

Stephen Ministry Introductory Workshop

Learn what Stephen Ministry is and how it works at this free workshop on Saturday, March 18 from 9:00 a.m. to 1:00 p.m. in the Attic of Building C. For more details and to register, call or email the Care office.

Free Hearts to Hands Knitting/Crochet Class

Wednesdays from 4:00 p.m. to 5:00 p.m. in Building C Room 200. No registration required.

Grow

Morning Edition

Start your day centered and supported in this loving women's Bible study. This class meets Wednesdays at 8:00 a.m. in Building C Room 200.

Serve

Email commit@st.lukes.org or call 407.876.4991 ext. 223 to volunteer.

St. Luke's Libraries

The Adult Resource Library is located on the second floor of Building C. The Children's Library is located on the first floor of Building A. Help shelve books (training provided) or read to children from 9:30 a.m. to 10:45 a.m. twice a month.

Transportation Volunteers

Transport individuals to doctors appointments, medical treatments, grocery/pharmacy, library, etc.

Connection Card Baskets

Meet on Fridays at 9:00 a.m. in the Sanctuary to replace connection cards, pens, and other basket items.

Worship and Welcome Volunteer Opportunities

It takes hundreds of volunteers to facilitate worship and connection at St. Luke's each Sunday. Support your church, pastors, and staff by serving once a month as an Usher, Greeter, Connection Point Volunteer, First Time Guest Host, or Communion Server. Learn more by emailing worship@st.lukes.org or by calling 407.876.4991 ext. 215.

February 2017 Newsletter

Senior Ministries

St. Luke's offers many activities for active senior adults. This vibrant group of disciples worship, connect, grow, serve, and commit to all that God calls us to!



Other members of Sarah Circle missing from this picture are Doris Cook and Dorothy Taylor.

Members of Sarah Circle gathered to wish Becky Garner a happy Valentine's Day and to say "thank you" for the hearts she sent to each of us. Becky, a long-time member of St. Luke's, played a leading role in Senior Luncheons and in Sarah Circle. Whether it required assembling a basket for the Holiday Bazaar, gathering provisions for Family Promise, making sure we donated funds for backpacks of the Giving Tree, we could always count on Bekcy to take the lead.

Becky is currently residing with her family in Oklahoma while she awaits surgery on her left shoulder. An avid gardener, she loves "digging in the dirt" and her son will attest that their yard has never looked better! Here, and in East Winter Garden, her gardening skill was put to work and her efforts made a difference. Wherever she is Becky continues to brighten the earth and our lives.

And we miss her!

Quiz Answer: Job
Scripture: Job 3:3

March						
Su	M	T	W	Th	F	Sa
			1 Game Day in the Attic	2 Day Trip to Festival	3	4
5 Senior Sunday Brunch	6	7	8	9	10	11
12	13	14	15	16	17 Senior Luncheon	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Connect

Senior Adults Luncheon and Program

We hope you can join us next month on Friday, March 17 for lunch and a special music program. Please call 407.295.4348 by March 14 to make a reservation.

Game Day Cluster Group

Play Train Dominoes or any boxed game that you would like on Wednesday, March 1! Enjoy an afternoon of fellowship and games on the first Wednesday of the month at 12:30 p.m. in the Attic of Building C! No reservation needed.

Day Trip: Florida Strawberry Festival

Meet at the Coleman Memorial Gymnasium on Thursday, March 2 at 12:30 p.m. We'll head over to Parkesdale Farms for some strawberry shortcake and then to the "Drifters, Platters & Cornell Gunter's Coasters" show at 3:30 p.m. We'll return to Orlando as soon as the show is over. Cost is \$59 per person. No refunds. For information and reservations call 407.239.2825 or 407.295.4348.

Senior Sunday Brunch

Please join us at 12:30 p.m. on Sunday, March 5. Call 941.730.1364 no later than Thursday, March 2 to find out the location and make your reservation.

Exercise and Sports for Adults

St. Luke's offers a variety of sports, recreation leagues, and exercise classes. Visit st.lukes.org/sports or call 407.876.4991 ext. 290 for details. 50+ Exercise Classes meet weekly in the Fellowship Hall. All classes are \$2.00.

- Exercise: 10:45 a.m. to 11:45 a.m. on Monday/Wednesday
- Stretch and Strength: 9:30 a.m. to 10:30 a.m. on Tuesday/Thursday
- Yoga: 9:30 a.m. to 10:30 a.m. on Fridays

Care

St. Luke's provides love and support! Let us know about life events, illness, surgery, or hospitalizations by contacting the Care office at 407.876.4991 ext. 262. In an emergency call the Care office at 407.876.4991 ext. 316.

GriefShare Meetings: Grieving the loss of a family member or loved one?

New GriefShare classes are being held on Thursdays through April 6 from 6:30 p.m. to 8:00 p.m. in the Special Events Dining Room of Building C.

Cancer "Share Session": New Cancer Support Groups for 2017

St. Luke's is looking to create new cancer support groups, so we can walk along side those who have been affected by this life-changing disease. Help us shape this new ministry by sharing your stories and experiences. Meet in the Fellowship Hall on Thursday, February 16 at 7:00 p.m. Register at st.lukes.org/events.

New Care Ministry - Caring Kitchen

Meet on the first Thursday of the month at 7:00 p.m. in the Building C kitchen to prepare crockpot-ready meals for St. Lukers in need. Adults/children 12+ welcome. Call 407.876.4991 ext. 262 or email care@st.lukes.org to register.

Bible Quiz

Which book of the Bible has "Let the day perish wherein I was born?"



- Ecclesiastes
- Job
- Proverbs
- Psalms

See back for quiz answer. Find more questions and their scriptures at flumc.org/biblequiz.

So You Think You Know Everything?

- Rubber bands last longer when refrigerated.
- The average person's left hand does 56% of the typing.
- The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.
- "Stewardesses" is the longest word typed with only the left hand and "lollipop" with your right.