



INSIDE AND OUT

Spiritual Practices for Mental Health

SUNDAY, MAY 19

Acts 2:1-13

¹When the day of Pentecost had come, they were all together in one place. ²And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. ³Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. ⁴All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. ⁵Now there were devout Jews from every people under heaven living in Jerusalem. ⁶And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. ⁷Amazed and astonished, they asked, "Are not all these who are speaking Galileans?" ⁸And how is it that we hear, each of us, in our own native language? ⁹Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, ¹⁰Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, ¹¹Cretans and Arabs—in our own languages we hear them speaking about God's deeds of power." ¹²All were amazed and perplexed, saying to one another, "What does this mean?" ¹³But others sneered and said, "They are filled with new wine."

John 20:19-22

¹⁹When it was evening on that day, the first day of the week, and the doors were locked where the disciples were, for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." ²⁰After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. ²¹Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." ²²When he had said this, he breathed on them and said to them, "Receive the Holy Spirit.

SERMON NOTES

The Breath of God

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

Locked doors

A gift to receive

The power of mission

WHAT'S HAPPENING AT ST. LUKE'S

Help us stay in touch and update your account. Online or stop by the Commons today!
my.StLukesMethodist.org/MyAccount

In case you missed it, you can view Dr.Pace's General Conference Recap by visiting
StLukesMethodist.org/Church-Updates

May Collection | Sleep in Heavenly Peace

No child sleeps on the floor in our city!

In October, our goal is to build and deliver 50 more beds to the Gethsemane/Sharpstown community. Help make that goal a reality by contributing financially: StLukesMethodist.org/giveSHP
Save the date for our next bed build on October 5 at Gethsemane!

Coffee with the Pastor | Sunday, June 2 | 4 p.m. | Hines Baker

Are you interested in learning more about St. Luke's? Ready to begin the path to membership? Attend Coffee with the Pastor, meet Dr. Tom Pace, hear his story, and learn more about St. Luke's values and vision.
Register: StLukesMethodist.org/CWP

San Jacinto Flood Relief efforts:

Go to StLukesMethodist.org/disasterresponse to donate online. Make checks payable to the Texas Annual Conference, memo line: "Disaster Fund", they can be placed in the offering plate.

Love Does by Bob Goff | led by Rev. Amy Sumrall | Wednesdays, June 5-26 | 6-7:30 p.m. | ES310

Looking to be inspired and challenged to put your love for God into action? Join us for an energizing discussion and leave with practical ideas to use your unique gifts and experiences to share God's love in your daily life.

Register: StLukesMethodist.org/lovedoes

Rotunda Artists of the Month

We're pleased to host the Houston Civic Arts Association in the Rotunda Gallery during the month of May. Meet members in the gallery today following the 11:00 service or visit the gallery any time during business hours to view their work.

The Garden: Our New Community Youth Center

Gethsemane Campus | 6856 Bellaire Blvd.

Service of Worship and Consecration | Sunday, June 2 | 2 p.m.

Join Bishop Cynthia Fiero Harvey and District Superintendent Dr. Elijah Stansell as we dedicate The Garden as a space where all youth experience community and belonging.

Ribbon Cutting and Community Celebration | Thursday, June 6 | 11 a.m.

Come see the new community youth center and join the fun with games and refreshments!

Volunteer Opportunities

We need your help with these amazing events. There are many options to choose from. We will provide all the information and instructions you will need. Volunteer Check In will be in Room 101 of The Garden.

Sign up: StLukesMethodist.org/TheGardenOpening

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