

## Worship OPPORTUNITIES

### Sunday, February 2

*Fourth Sunday after Epiphany*

#### Worship with Holy Communion

8:30 & 11 a.m. – Nave

*Great Expectations*

Rev. Chuck Starks

Matthew 5:1-12

### Wednesday, February 5

12 p.m. – Chapel

Rev. Palmer Cantler

Lunch in Parish Hall at 12:30 pm (\$8.00).

Call 524-3048 to make a reservation.



#### Scouting Sunday is February 9!

Church Street will recognize the Boy Scouts on Sunday, February 9 at the 11 a.m. service. Scouts

will be helping out with worship, and we ask all boy scouts to wear their uniforms. Scouts are also invited to help usher - those wishing to help should contact Rev. Palmer Cantler by February 6. *Girl Scouts have a separate Sunday of recognition on March 8.*

## HAPPENING AT CHURCH STREET

### Souper Bowl of Caring to Benefit Beacon of Hope Food Co-Op

On Sunday, February 2, Church Street will participate in tackling hunger: the Souper Bowl of Caring. Please join this effort to support our neighbors served at the Beacon of Hope Food Co-Op and bring non-perishable food items or **gift cards to Kroger or Food City** that will help stock them throughout the year (cash donations are also welcomed). This is a national effort to serve those facing hunger, with an immediate impact in our local community. Please share your donations in the Breezeway on **February 2** and give generously!



#### Facts:

**If every member of every Church Street family brought one food item per month, Food Co-op would have more than enough food.**

**BOH Food Co-op is one of *only two* food cooperatives in Knoxville.**

### Leadership Team to Take Next Steps

The Leadership Team was authorized by Church Council to undertake whatever planning, strategies, and action necessary to address issues of Church Street Identity, Mission, and Values. The team members, comprised of lay leaders, staff, and congregational representatives, invite you to reach out any time at their email addresses below, and stay tuned for the next opportunity to be part of this ongoing and vital work together.

Asa Bishop, Jr., Leadership Team, abishop@utk.edu

Jeff Cheek, Staff Parish Relations Chair, cheekjs@gmail.com

Jonathan Cooper, Church Council Chair, cooper@knoxdefense.com

Bennett Cox, Leadership Team & Church Council, cox3529@comcast.net

Jenny Cross, Director of Youth Ministries, jcross@churchstreetumc.org

Jana Davison, UMW President, janadavison@charter.net

Ginger Holladay, Lay Leader, knoxmomof3@me.com

Sally Lighter, Church Council Chair Emerita, slighter@cyberce.net

Trent Nichols, Staff Parish Committee & Boy Scouts, trent.nichols@scouting.org

Nathan Rowell, Trustees Chair, nrowell@orplawfirm.com

Kate Spencer, Church Administrator, kspencer@churchstreetumc.org

Katie Strangis, Director of Communications, kstrangis@churchstreetumc.org

Stephanie Strutner, Lay Leader, sastrutner@gmail.com

Beth Stubbs, Stewardship Chair, beth@cpaoffices.com

Tim Ward, Director of Music, tward@churchstreetumc.org

*All are Welcome at Church Street!*

We believe every person is of sacred worth and created in God's image. We welcome and celebrate the gifts God has given to all persons without regard to race, color, national origin, ethnicity, age, gender, disability, status, economic condition, sexual orientation, gender identity, or religious affiliation. We respect diversity of opinion and expressions of Christian faith. We believe God loves everyone unconditionally! As God loves us, so let us love and serve in the name of Christ.

## Calendar: February 2 - February 8

### Worship

Worship with Holy Communion  
Sunday, 8:30 & 11 am, Nave  
*Rejoice!* TV Broadcast  
Sunday, 8:00 am, WVLT-TV  
Midweek Service & Lunch  
Wednesday, 12 pm, Chapel  
Lunch, 12:30 pm, Parish Hall (\$8)

### Sunday School 9:40 AM

### UMW

Executive Committee  
Tuesday, 10 am, rm-204  
Lydia Circle  
Friday, 12 pm, Chiles Room

### Meetings & Ministry

Souper Bowl of Caring  
Sunday, 8 am, Breezeway  
Stephen Ministry Meeting  
Sunday, 1:30 pm, rm-201A  
Benevolence Team  
Monday, 12 pm, Office  
SASH Committee  
Tuesday, 6 pm, rm-201A  
Properties Committee  
Wednesday, 5:30 pm, rm-202  
Pastor's Bible Study  
Wednesday, 7 pm, rm-204  
Soup Kitchen  
Thursday, 11 am, Parish Hall

### Beacon of Hope

BOH Benevolence Team  
Tuesday, 12 pm, Vestal UMC  
BOH Food Co-Op  
Thursday, 9:30 am, Vestal UMC

### Singles & Fellowship

Bridge Group  
Monday, 6 pm, rm-201C  
Yoga  
Monday, 7 pm, rm-204  
Line Dance Lessons  
Thursday, 6:30 pm, Gym  
Friday Fun Nights Dances  
Friday, 7 pm, Gym

### Children & Youth

Open Gym  
Sunday, 4 pm, Gym  
Youth NightLife  
Sunday, 5:15 pm, Offsite (Super Bowl Party)  
Youth Basketball  
Sunday, 7 pm, Gym & Monday, 6 pm, Gym  
Wesley House Tutoring  
Tuesday, 4:15 pm, Offsite

### Children & Youth

Youth Band  
Wednesday, 6:15 pm, Lower CLC  
High School Prayer Breakfast  
Thursday, 8 am, Offsite

### Music

Youth Choir Rehearsal  
Sunday, 4 pm, rm-306  
Kinder Choir Rehearsal  
Sunday, 5:15 pm, rm-212  
Primary Choir Rehearsal  
Sunday, 5:15 pm, rm-304  
Chorister Choir Rehearsal  
Sunday, 5:15 pm, rm-306  
Handbell Choir Rehearsal  
Sunday, 6:15 pm, rm-303  
Adult Choir Rehearsal  
Wednesday, 7 pm, rm-306

### Next Messenger

Please submit written articles and photos that you wish to be published in the next edition of *The Messenger* by Friday at noon to [communications@churchstreetumc.org](mailto:communications@churchstreetumc.org).

## UMW News

### UMW Welcomes Will Smith, Green Magnet Math & Science Academy on February 11 in Parish Hall

United Methodist Women invite all to join them on Tuesday, February 11, at 11 am, to hear from Will Smith, Assistant Principal at Green Magnet Math & Science Academy. Please come, invite a friend, and hear about the exciting learning that is happening at Green Magnet!



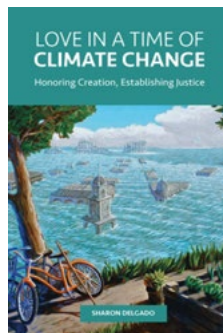
Lunch to follow in Parish Hall will include Lemon Tarragon Chicken Breast, Saffron Rice, and Broccoli Casserole. Please make reservations by calling the church office at 524-3048 or emailing [reservations@churchstreetumc.org](mailto:reservations@churchstreetumc.org).

Childcare needs should be sent to Elaine Ralston no later than February 4. [aralston1025@tds.net](mailto:aralston1025@tds.net) or 966-7215.

### UMW February Book Review CORRECTION:

*Last week, we printed the incorrect date and location for the next UMW Book Review. We regret the error.*

Join UMW on Wednesday, February 19 at 1:30 in the Chiles Room as Verna McLain reviews *Love in a Time of Climate Change: Honoring Creation, Establishing Justice* by Sharon Delgado. All are invited to these wonderful discussions!



## Celebrating Our Great 90s!

In 2020, we celebrate Church Street members who are 90 and older! We recognize their dedication and thank them for their service to Church Street. Many can no longer attend because of health and mobility issues, but we want them to know how important they are. Each month the *Messenger* will have a list of these members and their birthdays. Thank you for continuing to pray for our members in their 90s. Please remember them in your prayers on their special day. We have one "Great 90" for February:

Jim Boehms - 2/15

## Year-Long Bible Challenge

### Chapter Readings, February 3 - February 9:

February 3: Deuteronomy 5-6  
February 4: Deuteronomy 7-9  
February 5: Deuteronomy 10-12  
February 6: Deuteronomy 13-16  
February 7: Deuteronomy 17-19  
February 8: Deuteronomy 20-23  
February 9: Deuteronomy 24-26

## CLERGY CONNECTION

### Together, let's think about ... *Sacred Time*

When I first became a minister and started attending Annual Conference in Northern Illinois, almost immediately I began to develop strong bonds of friendship with a group of pastors. This group included men and women, older and younger, black, brown and white. These cherished friends were there for me through my ordination process, through moves from one congregation to another, and through my divorce. We attended Cubs games every summer at Wrigley Field in Chicago. And during Annual Conference each year we would stay up until all hours of the night laughing and talking and sharing the joys and the burdens of our work as clergy.

I remember one year in particular, I was sitting near my friend Myron, at our nightly evening ritual, which happened to be in my hotel room. It was about 3:00 in the morning and part of me was wishing everyone would go back to their rooms and go to bed, since each day's proceedings started early, usually

beginning about 8:00 a.m. I said to Myron, "Why are we doing this? We are all exhausted! We need to get some sleep! Tomorrow is going to be a long and busy day!"

I will never forget Myron's response. He looked me square in the eyes and said, "Because this is Sacred Time, Dawn. And we don't have very much Sacred Time. When it comes, we have to stay with it as long as it lasts."

The notion of Sacred Time has been with me since that night. Sacred Time comes when it comes, and when it does, we have to just make room for it. Sometimes it comes when family or cherished friends come to town. Sometimes it comes when we gather around a loved one's death bed. This past week, it came to me in Fort Smith, Arkansas, as I visited with my father and my best friend.

It has been a hard couple of years for my family. My time with my dad was the first time I've had a chance to sit with him and talk about my mom and his beloved wife, Mazie Chesser, who died a year and a half

ago. It was a week filled with weeping and laughter, intense conversation about our family, about the state of the church in general and Church Street UMC in particular. We talked about God's call, and about what it means to be a clergy person for such a time as this (my father is a retired United Methodist pastor). It was Sacred Time, and healing time, and nourishing time for both my father and myself.

I pray that as we pass through these difficult days, in which our President is facing impeachment and possible removal from office, in which our denomination is facing a possible split, and in which our congregation is sorting through its own grief and challenges, that we will make room for Sacred Time in our lives. Sacred Time, in which we gather with our beloveds to speak our truths and wrestle with our challenges, and find nourishment and healing for our souls in the midst of it all.

— Dawn

# Behold & Be Bold!

### Year-End Financials

Church Streeters were certainly bold in 2019, and helped us finish the year strong! In 2019 our revenues exceeded our expenditures by \$84,079, after moving the prepaid pledges for 2020 of \$83,069 into our 2020 budget. We were able to pay our tithe to the Holston Conference at 100%. The staff and ministry areas maintained their programming, but were extremely frugal, and this congregation stepped up with their giving. Thanks be to God for the generosity of the members of Church Street UMC.

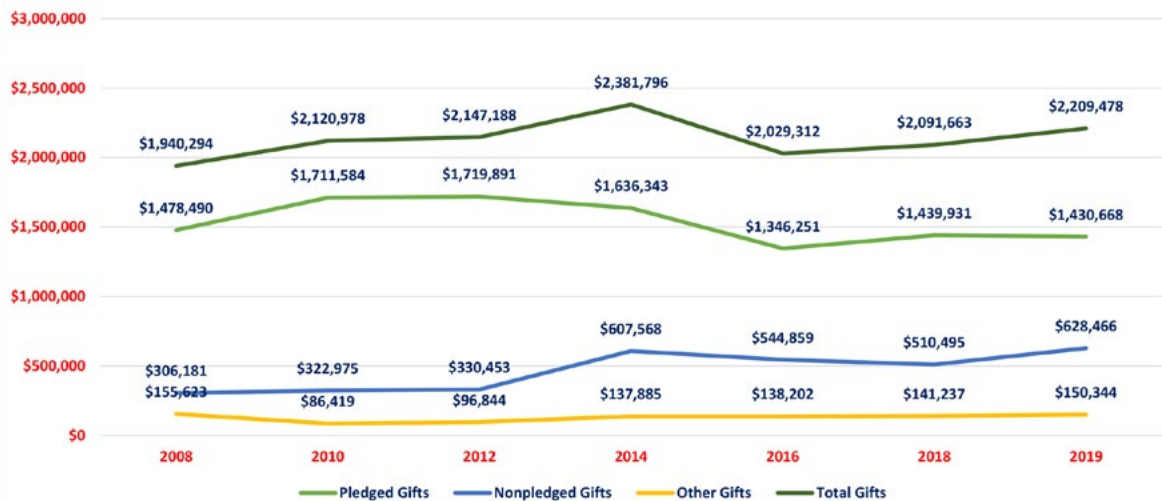
You were also bold with your pledges for 2020. We received 284 pledges for a total of \$1,582,862. Of the 284, 123 (43%) increased

their pledge over 2019! We know some of you still have not made your commitment for 2020, so we expect this number to increase. Please send those commitments to us as soon as possible, so our ministries can plan their programs for 2020!

Thank you, Church Street, for being so bold in your financial support of your church.

*Please note, the numbers on the graph above represent the Operating Budget only. No monies for the Capital Campaign or Building Fund are included.*

2008-2019 Contributions to the Operating Budget





## Back to the Holy Land, One More Time

For the past twenty years, Rick and Sue Isbell have led tours to the Holy Land of Israel, escorting around 150 pilgrims on what many agree is "the trip of a lifetime." The Isbells are projecting one more trip for next year with a tentative departure date of January 5, 2021.

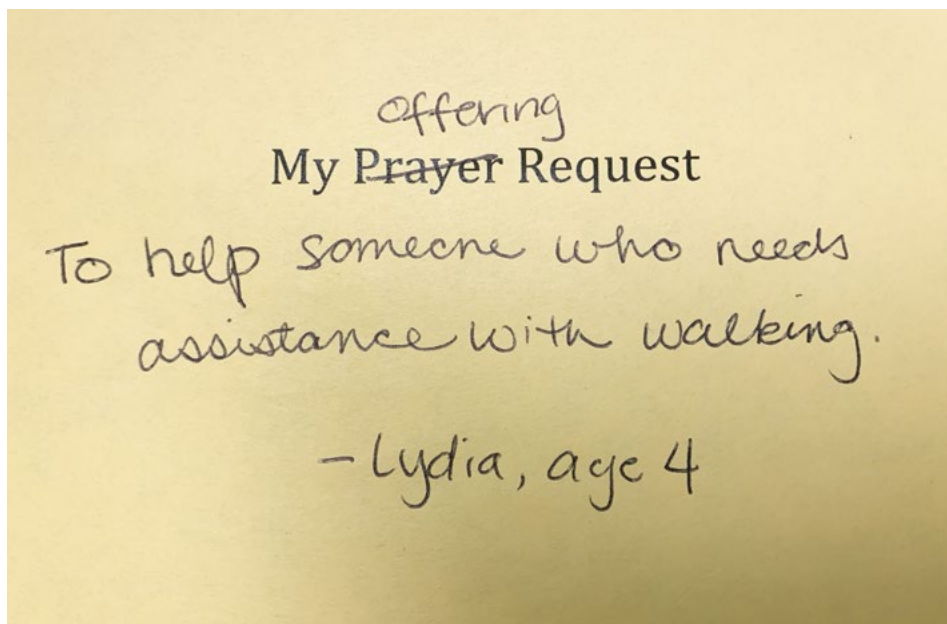
Traveling with Educational Opportunities, this ten-day trip will bring the New Testament stories of Jesus to life as you tour the Galilee region, Jerusalem, Bethlehem, and other nearby holy sites. This trip is incredibly affordable and one that will enhance your faith journey for the rest of your life.

On **February 16 at 5:30 pm**, you are invited to meet Rick and Sue in the Chiles Room to learn more about traveling to Israel. At that time, more details on touring and an approximate cost of the trip will be shared, and your general questions will be answered. This is an informational meeting only – no commitments will be expected at this time. If you are interested in receiving information about the trip but cannot attend the meeting, please contact Rick at [retiredrick7119@gmail.com](mailto:retiredrick7119@gmail.com) or 865-567-5805.



### Children Participate in Offertory

You may have noticed some new participants in our offertory this year. Beginning in January, children have been invited to share their offerings and prayer requests during the offertory, and Lydia's, below, was so sweet that we had to share her prayer with you. What a gift it is to welcome our children's prayers and offerings during worship!



### Young Adult Book Club Begins on February 13!

Crafted for adults in their 20s and 30s, this book club will dive in and discuss the winter selection, *Searching*

*for Sunday*, by Rachel Held Evans. The series will last approximately six weeks beginning February 13, and the group will convene at Schulz Bräu Brewing Company. Please contact host Rev. Palmer Cantler, at 521-0298 or [pcantler@churchstreetumc.org](mailto:pcantler@churchstreetumc.org).

### POSTPONED: Memory Care Workshop

The Memory Care & My Family Workshop scheduled for Feb. 15 has

# Parish Health Ministry



## Exercise Benefits Mental Health, Too!

"Exercise more" appears on many lists of New Year's resolutions. We all know the benefits of regular exercise for our physical health. Studies also show that exercise reduces the symptoms of depression and anxiety. The mechanism is thought to be:

- A release of endorphins (chemicals in the brain that provide a sense of well-being)
- A distraction from negative thoughts

Recommendations from the National

Institutes of Health are to strive for 150 minutes of moderate intensity exercise every week. Moderate intensity is a level that increases your heart rate and breathing while still being able to talk, but not sing a song. We often see this described as 30 minutes for 5 days each week; but studies have shown that benefits are seen no matter how you break it down or even if you achieve it as a "weekend warrior."

Exercise is considered a planned and structured event. However, even basic levels of physical activity can improve some symptoms. The important point

is to get up and move, whether taking a walk or just sweeping the floor. For people with depression the hardest part is often just getting started.

Tips to help with a plan for success are provided in the full-length version of this article (and past articles) in the Parish Health Ministry section of the CSUMC website. Please look there for excellent suggestions including low-cost fitness options!

Submitted by Vicky Shelton, D.Ph.  
CSUMC Parish Health Ministry Team





## Our Prayers

### *In the Hospital:*

Larry Best: Ft. Sanders

### *Recently Hospitalized:*

Dorothy Swearingen  
Sherrie Russell  
Amanda Ford

### *Christian love and sympathy to:*

The family and friends of John O. Kennedy, who died January 21.

The family and friends of Phyllis White Lindsey, mother of Patti Harris, who died on January 21.

The family and friends of Judge Harold M. Wimberly, Jr., who died on January 24.

The family and friends of Charlie Rash, who died January 28.

### **Our Presence: January 26**

Sunday School	51
Feedback Session	195
Sunday Worship	485
Resurrection (Youth)	80

### **Our Gifts: January 26**

Operating Budget	\$19,305.37
Building Fund	\$270.00
Other	\$844.23

## Altar Flowers

The Chancel Altar Flowers are given in loving memory of Alan and Linda Fletcher by their daughters, Susan Edwards, Jennifer Maulick and Amy Portnell.

The Chapel Altar Flowers are given in loving memory of Fred Stalcup, father of Clay Stalcup.

*Correction:* Last week, The Chancel and Chapel Altar Flowers were given in loving memory of Frank and Edna Word and Roscoe and Janette Reeder Word by Frank and Clatty Word.

## Our Church Family

IN MEMORIAM

### John O. Kennedy

Joined: 3/31/1963      Died: 1/21/2020

### Harold Wimberly

Joined: 4/11/1954      Died: 1/24/2020

### *New Arrival*

**Bomi Catherine Clements** was born April 2, 2018 in Seoul, South Korea. She was adopted by **Elizabeth and Dallas Clements** on January 15, 2020. Proud maternal grandparents are **Jo and Bill Terry**.

### *Baptism*

**Abram Rhett Galbraith**, son of **Andrew and Autumn Galbraith**, was baptized on January 26.

## Memorials

*In memory of:*

- **Sue Cox**  
*Building Fund:* Robert & Dawn Richardson
- **Shirley Kanipes**  
*Singles Ministry:* Stephanie Boyd
- **Howard Herndon**  
*Soup Kitchen:* Jim Boehms

## Honorarium

*In honor of:*

- **Tim & Terri Ward**  
*Music Ministry:* Ann Marie Tugwell

## LECTIONARY READINGS

### February 2

Micah 6:1-8  
Psalm 15  
1 Corinthians 1:18-31  
Matthew 5:1-12

### February 9

Isaiah 58:1-9a (9b-12)  
Psalm 112:1-9(10)  
1 Corinthians 2:1-12 (13-16)  
Matthew 5:13-20

## Contact Us

**Church Office**      [\(865\) 524-3048](tel:8655243048)

Hours: Mon.– Fri., 8 a.m. to 4:30 p.m.

Fax number      (865) 521-0288

**Pastor On-Call Number**      [\(865\) 320-9100](tel:8653209100)

For emergencies, call the On-Call Number and the pastor on call will answer or you may leave a message and the pastor will return your call.

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

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Twitter: [@ChurchStreetUMC](https://twitter.com/ChurchStreetUMC) and

Instagram: [churchstreetumc](https://www.instagram.com/churchstreetumc)

## Staff Directory

**Dial 521-0 + extension**

Senior Pastor      Chuck Starks–260

Senior Associate Pastor      Dawn Chesser–279

Associate Pastor      Palmer Cantler–298

Minister of Spiritual Enrichment      Jan Wade–264

Visitation Pastors

Rev. Andy Ferguson: 865-806-0086

Rev. Jim Bailes: 865-919-8328

Director of Music Ministries      Tim Ward–276

Music Associate/Organist      Edie Johnson–277

Children's Ministry      Katriyn Bancroft–282

Child Care Coordinator

Sarah Burtch: 865-567-0913

Youth/College Ministries      Jenny Cross–287

Preschool Director      Beth Libby: 865-524-3511

Church Administrator      Kate Spencer–268

Bookkeeper      Francine Jenne–267

Administrative Assistant      Kelly Woods–262

Executive Secretary      Doris Lively–271

Receptionist      Nancy Keen–270

Part-time Secretary      Eileen Weber–278

Director of Communications      Katie Strangis –299

Sterchi Lodge Caretakers

Jack & Barbara Bratton, 828-622-3524

Maintenance Supervisor      Keith Bailey–295

Head Custodian      Jeffery Rose–274

Custodians:      Dedra Ellison, Robin Crain,  
Kevin Bailey, Jacob Jenne

Beacon of Hope      Dona McConnell: 599-5047



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900 HENLEY AT MAIN  
KNOXVILLE, TN 37901