

# January

St Luke Union Church

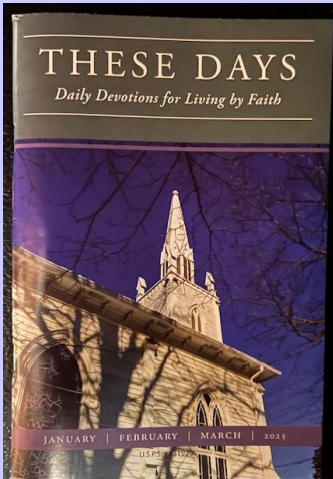
### Thank You!

To everyone who contributed to the College Care Packages! Our college students experienced delicious treats and lots of love thanks to the SLUC family. Pray for these students as they begin their next semester.

### St Luke Union Church Congregational Meeting

The Congregational Meeting will take place on Sunday, January 26, 2025 following the 10:30 am service.

There will be a potluck meal at the conclusion of the meeting. The Hospitality Team will provide beef stew, chili and Italian Beef. Please bring a side dish or dessert to share.



**These Days  
Daily Devotional**  
For January, February,  
and March is now  
available on the  
Welcome Table in  
Fellowship Hall.

### Help!!

Sunday school needs to collect 66 empty cake mix boxes for a special project. There will be a designated bin in the Fellowship Hall beginning in January. Thank you, everybody!!

**Pastor Andy Joke: What's the problem with New Year's resolutions?**



# JANUARY 2025

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SUN	MON	TUE	WED	THU	FRI	SAT
			<b>01</b> New Year's Day  Church Office Closed	<b>02</b>	<b>03</b> Men's Breakfast 7a	<b>04</b>
<b>05</b> Communion Sunday Sch 9:30a Choir Practice 9:30a Worship 10:30a	<b>06</b> Boy Scouts 7p	<b>07</b>	<b>08</b> Worship Team 5p Church Chat 6p Choir Practice 7p	<b>09</b> Crossroads 9a	<b>10</b>	<b>11</b>
<b>12</b> Choir Prac. 9:30a Worship 10:30a	<b>13</b> Adult Bible Study 12p Boy Scouts 7p	<b>14</b> Resource Team 2p Finance Meeting 5p	<b>15</b> Choir Practice 7p	<b>16</b> Faith Brews 5p	<b>17</b>	<b>18</b>
<b>19</b> RaiseRight Sunday Sch 9:30a Choir Prac 9:30a Worship 10:30a	<b>20</b> Adult Bible Study 12p Boy Scouts 7p	<b>21</b> VMC Meeting 5:30p	<b>22</b> Church Chat 6p Choir Practice 7p	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b> Choir Prac. 9:30a Worship 10:30a Annual Congregational Meeting	<b>27</b> Adult Bible Study 12p Boy Scouts 7p	<b>28</b> Lamplighters 7p	<b>29</b> Choir Practice 7p	<b>30</b>	<b>31</b>	

**Happy Birthday!** Matthew Staver 1/1; Ginny Kolze 1/3; Margaret Hawkins, Matthew Kubiak, Ruth Trower 1/4; Karlene Bledsoe, Larry Blum 1/5; Laurie Vial 1/6; Stacy Herren 1/7; Amie Keeton 1/12; Sherrie Belletete 1/13; Karen Walters, Susan Walter 1/14; Lydia Rambo 1/16; Tyler Herren 1/20; Judy Ferrier 1/21; Jim King, Mindy Klapp 1/25; Stephanie Dehner 1/28; Bonnie Redick 1/29

**Happy Anniversary!** Brad & Diann Kamp 1/18; Rodney & Margaret Hawkins 1/28

**FOOD PANTRY SUNDAY IS ALWAYS THE FIRST SUNDAY OF THE MONTH**

**Our next Salvation Army food drive is on January 5**

In choosing what to donate to the Salvation Army Food Pantry, let's make sure we help stock their shelves with what they need

and avoid what they don't need!

**What they need:**

High priority: Canned Soup (pop-top preferred) and Macaroni and Cheese

Canned fruit - preferably packed in natural juice

Canned meat - chicken, ham, SPAM

Canned fish - tuna and salmon

Soups, Stews, Chili - either canned or packaged

Boxed dinners - Mac & Cheese, Hamburger Helper

Boxed cereals - preferably whole grain, low in sugar

Canned beans - pinto, pork 'n beans, etc.

Applesauce, Peanut Butter, Crackers, Granola Bars

Instant mashed potatoes

Pasta - spaghetti, as well as spaghetti sauce

Rice

Powdered milk

**What they don't need:**

Anything that has to be baked

Junk food

Anything that needs a can opener -- (pop-top cans are best)

Anything in glass containers or cellophane wrapping



**Low Sodium Food Sunday:  
February 2, 2025**

As many of you know I am a dietitian at Carle BroMenn Medical Center. I counsel many clients who are food insecure that have heart problems. When I suggest they access food pantries, the typical reply is that food pantries do not offer many low sodium food items. I am reaching out to you in honor of Heart Month with a request to support a cause that can make a lasting difference in the health and well-being of our community: the donation of low sodium food.

Many individuals living with chronic conditions like high blood pressure, heart disease and history of a stroke are in need of healthier food options. Low sodium foods are crucial for those who must limit their salt intake to maintain their health.

Your donation of nonperishable, low sodium food items could truly make a difference. By contributing you will be providing nourishing meals that support better health outcomes.

Low sodium food donation ideas: tub oatmeal; bag of dry beans or no salt added canned beans; no salt added canned vegetables; DASH seasonings; low sodium tuna packets; peanut butter; plain brown rice; Hint of Salt Triscuits; Hint of Salt Wheat Thins or Shredded Wheat.

Blessings,  
Sandra Gifford

**Kartoon Korner**



**Fun Fact**

Assumptions about the Wise men:  
**There were three of them:** The Bible doesn't specify the number of wise men. The tradition of three comes from the fact that three gifts (gold, frankincense, and myrrh) were mentioned, and people inferred there must have been three wise men. However, the number is not stated in the Gospel.

**Pastor Andy Joke Answer:**  
They go in one year and out the other!

## January 2025 Newsletter

Proverbs 3:5-6 - Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

I can't really believe we are now entering the year of our Lord 2025. Seems like just yesterday I was graduating, getting married and starting a career. Now I have grandchildren, my knees hurt and young people make fun of me for not knowing how to use my iPhone. Last year marked my 40th High School reunion. Sandi and I realized the years have been better for some. So what do we each hope for in the New Year? What are the things we hope to accomplish or even avoid?

2025 will be a milestone year for me because, in October, I will reach the ripe age of 60. Not sure what that means outside of more scheduled health exams and a constant array of old man noises. I do plan on reading more and watching TV less. I want to spend more time in the woods and on the water, while working to eat better and finding time for exercise. Although, I'd also like to be more Mission-ally Spontaneous. What I mean by this is that God continually gives us opportunity to serve and care and we should be available in offering a hand or a favor. A few weeks ago I preached on how Mary and Elizabeth were women of quiet faith, but when God made known his plans for their lives they began to sing. This is not to say that they were not worried and scared but their responses cleared the way for the birth of Jesus.

In a pattern described in the Marjorie Thompson book, *Soul Feast*, I will do my best to each morning to gather my day and each night review that day. To give thanks for each day while acknowledging my sins and mistakes, and then seek meaning in each of the day's events. Let us remember the words from Psalm 127:2, "It is vain that you rise up early and go late to rest, eating bread of anxious toil; for God gives sleep to his beloved."

May 2025 bring you blessing as you become a blessing to others.

Happy New Year

Pastor Andy

## CONTACT US!

**Rev. Dr. Andrew Gifford, Pastor**

agifford@stlukeunion.org

**Susan Walter, Office Manager**

swalter@stlukeunion.org

### Website:

[www.stlukeunion.org](http://www.stlukeunion.org)

### Facebook

Like our Facebook page for updates on church news, events & Reginald's whereabouts! Sunday Worship will go Facebook LIVE at 10:30am!

[www.facebook.com/  
stlukeunionchurch](http://www.facebook.com/stlukeunionchurch)

### YouTube

Search: [St Luke Union Church](#)

### Church Office Hours:

Monday: 9a – 3p

Tuesday: 9a – 3p

Wednesday: 9a – 3p

Thursday: 9a – 3p

Friday & Saturday: Closed

### Phone:

309-663-7437

### Worship

Online + In-Person

Sunday 10:30am!



## **St Luke Union Church**

2101 E Washington St Bloomington, IL 61701

(Corner of Regency Drive and Washington St – open 24 hrs/7 days a week)

### **TerraCycle Programs & Other Collections**

Collection is in the garage behind the church where collection containers are labeled;  
**if you do not see a container, please DO NOT leave it.**

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**ARM & HAMMER® and OxiClean®:** ARM & HAMMER and OxiClean plastic pouches. (Must be these brands only)

**Bausch + Lomb ONE Contact Lens Recycling:** All brands of contact lenses, plus foil and blister packaging.

**GoGo SqueeZ Baby Food Pouches Recycling:** All baby and toddler food plastic pouches and caps (such as Go-Go Squeeze, Ella's, Earth's Best, etc.). **Please - Leave caps on to reduce smell and mold.**

**Brita® Recycling Program:** Brita pitchers, individual filtration bottles, filters, foil filter packaging, and faucet filtration systems. (Must be this brand only.)

**Burt's Bee Recycling:** Burt's Bee products packaging. (Must be this brand only.)

**Cigarette Waste Recycling Program: NO DROP OFF - PLEASE CONTACT AMIE ([joelamiekeeton@gmail.com](mailto:joelamiekeeton@gmail.com) or 309.242.8871) FOR MORE INSTRUCTIONS.** Program accepts cold extinguished cigarettes, cigarette filters, loose tobacco pouches, outer plastic packaging, inner foil packaging, rolling paper and ash.

**Colgate/Tom's of Maine Dental and Deodorant Recycling:** All brands toothpaste tubes and caps, toothbrushes, floss containers, mouthwash bottles and caps, plastic deodorant containers and caps; also, clear plastic cover from toothbrush/dental floss packaging (remove cardboard backing and put in city recycling first). **Please note: no aerosol cans which go into regular city recycling.**

**Honest Kids Drink Pouch Recycling Program:** Flat, flexible aluminum/plastic drink pouches and their straws. Any brand accepted. Must be completely empty.

**Entenmann's Little Bites Pouches Recycling Program:** Entenmann's brand Little Bites plastic pouches and clear Entenmann's Minis packaging. (Must be this brand only.)

**eos:** eos lip, lotion and shave packaging. (Must be this brand only.)

**Febreze® Air Care Recycling Program:** All brands of air freshener plastic cartridges, plugs, packaging and flexible plastic film packaging, trigger heads and Mr. Clean Deep Cleaning Mist bottles and trigger heads. **(Aerosol spray cans go into city recycling).**

**Garnier® Personal Care & Beauty:** Emptied Plastic Garnier personal care or beauty product containers, tubes and lids. (Must be this brand only.)

**Gerber®:** Gerber baby food packaging and small and large hook Gerber Baby clothing hangers. (Must be this brand only.)

**Gillette® Razor Recycling Program:** All brands of razor blades; plastic and metal razors; flexible plastic bags and rigid plastic razor packaging. Clean and dry before donating.

**GOLDTOE® Socks:** All brands of used, clean socks.

**Kroger - Our Brands Recycling Program:** Kroger flexible plastic packaging. (Must be this brand only.)

**Late July® Snacks Recycling Program:** Late July® brand plastic snack packaging and chip bags. (Must be this brand.)

**PopSockets® & Cell Phone Cases:** Grips, mounts, wallets, and similar phone accessories, this program is brand-specific, which means you can only collect PopSockets products. However, you can collect **phone cases from ANY brand** for recycling.

**Swiffer® Recycling Program:** Swiffer refills: Sweeper, Duster and WetJet pads. (Must be this brand only).

**Takis® Snacks:** Takis Snacks, Takis Rolled Tortilla Chips, Takis STIX, Takis POP!, Takis Waves, Takis Kettlez, and Takis Crisps flexible plastic bags and containers. (Must be this brand only).

**Tide Free Recycling Program:** Fabric care products and packaging from brands Tide, Gain, Downy, NBD & Dreft, including plastic components (dispensing cup, bag, nozzle clip) and plastic packaging wrap, flexible plastic bags, rigid plastic tubs and lids and Tide To GO pen. (Must be these brands only).

**Toys & Games: VTech and LeapFrog electronic learning devices and electronic toys program and Hasbro**

**Toys and Games:** For the full list of accepted items, [view the VTech & LeapFrog FAQ](#) and [Hasbro](#) list of accepted items. (Must be these brands only.)

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#### **Additional Recycling Collections at the St Luke:**

**Aluminum Can Recycling:** Please put cans in the Large labeled wooden box in the front and center of the garage. Please consider recycling your ALUMINUM cans with us instead of just putting them in city recycling. We recycle locally to get money for charity.

**Holiday-Type Light Strands & Cords/Wire/Cable Recycling:** Twinkle light bulbs ok to leave on; larger light bulbs should be removed and can be recycled at the lighting section of our local Menards, Lowes or Home Depot. Please remove any other plastic or metal decor before donating light strands.

**Lion's Club box:** Cell phones; small printer cartridges (**from home use only**); eyeglasses; hearing aids; keys. (ok to drop small items at Common Ground). Lion's Club volunteers manage this for charity. (ok to drop small amounts at Common Ground).

**\*Please - ONLY leave the items listed above.**

#### **TerraCycle Volunteers:**

Amie Keeton [joelamiekeeton@gmail.com](mailto:joelamiekeeton@gmail.com), Janet Guaderrama [jquader@gmail.com](mailto:jquader@gmail.com),  
Melanie Ziomek [mziomek@my.heartland.edu](mailto:mziomek@my.heartland.edu) Marcia Nagy [trek2ak@frontiernet.net](mailto:trek2ak@frontiernet.net)