visit the St. Paul website (stpaulchurchky.org) and follow the link on the homepage.



Front Cover:
 The Joyful Song Choir
 with Miss Niamh



Back Cover:
 Jimmy and D'Anna
 Switzer enjoy the
 SPAMS St. Patrick's
 Day Party!

NEXT TOWER DEADLINE!
 Thursday, April 16

What is Eastertide?

by Dr. Lori Elbert, Director of Koinonia Worship



After the long, cold, snowy winter, spring is finally here (at least I hope it is . . . it is the middle of March as I write this). Spring is one of my favorite times of the year, and nowhere I have ever lived does it as well as Louisville. The flowers and the flowering trees turn the city from the dingy gray of winter into a feast for the eyes and a refreshing respite for the soul. The liturgical season of Eastertide is intended to do the same thing for us spiritually.

During Lent, we reflected on our mortality, our failings, and Jesus' sacrifice for us. During Eastertide, we focus on what that sacrifice means for us: freedom from death and sin, and new life in Christ. We have walked with Christ through his death, and now we live with Christ through his resurrection. But the lingering question is, "So what?"

What does Eastertide mean for us? What should it mean? Just as spring changes everything in the natural world, Jesus' resurrection changes everything in our spiritual lives. As baptized believers, our whole identity has changed.

We have moved from being slaves to our old nature that wants everything our own way to being aligned with God and growing in unity with God. We have moved from the inevitability of death to the hope of eternal life in Jesus Christ. We have moved from the fallen, broken kingdom of this world to the glorious coming Kingdom of God.

The lectionary for Eastertide takes us through most of the Easter passages in the Gospel of John and a little from Luke. It also includes most of Peter's sermons on the resurrection in the book of Acts, then leads us to the epistle of 1 Peter. In that book, Peter expounds what the resurrection means and how we walk it out through our daily lives as the community of God.

I encourage you to spend the month of April in the book of 1 Peter. Meditate on what the resurrection means in your life, how you can live in unity with Christ, and what the love of Christ's community means. It should change everything!



Our four Confirmation students – Eli Aten, Kayla Martin, Alex Newton, Juliette Pieroni – continue their confirmation journey through April 26, Confirmation Sunday. Your prayers and cards have supported these young people throughout this process, and we hope you will continue to remember them in prayer.

Remaining classes include:

- April 5 No class (Easter/Spring Break)
- April 12 Following Jesus as a Disciple, led by Lori Elbert
- April 19 Claiming the Faith as My Own led by Pastor Darren and Billy Sewell
- April 26 *Review of the Confirmation Service*
Confirmation Sunday & Family Breakfast
10am in McAdams Social Hall

Holy Week

Easter is not something that happens in isolation, it is the culmination of the entire Holy Week experience. We invite you to participate in every event that happens March 29 through April 5.

Palm Sunday, March 29

One service, potluck, and Easter Egg-stravaganza

Join the parade as Jesus enters Jerusalem and we wave palm branches shouting, "Hosanna!"

One Service at 10am featuring our children's choirs.

Potluck follows in McAdams Social Hall

Easter Egg-stravaganza takes place from 12-2pm with egg hunts for ages toddler to teen.

Childcare: 9:45-11:15am, room 200

Walk of Crosses

Begins March 31

Tues-Thur, 10am-2pm

One hour prior to the Maundy Thursday and Good Friday services

Easter, 9am-12pm

Walk the way of the cross. Spend time meditating on the cross in McAdams Social Hall. We have assembled many inspiring items, including a beautiful "Pressures of the World" quilt and unique Mexican Milagro charm cross. Carl Smith is sharing a collection of vintage prayer

cards, postcards, bookmarks, and other ephemera that were gathered as he collected over 5,500 Bibles to donate to overseas missions since 2009.

St. Paul will collect Bibles during Holy Week to add to the donations, so please bring any Bibles you'd like to share.



Maundy Thursday, April 2

7:30pm, Gym

Come gather around the table in the upper room and hear Jesus' final words to his disciples, and to us, before he is crucified. Featuring Holy Communion and led by the Koinonia Worship team

Good Friday Services, April 3

Noon, Sanctuary - Join us for this 30-minute service with worship with Holy Communion to hear again Christ's Words from the Cross.

7:30pm, Sanctuary - Join us for our traditional Tenebrae or Service of Darkness. We will read through Christ's final hours and crucifixion as recorded in the Gospels, interspersed with hymns and Holy Communion.

Childcare: 7:15-8:45pm

Easter Sunday

April 5

Sunrise Service

7:30am, Front lawn

Koinonia Service

9:00am, Gym

Traditional Service

11:00am, Sanctuary

*Childcare available
from 8:45am-12:15pm*



Wesley Night is a time for all ages to come together for dinner, deepening of friendships, and drawing closer to the Lord through music, study, and prayer.

Find details on current studies and programs at our website!

Children & Youth

- 6:00-6:30pm Music Milestones (PreK & K) – Rm. 306
- 6:00-6:30pm Gym time and homework help for 1st-6th graders – Gym
- 6:30-8:00pm Youth Jam and Hangout – Youth Center
- 6:30-7:00pm Gym time for age 3-K (bring a trusted adult with you!)
- 7:00-8:00pm Joyful Song (1st-3rd grade) – Room 306
- 7:00-8:00pm Wesleyan Choir (4th-6th) – Room 302

Childcare for ages 5 and under will be available during Wesley Night from 6:30pm-8:00pm in room 200.

Wesley Night kicks off with Dinner

Join us at 6:00pm in McAdams Social Hall to share a meal and conversation with new and old friends alike.

The menu changes week-to-week. You'll find the upcoming menus at our website, as well as the Sunday bulletin.

Please RSVP for dinner at our website or scan the code --->>>



Adult Program: Creation Care and Storytelling - 7:00pm in McAdams Social Hall

Wesley Night: Join Us for the Final Weeks! There is still plenty to enjoy at Wesley Night as we wrap up this season together. These final evenings offer a wonderful mix of a focus on creation care and storytelling. It will include inspiration, hands-on service, stories, and thoughtful conversation. Make plans to join us!

April 15

Earth Day with Paul Cappiello

Paul Cappiello, Executive Director of Yew Dell Botanical Gardens, will join us as part of our Creation Care Series. Come for an evening of insight, inspiration, and appreciation for the beauty of nature.

April 22 (Actual Earth Day)

Earth Day Beautification Projects

Celebrate Earth Day with us by taking part in a variety of beautification projects designed to care for and enhance our church grounds and shared spaces. There will be something for everyone to do.

April 29

An Evening Exploring Wendell Berry's Work

Join us for reflections on Kentucky writer Wendell Berry. The evening will include a showing of newly released film shorts from the creators of the documentary Look and See, along with conversation and discussion.

May 6

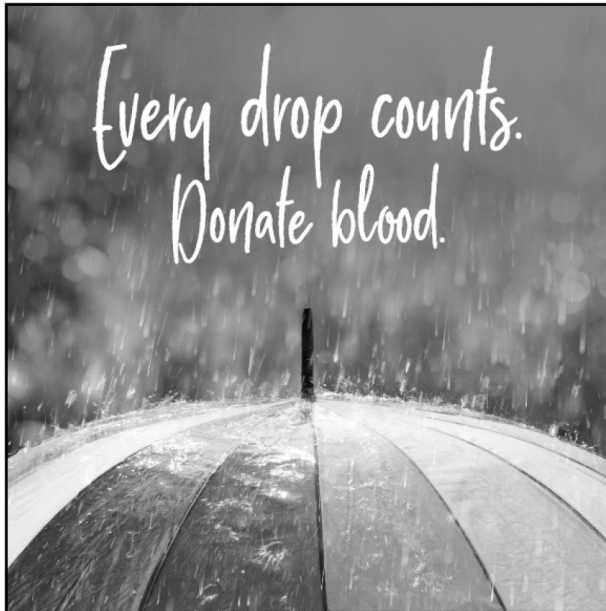
Story Hour: Coast Guard Rescue and Recovery

Our final Wesley Night of the season will feature Bill Quigg sharing the story of the SS Carl D. Bradley, which sank in Lake Michigan on November 18, 1958. The sinking claimed 33 lives from the small town of Rogers City, MI. In total, 23 women lost their husbands and 53 children lost their fathers. As a member of the Coast Guard, Bill was called to lead rescue and recovery efforts. This moving presentation will conclude our *Sharing Our Story* series.

May 13

Children's Choir spring concert (See page 9)

Come for one evening or all five – we'd love to have you with us for these joy-filled final Wesley Nights!



Blood Drive St. Paul United Methodist Church

Youth Center
2000 Douglass Blvd
Louisville, KY 40205

**Monday, April 13, 2026
12:00 p.m. to 5:00 p.m.**



RESOURCE CENTER NEWS

CURRENT RESOURCE CENTER NEEDS

- Men's jeans (esp. sizes 29-33)
- Men's shoes (all sizes)
- Men's short-sleeved t-shirts and shorts
- Backpacks
- Large women's clothing (3X and up)
- Bras (esp. larger sizes)
- Large shopping bags and reusable totes

Our Amazon wish list can be found here: <https://a.co/hULmRMs>

We served **100 guests** at our March Mobile Resource Center!

Mobile Resource Center

at Fourth Ave UMC's
Open Door Community Ministry

**Saturday, April 11
10:45am-12:45pm**



It takes a minimum of 20 volunteers to cover our needs. We'd love to have you join us! You can sign up to volunteer at our website, or you can scan the QR code.



Books for the Mobile Resource Center

The last time we requested books for the Mobile Resource Center you all responded with such zest that we have not needed to ask again for a long time. But the time has come! Our book shelves are looking bare, and we need you to fill them up!

Our MRC guests, as well as those who come to the Open Door Community Ministry lunches, love our Little Library! All genres are needed, including but not limited to: fiction, nonfiction, thrillers, mysteries, romance, biographies, spiritual, self care, cookbooks, and game books (crosswords, Sudoku, etc.). We are frequently asked for Bibles, especially large-print Bibles.



A donation bin will be placed in each building lobby. Please donate books that are in good condition. No dictionaries or encyclopedia volumes, please.

March Hymn of the Month: *Rise, My Soul, the Lord is Risen*

Eastertide is the joyful season that begins on Easter Sunday and continues until Pentecost: six weeks of celebrating the resurrection to balance the six weeks we spent in repentance and reflection. During Eastertide, we reflect on what the resurrection meant to Jesus' followers and the early Church. We also reflect on what the resurrection means to us today – it is the “So What?” question. Our hymn of the month, *Rise, my Soul, the Lord Is Risen*, helps us answer that question.

In the singing of this hymn, we are preaching the good news to ourselves and those around us. In each stanza, we command our souls to rise, rest, and have peace.

*Rise, my soul, the Lord is risen;
come behold the empty grave.
See the place where darkness laid him;
sing, for only hope remains.
Hallelujah, praise forever;
death defeated and life restored
by that great, immortal power.
Christ is risen— arise, my soul!*

Stanza one commands us to rise and see the tomb that has been emptied of death and filled with hope. Death, our biggest problem and fear, has been defeated by Jesus Christ rising from the dead and breaking death's power over us.

*Rest, my soul, the Lord is risen;
Love's redeeming work is done.
Now the Father sees his children
as he sees his sinless Son.
Oh, the wonder, oh, the glory,
that same favor is now my own.
Shame behind me, grace before me;
Christ is risen— arise, my soul!*

Stanza two reminds us that we can now rest from our striving to be good enough because the redeeming work of Christ has given us the same standing with the Father as Christ, himself, has. Despite our own sinfulness and failings, we are united with God and freed to live the life Christ exemplified for us.

*Peace, my soul, the Lord is risen;
come and have your hope renewed.
For this trial is brief and fleeting;
tears will turn to glory soon.
Shout with joy and sound the triumph,
let the music of heaven roar.
Let the boast of death be silent;
Christ is risen— arise, my soul!*

Stanza three reminds us that we now have peace. Though our lives are still difficult and we still suffer, we know that in the end we will triumph over it all through Christ's resurrection. That hope will carry us through all that we face in our lives.

*Rise, my soul, for I am risen;
seated now with Christ, my Lord.
As my life belongs to heaven,
fear shall hold its sway no more.
Onward, upward, toward the treasure;
filled with courage and endless hope.
For this truth is mine forever:
Christ is risen! Arise, my soul!*

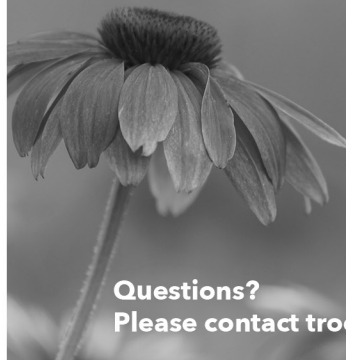
Stanza four tells us that everything is different now because of Christ's resurrection. Our lives belong to God; we are aimed toward Heaven, so earthly things and earthly fears no longer control us. Built on the solid rock of Jesus' life, death, and resurrection, our lives are filled with hope and courage to face all that is in front of us. We know the end of the story; we know that we will overcome and be united with God in heaven.

As we sing this new hymn this month, may it fill our hearts with joy, hope and courage.

Hear it here:

https://www.youtube.com/watch?v=fFgFaHGfDx8&list=RDfFgFaHGfDx8&start_radio=1

Scout Troop 40 & Cub Pack 40 Flower Sale!



Please order and pay online at troop40ky.com/flowers
Orders are due by Friday, April 11.

Pick-up Saturday, April 26, 9:00am-3:00pm in the parking lot of St. Paul.

Questions?
Please contact troop40ky@gmail.com.

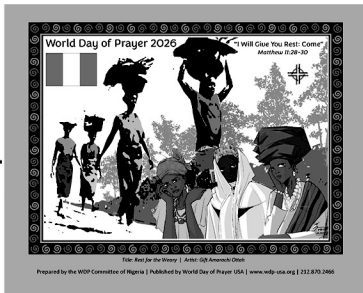
GET CONNECTED – SMALL GROUPS

United Women in Faith

Tuesday, April 14 (second Tuesdays)
10:00am, Room 113

St. Paul United Women in Faith invite everyone to join us for the World Day of Prayer (WDP) service and celebration, prepared this year by the women of Nigeria. Located on the west coast of Africa, Nigeria is a vibrant nation of more than 250 ethnic groups, rich in cultural, historical, and geographical diversity. The 2026 theme, drawn from Matthew 11:28–30, is “I Will Give You Rest: Come.” At a time when people around the world are weighed down by many burdens, our Nigerian sisters offer profound insights into finding true rest in God. Through their exploration of burdens such as shame, systemic oppression, religious persecution, poverty, and despair, they invite us to reflect on both the weight of human suffering and the depth of God’s divine and restorative rest.

To enrich our experience of worship, this year’s WDP service features a playlet about a young girl named Chioma, along with stories of three Nigerian women – Beatrice, Jato, and Blessing – whose lives beautifully illustrate how God offers rest through community, faith, and hope.



Faith Quilters

Tuesday, April 21 (third Tuesdays)
10am-2pm, Room 100

Faith Quilters gather for fellowship and work every third Tuesday of each month except December. From 10:00am to 2:00pm, we iron, cut, audition, and stitch cotton fabric for quilts. We welcome new participants, experienced at quilting or not. All piecing and quilting is machine sewn.

All of our quilts stay in the local area and are distributed here through Project Linus, a national non-profit organization with chapters in all 50 states.

Prayer Beading Group

Sunday, April 12 (second Sundays)
Noon, Common Cup

Prayer beads are given to those who are in the hospital or grieving, as well as new St. Paul members. Making prayer beads is a fun and prayerful way to join in fellowship with others, while creating a compassionate gift for someone in need of support.

Men's Group

Every Other Monday, 7:00pm, Common Cup

The St. Paul Men’s group invites participants to walk alongside one another in the Christian faith. The group is open to all men.

Women of the Word Bible Study

Wednesdays, 10:00am, Room 113

Bible Study on The Names of God

What does a name reveal about a person? What do the many names of God reveal about God’s character? Interested in diving deep into God’s Word?

All women of every age and stage of life are invited to study this rich topic with the Women of the Word Wednesday Bible study. We’re studying Melissa Spoelstra’s *The Names of God*, and we’d love for you to join us.

We follow this study, but we also share what we call “God sightings,” places where we can see God at work. We also share prayer requests and intercessions for people. We eat well, too.

WoW will conclude *The Names of God* and start a new study in April. Please join us for study, prayer, and fellowship.

Like to know more? Contact Gail Henson at 648-2201 or grhenson@gmail.com or just show up. If you’d like to order a book, you can get it through Amazon or Cokesbury Press.



FOR K-6TH
GRADERS

SUNDAY,
APRIL 19

4-6PM,
RM. 100

KIDS WORSHIP NIGHT

We will explore outside, make a nature craft, sing praises to the Creator of our beautiful world, hear a lesson, and enjoy a pizza dinner together! Bring a friend with you!

Childcare provided for younger siblings in room 200.
Email tracy@stpaulchurchky.org with questions.

Let it SHINE!

Children's Choir Spring Concert

May 13, 7:00-8:30pm
St. Paul Gym



We will hear from each of our children's choir groups from age 3 through sixth grade. Celebrate with us as they present music and activities they've worked on throughout the year and receive their choir awards!



ALL ARE WELCOME!

Youth News!



April

- 4/5 - No Youth (Spring Break & Easter)
- 4/12 - Regular Youth
- 4/19 - Regular Youth
- 4/26 - Regular Youth

May

- 5/3 - Last Regular Youth
- 5/10 - No Youth (Mother's Day)
- 5/17 - Youth Futures & Banquet
- 5/31 - Senior Sunday

June

Fusion: 6/6 - 6/11

If you'd like to learn more about youth activities, please email youth@stpaulchurchky.org

St. Paul Youth Choir Coffeehouse Concert

May 27 at 7:00pm - Gym

This vibrant group of young people is excited to share their talent as they offer a variety of choral music in a relaxed setting. Come enjoy an evening of desserts, coffee, and meaningful music!



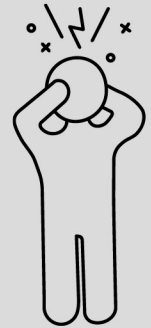
Safety Team Tip

Did you know that April is recognized as National Stress Awareness Month, dedicated to raising awareness about the causes, effects, and management of stress? Stress Awareness Month, observed every April since 1992, aims to feature negative effects of stress on mental, emotional, and physical health, as well as to promote strategies for managing it effectively by encouraging open conversations about stress, reducing stigma around mental health, and emphasizing self-care and resilience. Chronic stress can lead to heart disease, depression, anxiety, weakened immune response, and digestive issues.

Common Causes of Stress

- Workplace pressures such as high demands, lack of control, and poor support.
- Financial concerns, including rising costs of living and housing.
- Personal and family responsibilities, health issues, and social pressures.
- Global events or crises that affect daily life and mental well-being.
- How to Observe Stress Awareness Month
- Practice self-care: Engage in exercise, meditation, journaling, or spending time in nature to reduce stress.
- Educate yourself and others: Learn about stress symptoms, coping mechanisms, and share resources at work or in the community.
- Host stress reduction challenges: Encourage mindfulness, gratitude journaling, hydration goals, or digital detox activities.

- Provide mental health resources: Workplaces and community groups can offer toolkits, webinars, and workshops on stress management.
- Promote open conversations: Encourage discussions about stress and mental health without judgment to foster support and awareness.



Source: Stress Awareness Official Site: Stress Awareness Month — Official Site Retrieved 3/17/26.

Do you like to...

greet church family and friends and meet new people?

Do you have...

law enforcement and/or medical experience that you would like to share should an emergency arise at St. Paul?

Are you...

observant about your surroundings and people's behavior?

Have you...

ever been told that you are good in a crisis?

If so, the St. Paul Safety Team needs you!

Contact:

Rod Kincaid, Chair, St. Paul Safety Team

Email: Rodkincaid@hotmail.com

Iris Trio in Concert

Monday, April 20 at 7:00pm in the St. Paul Sanctuary

St. Paul UMC welcomes the Iris Trio in their latest concert venture: **Project Earth**.

"Project Earth is our response to the enormous crisis currently facing our planet. Through chamber music and poetry, we strive to illuminate the impact of human behavior on the environment, addressing issues of climate change, pollution, habitat degradation, and biodiversity loss. Equally important, we give center stage to the immense beauty and wonder found in nature. We recognize the power of our collective imagination and the need to inspire a shared sense of value and responsibility if we are to create meaningful change around these complex issues."



Free and open to all.

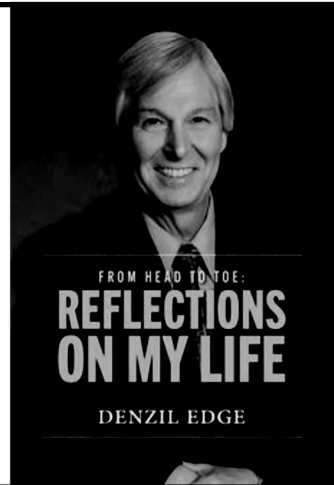
If you would like to support their work, a \$10 donation is suggested.

SPAMS Lunch with Writer Denny Edge

April 16 at Noon
McAdams Social Hall

The April SPAMS event features a special guest, Denny Edge, as he reads from his book, *Reflections on my Life!*

Lunch will be served, cost is \$10.00.
Sign up soon at the Information Center to secure your spot!



THE RESILIENCE TEAM — OFFER OF ASSISTANCE

The focus of the Resilience Team continues to be building connection and unity throughout our church. The Resilience Team is here to serve. As part of that, we would like to extend a helping hand to the other ministries and groups at St. Paul. If your group needs a helping hand with an upcoming event or activity, please reach out to us to join in. We will help wherever we can. We look forward to supporting each group as we journey forward together.



Game Day

April 30, 1:00-3:00pm (Every last Thursday)

All ages and stages are invited to come together for an afternoon playing games, such as Rummy-Cue, Rook, Pit, and more. Bring your friends! If there is a game you enjoy, please bring it with you!



CLEAN28

A 28-Day Health Reset – A Gentle Food & Lifestyle Cleanse

Led by Pam Jones, CHHC

St. Paul Family Life Center

Start Date: Monday, April 20 @ 6:00 PM

Class Dates: April 20 • April 27 • May 4 • May 11 (Classes last approx. 1 hour)

Program Fee: \$120

Step Into the New Season with Intention

As we enter a new season, it is a meaningful time to pause, reset, and nourish the body. Clean28 is a guided 28-day food and lifestyle reset centered on whole, nutrient-dense foods. There is no deprivation or extreme fasting — only intentional nourishment and gentle structure.

Learn more here: <https://tinyurl.com/2s4f88r3>

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

THE TOWER

ST. PAUL UNITED METHODIST CHURCH



Jimmy and D'Anna Switzer enjoy the SPAMS St. Patrick's Day Party!

VOLUME 73, ISSUE 4 // APRIL 2026

St. Patrick's Day

St. Paul
UNITED METHODIST CHURCH