

Winter 2017, Vol. 2 No. 2

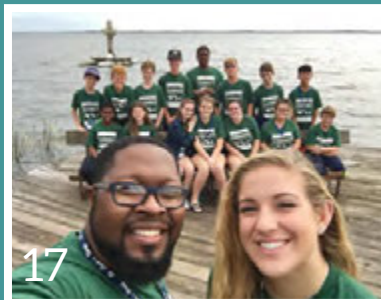
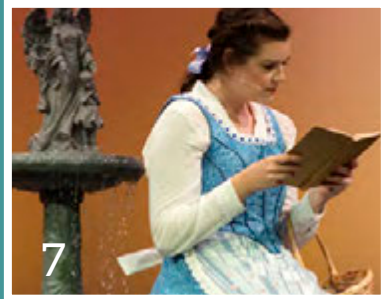
# Celebrate

A Magazine by St. Luke's United Methodist Church

*St. Lukers Make a Lasting Impact*



# Contents



Special Thanks to Lead Volunteer Editor Sarah Ristorcelli, Guest Contributor, Jaylene Garau, Audry Hardy, Chuck Rohe and St. Luke's Leadership Team: The Rev. Jennifer Stiles Williams, Lead Pastor, The Rev. Jad Denmark, Minister of Care, The Rev. Corey Jones, Executive Pastor, Scooter Leonard, Executive Director of Administration, Mariam Mengistie, Executive Director of Missions, Lynette Fields, Executive Director of Community Transformation, Steve Schneeberger, Executive Director of Grow Ministries, Casey Strong, Executive Director of Worship, Dawn Fleming, Executive Director of Marketing and Connect Ministries.

# Features

12 **It's Not St. Luke's Without U**  
Super St. Luker Karen Brown talks serving others

18 **Orange was the New Black and White**  
The Chuck Rohe story

# Celebrations

3 **What's Up with Worship**  
A look at the "IMPACT • [or]" sermon series

4 **Why I'm a St. Luker**  
An interview with Reed McCoy

6 **Storytelling for Healing**  
An exploratory mission trip to Northern Ireland

7 **Behind the Scenes**  
How St. Luke's theater sets come to life

11 **Energy is Contagious**  
Choose to create a positive impact

14 **Holiday Traditions**  
Children learn about Christmas around the world

15 **Children's 20/20 Vision**  
How St. Luke's 5th graders are leading the way

17 **An Invitation and an Open Heart**  
Meet St. Luke's New Youth Director

22 **Making a Positive Impact on Your Health**  
Fitness is about having fun with a purpose

23 **Hitting the Books with Jobs Partnership**  
Job readiness skills give graduates a competitive edge

24 **Making Strides in East Winter Garden**  
Volunteers and residents make a powerful team

Lead Volunteer Editor, Sarah Ristorcelli  
Editor, Dawn Fleming

# A Post from the Pastor



Dear Friends,

Welcome to St. Luke's!

Whether you are a part of our St. Luke's community or new to hearing about us, we welcome you and wish you a powerful and joy-filled holiday season! It has been a powerful year of ministry here at St. Luke's United Methodist Church. This magazine is our chance to celebrate the incredible ministries of St. Luke's and give you an inside look at how God has been working in our congregation. Our purpose statement is to "Build the Kingdom by Building

Disciples." We believe God's Kingdom of grace, love, mercy and justice is all around us, and the work of a disciple of Christ is to live in ways to help others see and experience this Kingdom. Through ministries of worship and arts, connection and care, growth and study and service both in the church and in the community, St. Lukers seek to use their passion, time, resources, and talents to show God's love and hope for God's children in all we do.

This issue of our magazine celebrates powerful ways ordinary people of St. Luke's have made an extraordinary IMPACT in our community and beyond. The stories you find here will warm your heart but I hope they also motivate you to find your IMPACT. The year of 2018 at St. Luke's is all about our IMPACT and we would certainly love to walk with you and support you in your call to be an IMPACT • [OR]! If you are new and looking for a church to live into Christ's love through values of radical acceptance, hospitality, discipleship, community, and service, we would love to have you be an IMPACTOR with us. If you are a long-time St. Luker, know we could NOT have made the IMPACT of these stories of ministry without your generosity of time, resources, and heart. Thank you for all you have done to be built into faithful, generous disciples who live intentionally to reveal Christ's light and love to the world.

May each story help you see the amazing ways God is at work all around us in the power of Jesus Christ! Hope to celebrate a 2018 St. Luke's IMPACT with each of you.

Grace and peace,

A handwritten signature in black ink that reads "Jennifer Stiles Williams".

Jenn.

The Rev. Jennifer Stiles Williams  
St. Luke's Lead Pastor

**Our Purpose:**  
Building the Kingdom  
By Building Disciples

**Our Vision:**  
That the believers of St. Luke's United Methodist Church will reach as many people as possible in Central Florida introducing them to eternal life in Jesus Christ. Together, we commit to worship, connect, and grow as disciples, to serve in building the Kingdom of God.

**Our Core Values:**  
At our center is the love of Jesus Christ.

**We value Christ-centered:**

**Acceptance:**  
We recognize that Christ's love has no boundaries.

**Hospitality:**  
We welcome all to share Christ's love through help, hope, and healing.

**Community:**  
We claim a sacred place where Christ's love unites all to support and care for others while nurturing a personal relationship with God.

**Discipleship:**  
We believe we are called to be living representatives of Jesus Christ and bring others to know God's mercy, justice, grace, and love.

**Service:**  
We respond to Christ's love and God's call, by sharing our time, talents, tithes, spiritual gifts, and resources.

Contact us at [social@st.lukes.org](mailto:social@st.lukes.org)  
or call 407.876.4991.

# WELCOME

## New Guest Meet-n-Greet

### **New to St. Luke's? Join us January 21, 2018!**

St. Luke's is an exciting place to serve God and grow spiritually. All are invited to an upcoming New Guest Meet-n-Greet. View additional dates/times at [st.lukes.org/meet-n-greet](http://st.lukes.org/meet-n-greet). RSVP requested but not required.

### **RSVP at [st.lukes.org/meet-n-greet](http://st.lukes.org/meet-n-greet).**

- Meet active St. Lukers
- Get to know the culture
- Find ways to get connected
- Ask questions
- Take a campus tour

Church services are just one of the many ways to get connected. For information about sports, music, dance, theater, Bible study, volunteering, or just social groups based on hobbies, lifestage, or neighborhood, email [connect@st.lukes.org](mailto:connect@st.lukes.org) or call 407.876.4991 ext. 216.

Connect with St. Luke's at [stlukesorlando!](http://stlukesorlando!)



**ST LUKE'S**  
UNITED METHODIST CHURCH

4851 S. Apopka-Vineland Road  
Orlando, Florida 32819  
407.876.4991  
[www.st.lukes.org](http://www.st.lukes.org)

# impact • [or]

Who will your life impact?

## What's Up With Worship?

### St. Luke's January Sermon Series Explores Making an Impact, or...

By Caryn Royer,  
*St. Luke's Director of Adult Ministries*

.....  
**Arise! Shine! Your light has come; the Lord's glory has shone upon you.**

~ Isaiah 60:1  
.....

January at St. Luke's means a new series of Sunday morning messages. Epiphany is the season of the Christian year focusing on the revelation of Christ as the Messiah and light of the world. The theme for the start of 2018 is "Impact • [or]" with thought-provoking weekly discussions on how YOU and I, in our ordinary lives can make an extraordinary impact on the Kingdom of God and why it's important.

**Impactor [im-pak-ter]:** *noun*, a person or thing that has a strong effect on someone. An object that collides with another body.

The greatest IMPACT the world has known is the gift of God incarnate among us in Jesus. His impact started with the wise men all those years ago. The wise men followed a star to find the promised Messiah. The impact of this Messiah caused them to change their action and their beliefs. Throughout His life and beyond, Jesus changes the hearts and lives of those who hear the gospel message.

As believers, we are called to influence the world we live in. To have faith, to love in deed and in truth, and to be the hands and feet of Christ. The Body of Christ is called to collide with the world around us in ways that have

IMPACT for the Kingdom of love, grace, justice and mercy. What that all boils down to is this:

YOU have the chance to impact someone with Christ's love every day, in small and large ways.

There are two reasons you will see the series title this way: **Impact • [or]**

1. As a celebration and reminder of the discovery of the great impactor, Jesus
2. To challenge us all to make a difference each day and understand the consequences of not sharing the light of the world with all we meet--make an impact, or...

Join us in January for a sermon series that looks at the IMPACT of ordinary people in scripture and ordinary people of our time and community among us making a difference. We will begin the new year with the words of John Wesley, the founder of Methodism. He believed as Methodists we are called to make an IMPACT of holiness in whatever way calls. WE will begin the new year with his covenant prayer. May this be the prayer of St. Lukers in 2018 to see the ways Christ leads us to be an IMPACTOR in our community and world. ◊

### Prayer

*I am no longer my own, but thine. Put me to what thou wilt, rank me with whom thou wilt. Put me to doing, put me to suffering. Let me be employed by thee or laid aside for thee, exalted for thee or brought low for thee. Let me be full, let me be empty. Let me have all things, let me have nothing. I freely and heartily yield all things to thy pleasure and disposal. And now, O glorious and blessed God, Father, Son and Holy Spirit, Thou art mine, and I am thine. So be it. And the covenant which I have made on earth, let it be ratified in heaven. Amen.*



Reed McCoy, St. Luker since 2011

## Why I'm a St. Luker

*An Interview with Reed McCoy, St. Luker since 2011*

### Q. How did you hear about St. Luke's?

A. I heard about St. Luke's from an article where the author interviewed Pastor Jenn and St. Luke's staffer Antony Larry. My previous church was beginning to decline as the average age of the congregation increased so I thought I'd give St. Luke's a try.

### Q. What do you remember about your first few visits to St. Luke's?

A. I tried the contemporary service first and really liked it. Later I joined a Bible study group for young adults and we would all go to the traditional service after class. I like both

worship styles that St. Luke's offers...I grew up Catholic, some of my family members attended Pentecostal and charismatic churches so I'm comfortable in any service style. On one of my first visits to St. Luke's Britt and Allison Gilmore were being commissioned as missionaries in Northern Ireland. I remember thinking wow, I can't imagine what it would be like to go on a mission trip to Northern Ireland. I never could have predicted I'd get to experience Belfast first hand on my very own Northern Ireland mission experience this year.

### Q. What ministry areas have you participated in at St. Luke's?

A. Church Council, Caring Kitchen, Young Adults Cluster Group and Bible Study, Open Arms Cluster Group, Adult Spiritual Formation Core Team, the Shalom Sessions, serving in East Winter Garden (I taught a first-time home buyer seminar in East Winter Garden which was a great way to use my professional experience to help others), and the Belfast Exploratory Mission Experience. I can't wait to use what I learned in Belfast to make a positive impact at St. Luke's. There are a lot of things that we are doing right but there's a lot we can learn from smaller churches too. I found myself saying, "We could revamp that and try it at St. Luke's."

### Q. When did you decide to join the church?

A. I was part of the first group that participated in the Project Connect retreat in 2014. We learned about Christian theology, Methodism, and St. Luke's vision, purpose, and core values. It was a great way to get to know other St. Lukers. (Learn more about the 2018 Project Connect classes on page 5.)

### Q. What advice would you share with someone considering making St. Luke's his/her church home?

A. St. Luke's may seem like a big church but there are so many opportunities to get plugged in and develop a personal relationship with your church family. Make an appointment to meet the pastors and staff. Sit in on the services to see what speaks to you, then check out the small groups and find one that piques your interest. St. Luke's is a great church and I have really seen myself grow, I never thought I would go on a mission trip or serve on Church Council. St. Luke's is a very different type of church, in a great way! It's hard to find St. Luke's replicated in other churches. There's only one. Maybe it's the special sauce but there's just something about St. Luke's...there's no place like it. ♦



# Are You Ready to *Discover St. Luke's?*

— project —  
**CONNECT**  
JOIN THE MOVEMENT

The all NEW “Discover St. Luke’s” class is an introduction to who St. Luke’s is and what St. Luke’s does. This session will be offered for the very first time on Sunday, January 7 from 12:15 p.m. to 3:00 p.m. with lunch included.

**Attendees will:**

- Learn more about St. Luke’s Mission, Vision, and Core Values as well as what makes St. Luke’s unique.
- Explore which Bible/book studies and experiences will help you more fully understand St. Luke’s culture.
- Learn about Spiritual Gifts and take a personal assessment to help you identify, interpret, and activate your skills and knowledge to make an impact for the Kingdom of God.
- Meet St. Luke’s ministry directors and lay leaders through interactive rotations highlighting ways to get involved in ministry areas including Worship, Connect, Care, Grow (children, youth, and adult spiritual formation), Serve, and Commit (The 6 key ministry areas at St. Luke’s).

Whether you are brand new to Christianity, Methodism, or St. Luke’s OR you’re a long-time attendee who’s ready to take the next step and claim St. Luke’s as YOUR church, we invite you to register for this engaging discussion.

**Class size is limited so register today at [st.lukes.org/projectconnect](http://st.lukes.org/projectconnect). For questions call 407.876.4991 ext. 216 or email [connect@st.lukes.org](mailto:connect@st.lukes.org).**

# Storytelling for Healing

By Alina Alcántara, St. Luker since 2016

During our exploratory mission trip to Belfast in Northern Ireland, we had the privilege of meeting with several local ministries and organizations, and learning about their work of outreach to the local community.

One of these was the Educational Shakespeare Company (ESC); co-founded by Tom Magill. His story of redemption and healing is a powerful one, and ties in perfectly with the vision of the ESC.

The ESC team has over 20 years' experience working in storytelling, drama and film with socially excluded people. From people with mental illness, young people in care, people with learning disabilities, offenders, to victims and survivors of trauma, they've helped people share their stories and experience release.

It greatly impacted my life to not only hear Tom's story, but to be part of the workshop he facilitated. To learn of the work ESC is doing with prison inmates, former military living with PTSD, and others who have suffered great trauma, was a source of profound inspiration for me. It prompted me to begin thinking about what we here at St. Luke's can do with our growing theater ministry, to make a similar impact in our local community.

What if the healing gift of storytelling could be expanded beyond the annual summer musical and sermon series into vignettes that bless an even larger audience? Perhaps we could find a way to incorporate this therapeutic gift into support groups, not only within St. Luke's, but also with our community partners.

I'm excited for the new season of St. Luke's theater ministry. We are in the perfect position to grow and expand, and allow holy imagination to soar and create. If there could be a way to weave the healing art form that I learned about with ESC, into the fabric of what is being created here at home...we could give a voice, and a unique vehicle of healing and restoration, to many. And, in the process, we can learn ourselves, of the struggles of those around us, and develop a greater awareness and sensitivity.

Healing through storytelling...I really like the sound of that! ◊

To learn more about St. Luke's mission partners in Northern Ireland email [serve@st.lukes.org](mailto:serve@st.lukes.org).



Alina in St. Luke's production of Disney's Beauty and the Beast



# Behind the "Scenes"

## How one St. Luker is impacting Theater Ministries as a volunteer set builder.

By Dawn Fleming, St. Luke's Executive Director of Marketing and Connect Ministries

Recently I had the pleasure of interviewing long-time St. Luke's member Bob Horner about his work with St. Luke's Scenic Build Team. I knew that Bob served the church in many ways (IT Ministries, Military and Friends Cluster Group, Interfaith Peace Partners) but with all the recent theater productions, concerts, and sermon series visuals, I had to go "behind the scenes" to see how these amazing sets were developed.

When I asked Bob about his background in building, I was surprised when he responded, "I didn't have any experience in carpentry or construction. People often think I must have worked in the trades professionally but I actually worked with computers for IBM for much of my professional career. I try to have a full plate every day, when I don't, I feel like it's a wasted day. I begin most mornings with a bike ride to get me going. I'm enjoying retirement, I find it much more fulfilling than a lot of my time spent working at my fulltime job."

It turns out Bob first considered volunteering with Theater Ministries while sitting in the audience at one of St. Luke's summer musicals. He was admiring the detailed scenery and thought, "I'm building some things at home, it might be fun to build things for the church...plus I don't have to buy the materials!" He went on to note that it's a great way to be a part of the shows rather than just watching them and he sees the work the team accomplishes as a nice way of adding value and enhancing the immersive experience of live theater. Bob noted, "Most people probably don't know it but you don't need any specific skills to help out... just an interest in being a contributor and working with others." He says working with the scenic team has been like a second career.

Bob and the rest of the scenic build team, led by St. Luke's Director of Visual Arts and Set Design, Ben Adams, assisted with the backdrops and other creative elements for the 2017 Christmas Concerts. They helped bring the "Through a Child's Eyes" theme to life with giant evergreen



trees, working lampposts, realistic snow and more. Before the concerts, the group spent hours supporting the set needs for St. Luke's youth production of "A Charlie Brown Christmas." From repairing the iconic mailbox set piece to constructing the wall that was dressed with snow, Bob and company handle everything from carpentry, to electrical work, to painting and anything in between. Bob says the time spent on building a set varies by project but for larger productions like Disney's Beauty and the Beast, St. Luke's 2017 summer musical, the team can spend as much as 3-4 days a week for 3-4 hours per day working on a set. For Beauty and the Beast, Bob and St. Luke's staffer Ben Adams

collaborated on the set build for the town square fountain. Bob was committed to making sure the set had an actual working fountain that would cycle the water without leaking on stage and creating a hazard for the actors. He also worked on the book shelves and village houses for the production.

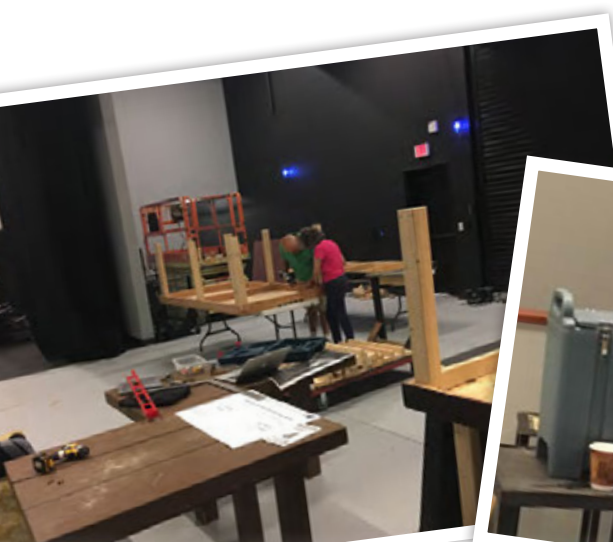
Bob walked me through the construction process and said Ben and/or the show's set designer usually come up with the design/concept and then the team works together to figure out how to make it happen and get all the pieces built. Bob was sure to mention that, "It's great working with Ben and the team, Ben is now a good friend, he's very creative. In fact, I've made a lot of new friends by being part of this group."

Bob shared that St. Luke's Theater Ministries are bringing so many new faces to campus, it's clear to see how the work his team accomplishes supports the larger mission of the church. "I'm part of the vision of reaching new St. Lukers of all ages and that's really cool," Bob said. "We get to make an impact on all the people that attend the shows, participate in the cast, and volunteer to bring the production to life."

Bob's advice for those considering joining this volunteer team? "Come talk to me or Ben (Adams), we can take people through what we've learned." Bob says, the nice thing about serving on the Scenic Build Team is there's always something to do so the days and hours are flexible and team members can help as their schedules allow. It's

really rewarding to be a part of this, to see it come together and be a joy to other people."

I closed out our conversation by asking Bob to name his favorite part of working with this ministry and he said, "Seeing the results of the work you put in and watching the people enjoy it as they enjoy a show or experience worship. It's great when people are awestruck and appreciate the visuals, we love hearing the positive feedback. Working as a team is a lot of fun and you make great friends in the process too." ◇



To learn more about volunteering with the Scenic Build Team and other ways to support St. Luke's Theater Ministries, contact Ben Adams at [badams@st.lukes.org](mailto:badams@st.lukes.org) or call 408.876.4991 ext. 235.

# ST. LUKE'S 2018 WINTER THEATER SEASON

## *Driving Miss Daisy*

Directed by Tara Kromer

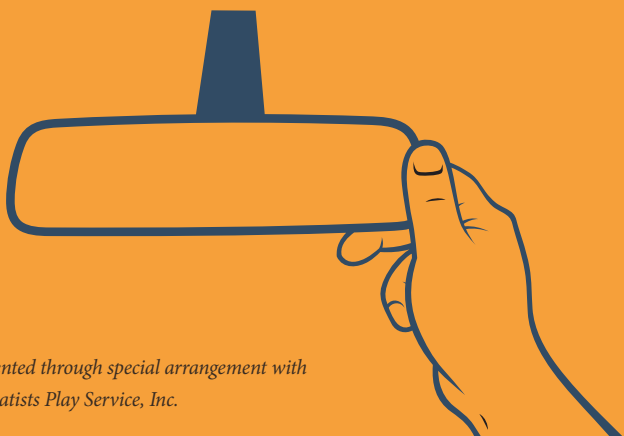
### Show Times and Dates

Friday, January 19 at 7:00 p.m.  
Saturday, January 20 at 2:30 p.m. and 7:00 p.m.  
Sunday, January 21 at 2:30 p.m.

Tickets are \$15.00 and available now at  
[st.lukes.org/events](http://st.lukes.org/events)

The place is the Deep South, the time 1948, just prior to the civil rights movement. Having recently demolished another car, Daisy Werthan, a rich, sharp-tongued Jewish widow of seventy-two, is informed by her son, Boolie, that henceforth she must rely on the services of a chauffeur. The person he hires for the job is a thoughtful, unemployed black man, Hoke, whom Miss Daisy immediately regards with disdain and who, in turn, is not impressed with his employer's patronizing tone and, he believes, her latent prejudice. [www.dramatists.com](http://www.dramatists.com)

Winner of the 1988 Pulitzer Prize and the Outer Critics Circle Award for Best Off-Broadway Play. A warm-hearted, humorous and affecting study of the unlikely relationship between an aging, crotchety white Southern lady, and a proud, soft-spoken black man. This long-run Off-Broadway success and Academy Award-winning film will come to life on the St. Luke's stage January 19-21, 2018..



*\*Presented through special arrangement with  
Dramatists Play Service, Inc.*

## *Peter and the Starcatcher*

A Play by Rick Elice  
Music by Wayne Barker  
Based on the novel by Dave Barry  
and Ridley Pearson  
Directed by Steve MacKinnon

Audition Date: February 4. For audition details  
visit [st.lukes.org/audition](http://st.lukes.org/audition)

### Show Times and Dates

Friday, April 13 at 7:30 p.m.  
Saturday, April 14 at 7:30 p.m.  
Sunday, April 15 at 2:30 p.m.  
Thursday, April 19 at 7:30 p.m.  
Friday, April 20 at 7:30 p.m.  
Saturday, April 21 at 2:30 p.m. and 7:30 p.m.  
Sunday, April 22 at 2:30 p.m.

Tickets go on sale February 25 at  
[st.lukes.org/events](http://st.lukes.org/events).

**PETER AND THE  
STARCATCHER**

Tony-winning Peter and the Starcatcher upends the century-old story of how a miserable orphan comes to be The Boy Who Would Not Grow Up (a.k.a. Peter Pan). A wildly theatrical adaptation of Dave Barry and Ridley Pearson's best-selling novels, the play was conceived for the stage by directors, Roger Rees and Alex Timbers, and written by Rick Elice, with music by Wayne Barker. From marauding pirates and jungle tyrants to unwilling comrades and unlikely heroes, Peter and the Starcatcher playfully explores the depths of greed and despair... and the bonds of friendship, duty and love.

Join us for a thrilling adventure, April 13-22 on the St. Luke's stage. Peter and the Starcatcher" is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also provided by MTI. [www.MTIshows.com](http://www.MTIshows.com).



## St. Luke's Care Ministries

is excited to offer a variety of support groups, classes, and volunteer opportunities in the new year. Check out the different offerings below. For more details on classes, support groups, and Care volunteer opportunities, visit [st.lukes.org/care](http://st.lukes.org/care), call the Care office at 407.876.4991 ext. 262, or email [care@st.lukes.org](mailto:care@st.lukes.org).

### Caring Kitchen

St. Luke's Caring Kitchen meets on the first Thursday of each month at 7:00 p.m. in the Building C kitchen. They wash, chop, dice, and put together frozen ready-made crockpot meals to deliver to other St. Lukers in need. Join this group January 4. All you need is the desire to serve others. Children 12+ welcome. Register online at [st.lukes.org/care](http://st.lukes.org/care).

### Autism Spectrum Disorder Support Groups

In 2017, St. Luke's started two new support groups for parents whose children are on the autism spectrum: one group for parents of children and teens (meets on the second Thursday at 6:30 p.m. in Building C Room 201/203) and another group for parents whose children are adults or soon-to-be adults (meets on the second Thursday at 6:30 p.m. in Building C Room 208/210). A trained facilitator from UCF CARD presents a different topic each month. In 2018, St. Luke's will offer childcare during these meetings with prior registration. Visit [st.lukes.org/childcare](http://st.lukes.org/childcare) to register for childcare.

### GriefShare

GriefShare is a support group that meets weekly for 13 weeks led by trained and caring St. Lukers who have experienced intense grief themselves. You'll find a warm and caring environment as you walk toward healing and hope for the future. Meets February 1 - May 3. A daytime class from 10:00 a.m. to 12:00 noon and an evening option

from 6:30 p.m. to 8:30 p.m. will be available. Meet in the Special Events Dining Room of Building C. Register online at [st.lukes.org/care/#grief](http://st.lukes.org/care/#grief).

### Cancer Support Group

Those currently in treatment, survivors, caregivers, spouses/partners and loved ones of all ages and different stages of their cancer meet on the second Thursday of each month to share, learn, and find strength. The next meeting is Thursday, January 11 from 6:30 p.m. to 8:00 p.m. in the Building C Attic. Call or email the Care office to register. Group meets monthly.

### Buddy Break

Buddy Break is a free kids/respice program where children with special needs ages 3-16 years make new friends, play fun games, enjoy crafts, therapy dogs, stories, music activities, and more! Siblings have fun, too! Their caregivers get a break from their ongoing care-giving responsibilities. The next Buddy Break is Saturday, January 13. For details email [BuddyBreak@st.lukes.org](mailto:BuddyBreak@st.lukes.org).

### Care Visitation Team

Trained volunteers provide compassion, encouragement, and support for church families during illness, hospitalizations, and/or long-term care. Call or email the Care office to request more information on ways to support this ministry.

# Energy is Contagious

By St. Luke's Community Counseling Center Team



Counselors and staff at St. Luke's Community Counseling Center are ready to help you make 2018 your best year yet.

**ST LUKE'S** | COMMUNITY COUNSELING CENTER  
UNITED METHODIST CHURCH

We all have the power to impact our world, communities, family and friends. The energy we bring into the rooms we enter, the conversations we have, and the things we do has great influence on those around us. Due to many factors the pace of life, and the speed at which changes and events occur, has become so fast that we don't take the time to consider the daily impacts our words, emotions, and behaviors have on others. In the midst of all the rush, take time to observe whether you bring positive or negative energy into your present moment situations. Energy is contagious, and it passes from one person to another. Take responsibility for the energy you create and pass along. Consider every moment an opportunity to positively impact others in your immediate sphere of influence by choosing to spread love, joy, peace, patience, understanding, and compassion. Remain aware of the power you have, and choose to create a positive impact.

The creator and founder of the Community Counseling Center at St. Luke's, Dr. Joanne MacPherson, has spent the past 17 years creating a team of therapists dedicated to improving the lives of individuals and families by strengthening our surrounding community, and helping humanity reach its highest potential one person at a time. Our professionally trained therapists work collaboratively with clients to help minimize or eliminate emotional distress from anxiety, depression, anger, grief, trauma, family conflict, addiction, divorce, and major life transitions. The counseling center serves as a safe place to rediscover hope, find balance, and integrate personal wellness strategies into daily life.

Recently, the counseling center added a bilingual therapist to expand services to Spanish-speaking members of our church and community. The culturally competent therapists at St. Luke's offer a collaborative, strength-based approach to counseling that empowers clients from diverse cultural and socio-economic backgrounds to improve their relationships, daily functioning, communication, thinking, behavior, and capacity for empathy and self-compassion. The counselors at St. Luke's take the time to actively listen to client concerns. They provide a perspective that is gentle, supportive, and understanding, while identifying tools and strategies that can be used to address the issue at hand. For 17 years, the Community Counseling Center at St. Luke's has been helping our church and community be healthier and stronger one life and one family at a time. ◊

The Community Counseling Center at St. Luke's is open Mon-Fri from 9am-5pm. We now offer services to Spanish-speaking clients. We encourage anyone who is experiencing significant distress or impairment in social, occupational, or other important areas of functioning to call us at 407.876.8237.

# It's Not St. Luke's Without U

A Q&A with Super St. Luker, Karen Brown  
"Acquaintance Broker."



By Jaylene Garau, St. Luker since 2013



Karen helping set up the 2017 Holiday Bazaar

"I have a practice that each night before I lay my head on the pillow, I make sure that I've done at least one good thing for someone then I know I have earned my rest." ~ Karen Brown

**Q. How long have you been a member of St. Luke's?**

We (Karen and her husband Art) came to St. Luke's 30 years ago.

**Q. So many people in our congregation have great respect for you and are so grateful for all you do for our church. Many refer to you as the "Energizer Bunny." What keeps you going?**

Pastor Bill Barnes used to say, "We are blessed to be a blessing." I believe that. My husband Art and I enjoy giving back. We all have something to give. If you serve using the gifts God gave you, you bring light to others.

I also love to network and bring people together. My son once made a business card for me that read, "Karen Brown: Acquaintance Broker."

**Q. Karen, not even cancer slowed you down from serving. Can you tell me about your diagnosis and how you are doing now?**

I was working setting up the rummage sale in 2015. I was moving furniture around when I got a call saying I needed to go to the hospital. I only had two pints of blood in my body. I was diagnosed with colon cancer. I could not have made it without my church. I was wrapped with love. The meals, rides, prayers, and visits carried me. God carried me.

After being septic and nearly dying, I was released from the hospital on December 23rd of 2015. I came home to all my kids. Exactly one year later, on the same day, I watched my daughter get married on a mountain in New Zealand.

God took me from the deepest valley in 2015 and placed me on top of a mountain a year later. I am now in remission.

**Q. Karen, you live into St. Luke's mission of "Building the Kingdom of God by Building Disciples." What is a "Kingdom Moment" that stands out to you?**



Karen and St. Luker Alan Skaggs serving a meal



Karen always finds time for fellowship with friends



Karen and husband Art (left) with St. Lukers Carol and Bob Crowley

We used to do retreats with the United Methodist Women (UMW) and give scholarships to women who couldn't afford to attend. We gave a scholarship to a woman and when she turned her life around, she came back and gave scholarships. We carried her and then she carried others.

**Q. You have been a mentor to many. Who has been an inspiration to you?**

My grandmother Carrie who was born on Christmas day was an inspiration to me. She lived to be 90 and when she was 84, she was still the superintendent of Sunday schools in Alexandria, Virginia. My youngest daughter is named after my grandmother.

**Q. Looking back at your life, what do you think made the biggest impact on you to decide that you would live a life of serving others?**

My experiences as a military wife really molded me. You are not only serving your country but the life of a military wife is about serving the other military families. When you are moving often and are living overseas away from your own family, your military friends become your family. Serving them and serving in other capacities like the American Red Cross becomes part of your life.

**Q. What is one of your favorite verses?**

“Where your treasure is, there your heart will be also.”  
This verse helps put my heart in the right place.

**Q. What do you want your legacy to be?**

My legacy would be for my family to love God and keep the faith through generations. It doesn't matter how successful we have been, what matters is that we carry God's love to all.

**Q. What would you like people to know about making an impact?**

No matter how big or small a task is, God will use you as His vessel. Don't feel like you can't make an impact, you can! It takes all of us! Do it for the right reason, pray and God will equip you!

Karen has been married to her husband Art for over 55 years. They have 4 children and 7 grandchildren. Karen serves in many capacities at St. Luke's. She helped start the Cancer Support Group, helped create the spiritual gift assessment with Pastor David, she sits on the board of UMW, is the Volunteer Coordinator of the bazaar, incorporated new member lunches, volunteers for funeral receptions, is a leader of the Military Friends and Support Cluster Group, sits on the Dinner for Eight committee, is part of the food pick up team for the homeless shelter, is active in the D'Viners Covenant Group, and served on the St. Luke's staff for almost 17 years. ◊



If you're ready to step up and serve others with radical hospitality like Karen does, contact us at 407.876.4991 for help finding the perfect place to put your passion to work.



# Celebrating Holiday Traditions Around the World

By Debbie Shellhorn, Director of St. Luke's Child Development Center



December is a magical time of year for our Child Development Center (CDC) teachers and children. In our VPK classes, the children learn about the different holiday customs around the world. The globe of the world is used to see where the European countries are located. When talking about England, they find out about the origins of the Christmas stockings and cards. The children are eager to answer that they all have a stocking hanging at home. What a great opportunity to recognize and print their names on each stocking, hung from the fireplace on the wall.

The "Mystery Reader" arrives each Friday, with surprises for all. Mr. Mike Loughran and daughter, Lily came into the classroom with a suitcase. He traveled from Mexico with special treats for all the children. Lily had a chance to pick out her favorite book to be read for the whole class. The Mystery Reader enhances the theme that each class is working on by providing familiar stories about events or places new to the children.

The Mexican celebration of Christmas is called las posadas and begins on December 16. The children help to set up the family's Nacimiento in the best room in the house. The scene includes the stable and painted clay figures of the Holy Family, shepherds, the Three Kings, and animals.

For the children, the piñata party on the first of eight evenings is the best part of las posadas. The piñata is filled with candy or small gifts and hung from the ceiling. The blindfolded children are spun around and given a big stick. Our children sure enjoyed participating in the breaking of the piñata and taking a treat home with them.

Mrs. Jaclyn Rhoads came into her daughter's class to talk about Hanukkah. This gave the children an opportunity to enjoy learning about the Jewish customs. Hanukkah is also known as the Festival of Lights. Lily and her family light each evening's candle on a nine-branched menorah. The food for their celebration includes potato pancakes, known as latkes and jam-filled doughnuts. The class enjoyed playing with four-sided spinning tops called dreidels and tasting of the latkes with applesauce. They sure were delicious!

The CDC teachers share the beautiful Christmas story and make the nativity characters come alive. You can hear the children singing and preparing for the Christmas pageant. Baby Jesus was lying in a manger and the bright shining star in the sky provided a path for the wise men to follow. He was the "Way" on that silent night thousands of years ago and He is still the "Way" today! Merry Christmas! ◊

## St. Luke's Child Development Center Registration Dates

Registration forms are available at [www.st.lukes.org/cdc](http://www.st.lukes.org/cdc). For more information and to schedule a tour of the Child Development Center call 407.876.1155.

**Alumni and church families:** Thursday, February 1, 2018 in Building B Room 106 – 8:15 a.m.  
Registration will be offered on a first-come, first-served basis. Church families are required to provide membership verification. Contact Linda Shankle at [lshankle@st.lukes.org](mailto:lshankle@st.lukes.org).

**Public families:** Thursday, February 8, 2018 in Founder's Hall, Building C – 9:00 a.m.  
Registration will be offered through a lottery process.



# Children's 20/20 Vision is at the Top of the Eye Chart!

By Janet Chambers, St. Luke's Director of Children's Ministries

When you put a few 5th graders in charge of a pile of Kindergarten, 1st graders and 2nd graders, you would think that would be a prescription for disaster! As it turns out, this pairing could not have worked out better. Our 5th grade leaders in Wednesday Night Children's Ministry got an exclusive peek behind the curtain as they planned and organized the younger children's evening and led them in small groups.

Brendan Roop, Caitlin Causey, Emerson DePriest, and Merrill Press considered the little children's spiritual growth and what types of activities they should be involved in to be disciples in the church's vision.

With an outline for their theme each Wednesday night, the four 5th graders decided amongst themselves which small group they were going to lead each week. They rotated between grades, cultivating connections with the children in their care. They started off each group with a fellowship time and a game before moving into the main discussion for the evening. Topics included new ideas for serving others and age-appropriate activities for children that are part of children's ministry.

It was not always easy to be a leader, as Brendan Roop found out. "The kids wouldn't stop talking."

Emerson DePriest added, "Sometimes the kids do what they are not supposed to do. Sometimes they just don't listen. But I had a lot of fun leading. I can see myself being a leader in the future."

Caitlin Causey agreed with some of those same thoughts and thought the overall experience was worth a few minor set-backs. "I had fun, and they had fun, and it all worked out smoothly."

Merrill Press said, "But the fun part about leading was being with my friends."

For Brendan, "Leading the groups gave me a new way to experience what happens at St. Luke's."

All of the leaders did experience the amazing realization of how much children working together for a common goal can accomplish.

"One time my Kindergarten group surprised me," Emerson said. "For being so tiny, they had big ideas."

Caitlin liked her 2nd grade group. "They had the best ideas. They never stopped talking and had out-of-this world ideas."



Brendan felt like 4th grade contributed quite a bit. "They had good answers with a lot of detail."

While Merrill felt like 3rd grade was her surprise. "3rd grade had good answers. When we talked about what keeps you coming to church, 3rd grade said it was important to come together with family."

As St. Luke's looks to the upcoming years with the 20/20 vision set forth by the congregation, it is reassuring to know that the children of the church have their eyes set on the future.

In 2018, we will continue to look for ways to make an impact in our church, our community, and around the world as the children explore exciting service opportunities. Their hearts were led to be peacemakers so what better mission partner to work with than ZOE Ministries, a orphan empowerment ministry that serves children in Zimbabwe, Zambia, Kenya, and Rwanda.

The children will be making products to sell in St. Luke's Hope Marketplace at Easter time, with the profits to benefit the ZOE working group. If their first attempt is profitable, they will work on future marketplaces. With this vision in place, let the children lead the way! ◊

To learn more about St. Luke's Children's Ministries visit [st.lukes.org/children](http://st.lukes.org/children), email [jchambers@st.lukes.org](mailto:jchambers@st.lukes.org), or call 407.876.4991 ext. 308.



# It's Time for St. Luke's U!

What is St. Luke's U? A carefully crafted set of Bible studies, book studies, and spiritual formation groups and programs for children, youth, and adults.

St. Luke's U resumes dinners and classes on Wednesday, January 10 with an exciting slate of offerings for all ages:

- Adults can join a small or large group spiritual formation study
- Middle school students can catch up with friends during Youth Group
- High school students can participate in a small group study
- Elementary-age children can practice leading, learning and listening during afterschool and evening programs
- Infants, toddlers, and preschool-age children can learn and grow during childcare (reservations required at [st.lukes.org/childcare](http://st.lukes.org/childcare))

Grow in your faith and in your relationship with God and others on Wednesday at St. Luke's U. Wherever you are on your spiritual journey, St. Luke's has a study for you.

## Wednesday Programs

**3:30 p.m. to 4:30 p.m.**

Children's afterschool program (Building A Room 201)

**4:30 p.m. to 5:30 p.m.**

Children's choir rehearsal (Building B Room 209-Choir Room)  
Youth Praise Band rehearsal (the Attic of Building C)

**5:30 p.m. to 6:30 p.m. Dinner**

RSVP by Mondays at noon for dinners at [st.lukes.org/Wednesday](http://st.lukes.org/Wednesday)

**6:30 p.m. to 8:30 p.m.**

Middle School Youth Group (the Attic of Building C)

## High School Small Groups

**7:00 p.m. to 8:30 p.m.**

Adult classes (Building C/Founder's Hall) View list at [st.lukes.org/grow](http://st.lukes.org/grow)

Let St. Luke's take the stress out of dinner on Wednesdays. RSVP weekly by Mondays at 12:00 p.m. (noon) by visiting [st.lukes.org/Wednesday](http://st.lukes.org/Wednesday). Dinner runs from 5:15 p.m. to 6:30 p.m. The cost is \$6.50 per adult (13 and up) and \$5.50 per child (ages 4 to 12). Limited unreserved dinners are available each Wednesday for a cost of \$7.00 per adult (13 and up) and \$6.00 per child (ages 4 to 12). Dinners are held in Founder's Hall. We are so excited to have you join us!

Visit [st.lukes.org/wednesday](http://st.lukes.org/wednesday) to RSVP for weekly Wednesday night dinners and to view a complete schedule of Wednesday classes and programs.



# An Invitation and an Open Heart

By Brandon Sangster, St. Luke's Director of Youth Ministries

Youth ministry was essentially a foreign concept to me until my freshman year of college. I was invited to a youth ministry event, and I went. That's all it took—an invitation and an open heart. God changed me, and I sensed he had more in store for me than I had imagined.

Years later, I dedicated my free time to volunteering with my church's youth group. People often suggested that I get involved on a formal level and become a youth minister. I laughed out loud! I didn't have a seminary degree. I hadn't set an intention to work in this field.

But people kept asking, "Brandon, what do you think about a leadership role with the youth?"

I thought back to my teens, and how I could have benefitted from the encouragement, support, and guidance of a youth group. Had I been a part of a youth ministry early on, I would have been so much stronger in my faith and my relationship with God as I entered adulthood. Could I help teens in ways that would have blessed me when I was young? Was God calling me to a career in youth ministry? There was only one source for an answer: I prayed, "God if You want to use me in such a way that the teenagers that I meet would come to know You more, then Your will be done." Offering myself to God in that way was a risk, and yes, I was scared. But fear would not be my guide; God would.

I've been a youth minister now for eight years. It's such a blessing to be a part of something so much bigger than myself. There's no feeling like fighting through exhaustion to win a long, late-night game of Man Hunt at a Youth Lock-In. Nothing like talking and praying with a student

through a tough situation and seeing them come out better on the other side. Nothing like working alongside teens on a mission trip. Nothing like seeing a message or small group lesson truly click. Nothing like having a student hear and truly believe that God loves them for who they are. That and so much more keeps me going, and pushes me to be the best leader I can be for our youth. ◊

I'm proof that God can use anyone with passion and willingness to be a part of His plan for our youth. If you have even a bit of that in you, I'd love to get coffee with you and talk about the ways that God might be calling you to pour into the lives of our youth, and how you can be a part of what God is doing in the youth ministry here at St. Luke's.



To learn more about Youth Ministries at St. Luke's visit [st.lukes.org/youth](http://st.lukes.org/youth), email [bsangster@st.lukes.org](mailto:bsangster@st.lukes.org), or call 407.876.4991 ext. 264.

“What A Day!”



**Chuck Rohe**  
HEAD COACH 1962 - '71  
21 SEC CHAMPIONSHIP TEAMS



# Orange was the NEW Black & White

A short story about the lifelong impact of St Luke's own Coach Chuck Rohe

By Dawn Fleming, St. Luke's Executive Director of Marketing  
and Connect Ministries

Let's start in the middle and I'll set the scene for you: it's the early 1960s and while high schools in cities like Memphis, TN were starting to integrate, much of the south remained segregated. No African American athletes were competing at the college level in the Southeastern Conference which included schools like Florida, Georgia, Tennessee, LSU, Alabama, and Kentucky but all that was about to change.

Tennessee's Head Track Coach and Director of Football Recruiting, and St. Luke's member, Chuck Rohe, was determined to field the best track and football teams the school had ever seen. He had spent several seasons convincing the administrators that to be the best, the athletic programs needed to adopt an inclusive set of values and he championed integrating the sports teams. Coach Rohe had grown up in suburban Chicago where he competed in the middle-distance races against both black and white runners and had seen first-hand how good competition could push athletes to the next level.

Coach Rohe began his coaching career at Hattiesburg (Mississippi) High School (1954-56) where he directed the junior high basketball team and high school track team to state championships. The following year (1956-57), he did all the recruiting and most of the coaching for the track team at his alma mater, the University of Southern Mississippi. He then served for the next five years (1957-62) as coach of Furman's cross country and track & field teams. During that time, the Paladins won the school's first Southern Conference (SoCon) Championship ever in any sport when the men's indoor track and field team won the league title at the 1961 championship meet... While Furman was prospering, Tennessee was struggling. Prior to Coach Rohe's arrival in Knoxville in the fall of 1962, Volunteer trackmen had never in the 40 years of its existence won an SEC Track & Field Championship. (Compiled by Paul Scott for RoheTrackEra.com, copyright 2013, used with permission by Coach Chuck Rohe.)

Finally, in 1965, Coach Rohe got the green light from the University of Tennessee's Athletic Director to recruit African American athletes for the school's track and football teams. In a time when states like Alabama and Governor Wallace were making a last stand against integration, Coach Rohe would make headlines as Tennessee became the first college in the SEC to integrate its athletic program.

Audry Hardy, a promising high school senior from the Memphis projects, crossed paths with Coach Rohe in

the summer of 1966 at the Tennessee high school state championship track meet. Hardy was running the anchor leg in the mile relay, but when he got the baton, his team was in last place. The roar of the crowd was deafening as he rounded the final turn and fans that day may have thought a Cinderella story was in the making. If this young man could pull off a come-from-behind win in the last hundred meters it would make for the perfect story...but that's not what happened. Hardy was edged out for the win right as the runners crossed the finish line and his team took second place in the state finals.

“Once you put on the orange, the black and white didn't matter anymore.”



Hardy recalls that “Coach Rohe walked right past the first-place runner and said to me ‘how would you like to come and run for the Tennessee volunteers?’” Hardy said he didn't have to think twice, it sounded like a good deal to him. Looking back Hardy says, “I think it was because he was such a good football recruiter that they (UT's Athletic Department) even entertained the idea of bringing on black athletes... anyone else who would have suggested such a thing would have probably been run out of town. In those days, that just wasn't done, he was definitely a pioneer.” Rohe was so good in fact that he was once offered a position under the University of Alabama's legendary Coach Bear Bryant but ultimately declined the role when UT made him an offer he couldn't refuse. “It was the hardest call I ever had to make,” Rohe said. “How do you say ‘no’ to Bear Bryant?”

Hardy was accepted to the University of Tennessee and in addition to securing a scholarship and spot on the roster for Hardy, Rohe offered scholarships to two more African American athletes that year: James Craig for track and field and Lester McClain for football. Rohe's track teams varied in size from year to year but would often include 30-50 runners, jumpers, and throwers. Hardy remembers all the athletes lived in the same building and Coach Rohe would regularly wake the team at 5:30 a.m. by sounding the

bell, signaling it was time to start the day with a long early morning run before breakfast.

Practices with Coach were hard. Those who could hang in there became great runners and champions. During the last 10 years Rohe coached, his Vols never lost an indoor or outdoor track meet. “The practices made me tough and taught me discipline,” Hardy said. “The work ethic I learned at Tennessee was applicable to other parts of my life like my career and my family. Workouts and campus life were not the only challenges facing Hardy, Craig, and McClain, their high school classes had not prepared them for the rigorous college-level courses but Hardy was quick to credit Coach Rohe for connecting the men with tutors to ensure they would be successful in the classroom as well as on the track. “The extra help made a big difference,” Hardy said. In addition to Coach Rohe, Olympic medalist Ralph Boston, best known for the long and triple jump, was another UT coach who made an impact on Audry. Hardy praised Coach Rohe for not only having the ability to recognize great athletes but to advocate for both athletes and coaches of color. “I'm very thankful for that,” Hardy said.

Going away to college is challenging for most young people and even more so when you're a student-athlete but Hardy and his fellow recruits would experience additional

obstacles. He remembers the transition to living on campus and traveling with the team was difficult, “Coach talked to the guys before we arrived to see who was open to rooming with us. My first roommate was from Memphis so we had that and track in common...” Hardy said. He would eventually room with James Craig. “We were all family,” Hardy notes. “We always ate together and there was a lot of camaraderie. Sure we had our difference, that was mostly because of the times, but we navigated things.”

I was intrigued to learn just how Coach Rohe helped Audry and his teammates work through their differences especially considering our current social climate. He reminded me that each generation faces their own uphill battles. In the 60’s, Hardy and others lived in a society defined by the Vietnam war, protestors, Nixon, hippies, cults, the women’s rights movement, the Watts Riots in LA, the civil rights movement, and Detroit burning just to name some of the hot-button issues. Much like today, everyone had their own thoughts about who and what was right.

Coach Rohe's favorite saying is "What a day!" He leads by example and embraces responsibility each of us accepts when we claim to be Christians. When we declare that we're on God's team, people take note of our actions. Are we good role models? Are we letters of recommendation for God? Do people see the acts of our hands and hear the words we speak and feel inspired to learn more about Jesus? When was the last time we invited someone to church, especially someone who might not look like everyone else in the pews? What would it mean for you and me to have Coach Rohe's courage and tenacity as we endeavor to impact the Kingdom of God by fighting injustice and oppression? What legacy will we leave for those who will write our stories?

Audry Hardy says most major changes in American ideology have come out of conflict and differing opinions. “America is great,” he says, “because we are able to persevere and move forward.” It’s easier to find common ground when you’re standing on it face to face. We may only find our best teammates if we are willing to take a step outside of our comfort zone and strike up a conversation with someone we perceive as different from ourselves. What a shame it would be if we didn’t put our best foot forward for God because we were not willing to open our hearts or minds to new possibilities. Our best hope for building the Kingdom of God is as Audry says, to remember that, “We are all part of something bigger than ourselves.”

I asked Hardy why he thought Coach Rohe pursued welcoming African Americans to participate in the school’s sports programs and he said Coach, “just wanted winners and champions.” He noted that Rohe sought out well-rounded students and athletes who he knew had



the potential to achieve great things and advance their education and athletic careers through hard work and determination. Clearly, Rohe did not consider race to be a determining factor in one’s ability to achieve greatness. Hardy went on to say that, “luckily at UT, there was a lot of respect for athletic ability over color. Once you put on the orange, the black and white didn’t matter anymore.” I asked Hardy if, at the time, he grasped the significance of being one of the first African American athletes to compete in the Southeastern Conference and he said, “We had no



idea we were making history. I just happened to be in the right place, at the right time, in the right era, with the right coach. I was part of a great tradition; I'm very blessed. Of all the many athletes that Coach could have chosen, he picked me."

Audry Hardy says, "I met my wife as a freshman and we both graduated with business degrees...Coach Rohe made that happen." Hardy's first job out of college was a Manager Trainee position for a food company. He assumed he was setting high expectations for himself with a goal of making a five-figure income. "Back then," Hardy said, "If a man could make five-figures a year, that was really something. I started out making \$9,600 in Columbus, Ohio. My wife was working for Sears at the time and we thought we were middle class." Hardy would set his heights a bit higher as he progressed in his career. He worked for General Motors for 30 years before retiring to spend more time with his family and working on his charitable causes. Hardy's message to young people today: "Get involved in athletics, you might be able to get a scholarship but even if you don't, you'll still be a better person because of it. Athletics teaches you to work hard."

Many of the athletes who competed for UT during the Rohe era get together for a reunion every two years. They swap stories, compare race times, and reminisce about how one man made a lifelong impact on so many. I'm certain I

could fill the pages of many more publications with stories of black athletes who would come after Hardy's recruiting class and have the opportunity to compete at the college-level thanks to Coach Rohe. He paved the way for the rest of the universities in the SEC to follow suit but it would be years before any schools (other than Kentucky) would integrate their athletic teams.

When asked what prompted him to take up the banner for integrating UT's track and football programs, Coach Rohe said, "I didn't set out to take a stand against injustice or segregation. I just wanted the best athletes on the track and on the field." Coach Rohe was resolute when he stated that it wasn't just about integrating UT's sports teams. "The young men that I recruited," he said, "whether they were black or white, they graduated, and became civic leaders. It's not just racial, I recruited young athletes who worked hard, it wasn't easy, they had to overcome challenges, but through diligence, they were successful. What happened was more about the relationship between a coach and his athletes."

Coach Rohe summarized his thoughts on the impact he made on athletics, the conference, the college, and the athletes by saying, "I get dozens of emails each week from alumni who I impacted in one way or another. They tell me I changed their lives and that's very rewarding. ♦

Coach Rohe, is now in his 80s and still works full-time overseeing Nike football clinics and deploying college coaches as motivational speakers around the country. He and his wife Dana attend St. Luke's and you can spot them serving regularly as ushers in the traditional worship services. To read more about Coach Rohe, his years at UT, and related stories, visit [RoheTrackEra.com](http://RoheTrackEra.com) a site compiled by UT's coaches and athletes, dedicated to preserving the history and photos of Coach Rohe, his athletes, and the integration of the Southeastern Conference.

# Making A Positive Impact on Your Health

By St. Luke's Fitness Instructor: Fran Johnson

Consistency and modification continuously need to be made as we go through life and so your fitness health should also have variety and modifications due to current circumstances. Variety in your fitness regime removes boredom and creates results and steadiness. Modification is necessary for individual needs. Exercise has proven to support disease prevention, improve cognitive health and has been known to create a longer life span with improved quality of life. These are some pretty serious positive health benefits. The whole idea of group fitness is being part of a group, each person with individual needs, using the camaraderie and support of the group, in order to reach personal goals. St. Luke's 50+ Group Fitness is about having fun with a purpose.



**Join any of St. Luke's group fitness classes and make a healthy impact in your life for 2018! Classes include:**

## **Evening Exercise**

Tuesdays and Thursdays at 6:00 p.m. in the Coleman Memorial Gymnasium. Beginners welcome! Cost is \$5 per class or \$30 per month. First class is free. (For adults of all ages.)

## **Tai Chi**

Wednesdays from 9:30 a.m. to 10:30 a.m. with Mr. Al Aki in the Dance Room in Building A. Class is \$2.00 and drop-ins are welcome. First class is free. (For adults of all ages.)

## **50+ Exercise Class**

10:00 a.m. to 11:00 a.m. on Mondays and Wednesdays in the Coleman Memorial Gymnasium. Classes are \$2.00, drop-ins are welcome.

## **50+ Stretch and Strength Class**

9:30 a.m. to 10:30 a.m. on Tuesdays and Thursdays in the Coleman Memorial Gymnasium. Classes are \$2.00, drop-ins are welcome.

## **Gentle Yoga Class**

9:30 a.m. to 10:30 a.m. on Fridays in the Coleman Memorial Gymnasium. Classes are \$2.00, drop-ins are welcome. Gentle yoga is a slower paced, more nurturing and meditative form of yoga designed for all bodies and suitable for people with medical issues or chronic conditions.





The  
JOBS PARTNERSHIP  
of Florida

# Jobs Partnership of Florida

By Yvette Alphonse , St. Luker since 2013 and Skip Slone , St. Luker since 1994

“Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.” Colossians 3:23-24

This fall I volunteered for twelve weeks as a Jobs Partnership volunteer Coach. During the first session, the speaker said, "We work for God." My epiphany was that wherever God has placed us, it is a holy vocation, and not just a job. We work for God and not just our employer. The power of doing the best that we can—wherever we can—is we are doing it for God.

Jobs Partnership of Florida is a faith-based organization designed to confront poverty by helping individuals break the cycle of chronic unemployment or underemployment. It works by enabling individuals, churches, employers, and community organizations throughout Central Florida to help people discover a path toward the jobs they were made for, and then to turn those jobs into meaningful careers. St. Luke's, along with other churches in the area, provides volunteers to participate in the Jobs Partnership LifeWorks Training program.

The LifeWorks program is like a boot-camp for life and work. This highly structured program provides 12 weeks of training. The program is rooted in Biblical teaching intended to transform both heart and mind, and includes instruction in both life skills and career skills for students. Additionally, in conjunction with local employers, education partners, and community resource organizations, the LifeWorks program includes both a Community Resource Fair and a Job Fair during each 12-week term. Today, nearly two thousand people have graduated from JP's LifeWorks Training.

St. Luke's is committed to this partnership because the program transforms lives. Whose life could you change through this ministry? Whether it's using your time and talents as a volunteer, joining a network of employers, connecting as a Community Resource, the rewards are great for everyone involved. To learn more email [serve@st.lukes.org](mailto:serve@st.lukes.org). ◊

# Ending poverty one family... one neighborhood at a time

By Lynette Fields, St. Luke's Executive Director of Community Transformation

Thanks to the generous support of your gifts through the COMMIT Campaign, amazing ministry has been able to happen in partnership with the residents of East Winter Garden.

## St. Luke's Community Transformation Areas of Focus

### Educational Support -

#### Arts After 5

140 unique students have participated in visual arts, theater expressions, dance, creative arts, robotics, and sports. Additionally, St. Luke's supports Maxey Elementary School as part of our Educational IMPACT Ministry.

Arts After 5 students and support team members produced two showings of the 2nd Annual Summer Musical, *The Lion King, Jr.* because of the overwhelming community response.



### Economic Stability for Individual Households -

#### Circles®

Circles is a national model that partners individuals and families experiencing poverty (Circle Leaders) with Circle Allies who guide and encourage the Leaders as they set goals like increasing household income, decreasing debt, advancing education, and increasing assets and social capital. St. Luke's is the Lead Organization for Circles Orange County and to date, there have been four classes of Circle Leaders with a total of 28 Circle Leaders. Of those, 17 Circle Leaders have completed at least 18 months which is considered the optimal amount of time to impact long-term economic sustainability. In the first two classes we have tracked a 51% increase in household income and 79% decrease in debt for those completing 18 months. The Credit Restoration Loan is a unique initiative of Circles Orange County®. It was launched in the Fall of 2015. So far, four Circle Leaders or Circles Graduates have participated. The first participant saw her credit score increase 100 points in 7 months.



## Safe and Secure Housing –

### West Orange Habitat for Humanity

Three houses are currently in process on 10th and Bay Street in EWG.

The Door to Curb program was based on an asset-based community development program out of Savannah, Georgia, the Door to Curb program was created with extensive input from EWG residents. The goal is to complete 20 houses by end of year 2018. Volunteers can work every third Saturday with Door to Curb.

## Neighborhood Well-Being –

### East Winter Garden Neighborhood Alliance

*(meets bi-monthly)*

East Winter Garden residents set a 65% participation goal for those living in the neighborhood. There are four committees now led by residents: Preserve and Honor EWG History, Economic Development, Community Education, and Connections with City and County Government.

---

### Community Kitchen at Shepherd's Hope

The Shepherd's Hope Board of Directors has approved the inclusion of a community kitchen in their new building that will be located in East Winter Garden and will be adjacent to the Winter Garden Community Garden. It will be for teaching nutritious cooking and shared use for "foodpreneurs."

The Groundbreaking Ceremony for the new Shepherd's Hope building occurred on October 4, 2017. There is a Community Kitchen Team working on the design of the space and program development.



To learn how you can support these and other community transformation initiatives in East Winter Garden, email [serve@st.lukes.org](mailto:serve@st.lukes.org) or call 407.876.4991 ext. 230.

# ST LUKE'S

UNITED METHODIST CHURCH  
4851 S. Apopka-Vineland Rd.  
Orlando, FL 32819

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
ORLANDO, FL  
PERMIT NO. 980

## Upcoming Events

[st.lukes.org/events](http://st.lukes.org/events)

Learn more about the church  
at "Discover St. Luke's"  
January 7

Grow during St. Luke's U  
programming starting  
January 10

Support the MLK Parade in  
East Winter Garden  
January 13

Connect at the New Guest  
"Meet-n-Greet"  
January 21

Experience a St. Luke's  
production at "Driving  
Miss Daisy"  
January 19-21

Have fun at Kids Night Out  
February 16

## Upcoming Serving Opportunities

[st.lukes.org/events](http://st.lukes.org/events)

Serve with Family Promise  
December 31-January 7

Community Garden  
January 6  
February 3

3rd Saturday:  
Door to Curb in East  
Winter Garden  
Coalition for the Homeless  
United Against Poverty  
January 20  
February 17

## Worship

Traditional Worship  
in the Sanctuary  
8:00, 9:30, and 11:00 a.m.

Contemporary Worship  
in Founder's Hall  
9:30 and 11:00 a.m.

Join us on Wednesday,  
February 14 as we begin  
the Lenten season with an  
evening Ash Wednesday  
worship service.

Visit [st.lukes.org/schedule](http://st.lukes.org/schedule) for  
time and venue.

## Contact Us

For information about St. Luke's visit [st.lukes.org](http://st.lukes.org), call 407.876.4991  
ext. 302, or email [social@st.lukes.org](mailto:social@st.lukes.org). St. Luke's reception desk is located  
in Building C. Regular office hours are Monday through Thursday from  
9:00 a.m. to 5:00 p.m. and Friday from 9:00 a.m. to 12:00 p.m.