



INSIDE AND OUT

Spiritual Practices for Mental Health

SUNDAY, MAY 5

John 14:25-27

²⁵"I have said these things to you while I am still with you. ²⁶But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all that I have said to you. ²⁷Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

Romans 12:1-2

¹I appeal to you therefore, brothers and sisters, on the basis of God's mercy, to present your bodies as a living sacrifice, holy and acceptable to God, which is your reasonable act of worship. ²Do not be conformed to this age, but be transformed by the renewing of the mind, so that you may discern what is the will of God—what is good and acceptable and perfect.

SERMON NOTES

Healthy Minds

First in the Series, *Inside and Out: Spiritual Practices for Mental Health*

What

Why

How

Graduating Seniors Participating in Worship: Luke Hilpert, Abbilyn McEvoy.

May Collection

No kids sleeps on the floor in our city! Help by supporting our Sleep in Heavenly Peace collection! Contribute financially to build more beds this fall or donate NEW twin bedding sets. StLukesMethodist.org/giveSHP

General Conference recap with Dr. Tom Pace | May 13 | branches building & Online | 6:30 p.m.

***Practicing the Way* Course | Tuesday, May 7–June 25 | 6:30 p.m.–8 p.m. | branches building**

Join us for eight sessions of teaching, guided conversation, and spiritual practices designed to lay a foundation for lifelong apprenticeship to Jesus. The Course can be an on ramp to people new to following Jesus, and a needed refresher for all people seeking to become more like him. branchestx.org/ptw

200 Years of the Texas Rangers with Justice Ken Wise

Program & Luncheon | Thursday, May 9 | 11 a.m.–1 p.m. | ES314

Come learn about our Texas Rangers! Justice Ken Wise will give an overview of the 200-year history of the Rangers and help us understand what role they play in keeping Texas safe. Stay after the program for lunch with friends (\$15 payable at lunch). Register for lunch by May 5. StLukesMethodist.org/TexasRangers

Second Saturday Food Drive | May 11 | 9 a.m.–12 p.m.

Drop off non-perishable foods at the main entrance porte-cochere on the south side of the Westheimer campus. Volunteers will collect grocery bags from your car. Want to volunteer to staff the food drive? Sign up: StLukesMethodist.org/FoodDrive2024

Working Faith Breakfast | Wednesday, May 15 | 8 a.m. | Hines Baker Room

Be inspired by Dr. Rachel Schneider, Director of the Religion and Public Life Program at Rice University. Her presentation is "Taking faith to Work: How do Christians practice faith at work and see work as calling?" StLukesMethodist.org/MayWorkingFaith

Disaster Response Training | Saturday, May 18 | 9 a.m.–12 p.m. | ES313/314

Would you like to be part of St. Luke's Disaster Response team? This training will enable you to:

- Connect with church members
- Work on our collections/distribution centers
- Serve on our muck and gut teams
- Compassionate care teams

Sign up and choose the St. Luke UMC's Member breakout session on the registration form.

Questions? Contact Rev. Amy Sumrall, asumrall@StLukesMethodist.org.

StLukesMethodist.org/responsetraining

Jump into the best week of the year as a VBS Volunteer! | June 10–14

As a classroom teacher, you'll share the Bible story, facilitate games and crafts, and escort children to other activities like worship, playground/gym, and science. Lesson plans and materials are provided, and you'll have a partner and 2-3 teen helpers to complete your team! StLukesMethodist.org/vbsvolunteer

DOWNLOAD THE ST. LUKE'S APP



This app is packed with powerful content and resources to help you grow and stay connected. If you don't already have the app, hover over this QR-code for a link to download.