

"Deeper Discipleship
& Closer Community
with Jesus"



St Luke's *MESSENGER*

November/December 2018

PASTOR'S CORNER

"A man's heart has many plans..." (Proverbs 19:21)

"...but the Lord's plans will prevail." I continue to be amazed at how much there is to learn about myself. Just when I think I have myself finally figured out, more blind-spots are revealed to me by life's circumstances.

One of these areas involves how quickly and quietly my heart gets set on its own plans. Because my sinful heart wants to be in control, it secretly works behind the scenes to get its own way. One of the ways it does this is by setting my expectations toward certain results, outcomes, and time-lines in life. If I am not careful and reflective, then I will just unconsciously start following these many plans of my heart. This may not always seem bad, but if left unchecked I will find myself pushing and even trying to bully my plans into existence.

Proverbs tells us that this is fruitless. As much as we think we can make our plans happen, in the long run the Lord's plan will always win the day. "The mind of man plans his way, but the Lord actually directs his steps" (Proverbs 16:9).

The Disciple Garden development process has been a glaring example of this for me. In order to seem competent and capable as a leader, I have been desperately wanting my time-line and plans for the Disciple Garden development to unfold. But alas, I am not in control. It is not my project. God is in control and it

is his project. His plans and purposes with it will prevail. If I don't submit to his plans then I will only create pain for myself and others.

In the Epistle of James we are warned about this arrogance of thinking we can make our plans happen. "You do not know what your life will be like tomorrow," he warns us. "You are just a vapor that appears for a little while and then vanishes away." Ouch. We are just a fleeting vapor and mist, here one moment and gone the next?! The truth sure hurts. But we need to get knocked off our cocky pedestals. And the sooner the better, for as the Greek myth of Icarus teaches us, the higher you fly, the farther you fall. Therefore James urges us to recognize that every plan we might make is tentative at best. We need to be constantly flexible, ready to adjust to God's will as it is revealed to us.

And this is exactly what Jesus modeled for us. As he was praying in the Garden of Gethsemane, his heart was hoping for any other plan than the cross. But Jesus did not let the plans and desires of his heart pull him away from his Father. Jesus faithfully submitted, allowing himself to get swept along in the will of his Father. It seemed crazy, even stupid, but through the foolish Way of the cross, Jesus found true life with God and has opened that up for us as well.

Pastor Luke



Worship and Bible Study Schedule

Sunday

9:30 am Worship Gathering
10:30 am Food & Fellowship
11:15 am Text of the Week Study
| & Jesus Time

Monday

6:00 pm Gospel of Luke/Acts Study

Tuesday

6:00 pm Christian Sexuality Study
| (Nov 6, 13, 20, & 27)

Wednesday

4:00 pm Jesus Time
6:15 pm Choir



Baptism Anniversary

- Micah Dierks (11/7)
- Jamey Story (11/13)
- Karen Wagner (11/18)
- Sonia Gardner (11/25)
- Judy May (12/1)
- John Wagner (12/2)
- Dean Bridge (12/29)



- John Wagner (11/12)
- Karen Wagner (11/18)
- Charles Payne (11/20)
- Sonia Gardner (11/22)
- Phyllis Gallagher (11/26)
- Cindy Howard (12/21)
- Jack Wagner (12/28)

Wedding Anniversary

- Bill & Lucy Mellot
(12/22/1964, 54 yrs)



Communal Council Corner

We now have a chairlift installed and working in our main stairwell, thanks to Metro Lutheran Ministry, our long time partner. This chairlift will allow for folks unable to navigate stairs to have access to our downstairs space. This will first and foremost benefit the daily emergency assistance run by MLM, but it will also allow us as a church to do more functions in the downstairs space without ostracizing our less mobile members. At the end of December our administrative assistant, Lois Keller, will be retiring. She has been a huge gift to us the last few years and we cannot say thank you enough. We will miss her. However, we are very grateful to announce that Marie Sasnett will be taking over the financial responsibilities and helping us to coordinate volunteers to cover some of the other roles that Lois filled. Keep your eyes and ears open for volunteer opportunities as we transition into 2019. We had a wonderful Fall Festival this past month and want to thank Steve/Chrissy May for the 60 pumpkins as well as the apples, Pastor Mike/Judy for the hot dogs, John/Karen Wagner for organizing and executing, and the many other church folks who ran booths and gifted desserts and drinks. These events are such a joy and blessing for our community. Therefore we hope you will join us for our upcoming Thanksgiving Eve potluck on Wednesday, Nov 21, starting at 5:30 pm. We will have worship after the meal at 7:00 pm. God is the one who deserves all our gratitude everyday. He has done so much for us and continues to shower us daily with his love and care. Let's gather together and give thanks!



Disciple Garden Corner

After a brief acceleration with the Disciple Garden development, we have once again run into a slow time. It turns out that the approval we received from the Mayor and Commissioners was only the beginning of the process. Therefore we are now entrenched in a laborious permit approval process (upon approval we will be able to pull our permits for construction). This process is the final approval of all of our plans by the many different divisions within the city. A certain number of those groups have already given their go ahead, but we are in the process of responding to the comments of other groups and revising and editing our plans to meet their approval. This has therefore delayed our construction time-line. We have contractors lined up and ready to go and have done all the preliminary work we can (including clearing the trees for the sewer line construction). So we wait, trusting this to be the Lord's plan.

Yet the Disciple Garden continues to grow and flourish despite the delays in construction. The Lord continues to grow his life out there as the trees put on their beautiful fall colors and begin to prepare for winter. The bees are starting to hunker down for the cold and our three resident deer continue to thrive as a little family. We really encourage all our members to take full advantage of the Disciple Garden even as we await construction. For instance, one of our members already spends time out there weekly, praying, reflecting, and unplugging. There is no better time than now, no better day than today. This is indeed the day the Lord has made, let us rejoice and enjoy it!



Community Ministry Corner

The 2015 movie *Inside Out* extended our processing of Disney's 1943 *Reason vs Emotion* in speaking toward our anxiety about our emotions. The five emotions brought to animation through the life experiences of cartoon 11-year old girl Riley are based upon psychologist Paul Ekman's research believing people have 6 (7) basic emotions. With the movie being an adorable and in depth sampling of the interplay within of joy, sadness, fear, disgust, and anger of this little girl, it is a win-win for enjoyment and education/contemplation.

I challenge kids to draw the opposite gender versions of these 5 characters as they are personified in the animations of the movie. Joy, sadness, and disgust would look like what as boys or men in your mind? What would fear and anger look like as girls or women? Also for further pondering for me is emotion #6 and it not being added into the mix: surprise, surprise, surprise...

I conjecture the reason surprise gets put on the chopping block (besides that ridiculous silent "r"...we'd misspell it without the help of Gomer Pyle) is because we have enough trouble not denying that we are highly emotional creatures and have fought hard to deny and control the untameable beasts within. So we've slowly, decade by decade, generation by generation, started to take a look behind the curtain and introduce, accept, and embrace these wild and unpredictable pieces of every man, woman, and child. So we can now high-five each other that we are still masters of the universe even with these unpredictable, inconvenient, and humbling core pieces of sadness, joy, fear, disgust, and anger now welcome as a part of our complexity. But surprise on the other hand, we mostly categorize/sterilize, as just a fun birthday party occasion. And outside of that, we think we're too impressive as mankind to truly be caught off guard or defeated by surprise. Sure a Gomer Pyle type guy can be sideswiped and shazaamed by golly, but not you and I, we are clearly the more intelligent strain of our species.

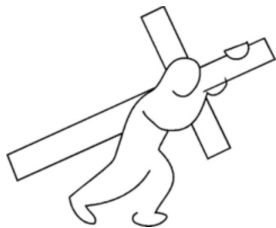
It is also good to learn Seigel's concept of the "Window of Tolerance," within which we are healthily aware of our emotions. When we are not in this window we fluctuate between hyper-arousal (fight or flight response) and hypo-arousal (shutting down and freezing). As I work with and watch kids, adults, and myself today and each day, I teach and practice breathing, calming, and interrupting techniques to bring myself back into the "window of tolerance." The more I practice, the more I am slowly able to extend my "windows of tolerance" on different habits, thoughts, experiences, and emotions, and to not feel shame, judgment, or embarrassment over these core pieces of my processing self.

So whether you've come to terms with the crazy and unpredictable reality of life that is guaranteed to unfold/unleash before our eyes, or maybe you've even welcomed into the light the wild cast of characters and what "they" unleash behind them, good for you and us. But surprise, the emotion I most want to call out for us to dwell on will be in the next newsletter.

Kevin Dierks

Christian Sexuality Study

Join us on Tuesdays in November (6, 13, 20, & 27) as we gather to dive into the Scriptural teachings on sexuality. There are a lot of confusing messages in our culture on this subject and so we will attempt to ground ourselves in the unique perspective of the Scriptures. The Scriptures approach this subject radically different than the world does and so we need to make sure we are oriented properly as we try to navigate this sensitive subject.



Come check out our website and find access to great resources like the church calendar, sermons, online-giving, a full-color newsletter, and more!

www.stlukeskck.org



Food Bags & Christmas Gifts

We will have Thanksgiving Food Bags and Christmas Gifts for the families of our Jesus Time children. Our sewing group will be crafting some warmth materials for our children but we need your donations and help with...

- 1) Food for Thanksgiving bags: ham or turkey, rice, potatoes, canned cranberries, pumpkin, etc.
- 2) Gloves/hats.
- 3) Walmart \$10 gift cards.

We'll gift 50 kids this year and your gifts from years prior have been sufficient to gift each child, so thank you! Extra \$\$ to Walmart will be used to top off the Thanksgiving bags as well as give the Christmas gifts in December. Please leave donations of food, gloves, mittens, hats, and Walmart gift cards in the office with Lois during November and December. Thank you!

Upcoming Dates

Christian Sexuality Study - **Tues, Nov 6, 13, 20, & 27, 6:00 pm**

Bake & Craft Sale - **Sun, Nov 18, 10:30-11:30 am**

Thanksgiving Eve - **Wed, Nov 21, Potluck @ 5:30 pm, Worship @ 7:00 pm**

St Luke's Council - **Thurs, Nov 29, & Tues, Dec 18, 5:30 pm**

Christmas Eve Festival - **Mon, Dec 24, 7:00 pm**

Metro Lutheran Ministry **Sep/Oct Emergency Assistance**

- IDs: 70 individuals
- Food: 1031 individuals
- Utilities: 59 individuals
- Housing: 71 individuals

St Luke's Evangelical Lutheran Church
722 Reynolds Ave
Kansas City, KS, 66101

Non-profit
Organization
U.S. Postage
PAID
Permit #133
Kansas City, KS

RETURN SERVICE REQUESTED

