

## Worship OPPORTUNITIES

### Sunday, September 8

*Thirteenth Sunday After Pentecost*

#### Worship

8:30 & 11 a.m. – Nave

*Search Me*

Rev. Chuck Starks

Psalm 139:1-6, 13-18

### Wednesday, September 12

12 p.m. – Chapel

Rev. Jan Buxton Wade

### Sunday, September 15

*Fourteenth Sunday after Pentecost*

#### Worship

8:30 & 11 a.m. – Nave

*Words God Never Says*

Rev. Chuck Starks

Luke 15:1-10

### Wednesday, September 18

12 p.m. – Chapel

Rev. Dawn Chesser

#### Shop Hunger Helper Market

Stock up on delicious goodies while you can this summer. The final Hunger Helper Market will be this Sunday, September 8. Help us meet our goal of \$4,000 this season so that we may support our local mission efforts.

## HAPPENING AT CHURCH STREET

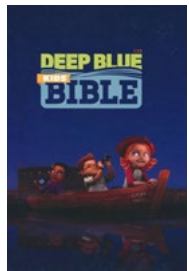
### Master Arts Series Features Compline on September 8

Join the 12-voice Compline Choir for a 30-minute service of sung prayers in the Nave on Sunday, September 8 at 8 pm. A medieval harp prelude featuring Anne Jackson will begin at 7:45, followed by readings by Rev. Jan Buxton Wade. Our organist for the evening will be our new organ scholar Justin Brueggeman. Attendees are invited to sit in the choir stalls for the service. We look forward to this beautiful service to commence our 2019-2020 Master Arts Series!



### Christian Education Sunday - 9/22

Join us on September 22 during both worship services, as we celebrate Christian Education Sunday. Our third graders will be presented with new Bibles, and we will recognize all who teach in our church and within our greater community. The following Friday, September 27, from 5:30 to 9 pm, our third graders will have the opportunity to explore and learn more about their Bibles as we share dinner and participate in games and other exciting activities. Please email Katryn Bancroft at [kbancroft@churchstreetumc.org](mailto:kbancroft@churchstreetumc.org) to sign up your child.



### Kinder Choir

Kinder Choir for Pre-K and Kindergarten students begins Sunday, September 15, from 5:15- 6:00 p.m. in Room 212. This opportunity, led by Erin Gamble and Maria Thompson, is a fun and interactive way to introduce young children to music. If you have questions, or would like to sign up, please contact Edie



### SASH Hosts Stop The Bleed Class on 9/15

The Safety, Accessibility, Security and Health Committee (SASH) will host UT Medical Center's certified instructors on Sunday, September 15, 4-5 pm for a "Stop the Bleed" class. UT offers this course FREE of charge, but reservations are required. Please call the church office at 524-3048 to make your reservation today.



## Calendar: September 8 - September 14

### Worship

Worship  
 Sunday, 8:30 & 11 am, Nave  
 Rejoice! TV Broadcast - **NEW TIME**  
 Sunday, 8:00 am, WVLT-TV  
 Midweek Noonday Service  
 Wednesday, 12 pm, Chapel

### Sunday School 9:40 AM

### Music

Parish Youth Choir Rehearsal  
 Sunday, 4 pm, rm-306  
 Primary Choir Rehearsal  
 Sunday, 5:15 pm, rm-304  
 Chorister Choir Rehearsal  
 Sunday, 5:15 pm, rm-306  
 Compline Rehearsal  
 Sunday, 6:30 pm, rm-306  
 Compline  
 Sunday, 7:45 pm, Nave  
 Parish Adult Choir Rehearsal  
 Wednesday, 7 pm, rm-306

### Meetings & Ministry

Hunger Helper Market  
 Last Chance to Shop!  
 Sunday, 9/8, 8 am, Breezeway  
 Benevolence Team  
 Monday, 12 pm, Office  
 Soup Kitchen  
 Thursday, 11 am, Parish Hall  
 Open Gym  
 Sunday, 4 pm, Gym  
 Dr. Wender's Bible Study  
 Sunday, 3:30 pm, rm-204  
 Sharing Shop  
 Monday, 12 pm, CLC-126  
 Food 4 Kids Packing  
 Tuesday, 5:15 pm, rm-118  
 Records and History Committee  
 Tuesday, 5:30 pm, rm-201C  
 Congregational Care  
 Tuesday, 6 pm, rm-204  
 Worship Committee  
 Tuesday, 6 pm, rm-201A  
 Ladies Bible Study  
 Wednesday, 9:30 am, rm-201A

### Meetings & Ministry

Wednesday Lunch (\$8.00)  
 Wednesday, 12:30 pm, Parish Hall  
 Trustees  
 Wednesday, 6 pm, rm-201A  
 Pastor's Bible Study  
 Wednesday, 7 pm, rm-204  
 Community School of the Arts  
 Board Meeting  
 Thursday, 11:30 am, rm-201A

### Beacon of Hope

BOH Benevolence Team  
 Tuesday, 12 pm, Vestal UMC  
 BOH Sharing Shop  
 Thursday, 12 pm, Vestal UMC

### Singles & Fellowship

Lunch Bunch  
 Sunday, 12:30 pm, Offsite  
 Bridge Group  
 Monday, 6 pm, rm-201C  
 Line Dance Lessons  
 Thursday, 6:30 pm, Gym

### Children & Youth

NightLife  
 Sunday, 5:15 pm,  
 CLC Lower Level  
 Youth Band  
 Wednesday, 6:15 pm,  
 CLC Lower Level  
 High School Prayer Breakfast  
 Thursday, 8 am, Offsite  
 Gameday Parking  
 Saturday, all day, Parking Lots  
 Wesley House Tutoring  
 Tuesday, 4:15 pm, Wesley House

### UMW

Circle #6  
 Monday, 1:30 pm, Chiles Room  
 Circle #10  
 Tuesday, 10 am, rm-204  
 UMW General Meeting  
 Tuesday, 11 am, Chapel  
 Circle #11 Mary & Martha  
 Wednesday, 7 pm, rm-103

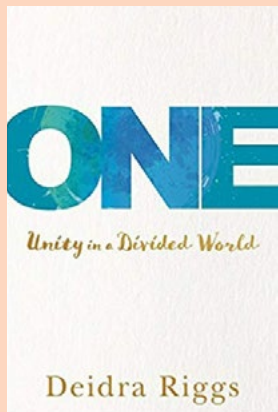
### Newsletter Deadline:

Please submit written articles and photos that you wish to be published in the next edition of *The Messenger* by Friday, September 6 at noon to: [communications@churchstreetumc.org](mailto:communications@churchstreetumc.org).



### UMW Book Review on September 18

We will discuss "Education for Mission," and Rev. Pat Clendenen will review *One: Unity in a Divided World* by author Deidra Riggs on Wednesday, September 18, at 1:30 pm in Room 204. All are invited to join. Please contact Nancy Christmas for more information.



### UMW September General Meeting

Church Street United Methodist Women invite all to join us on Tuesday, September 10 at 11:00 am in the Chapel for our general meeting.

**Speaker:** Mary Jane Rogers

**Topic:** Volunteer stories with Random Acts of Flowers and how it began right here in Knoxville!



**Luncheon to follow at noon in the Parish Hall:** Please make a reservation with the church office (524-3048) by Friday, 9/6. Cost for lunch is \$10. Contact Elaine Ralston at 966-7215 if childcare is needed by Tuesday, 9/3. Enjoy being together and being inspired!

### Communications Preferences

Church Street shares information weekly in three places: *The Messenger*, the Order of Worship and Announcement Insert, and a weekly announcement email each Thursday. Don't miss out on important events and information about Church Street this fall; we have much going on in the life of the church! Contact Katie Strangis at [kstrangis@churchstreetumc.org](mailto:kstrangis@churchstreetumc.org) to ensure you are receiving information at your updated address/email address.



## CLERGY CONNECTION

Together, let's think about ...  
*Hearing Loss & How  
We Can Help*

The allergy season of 2002 was a difficult one for me. Not only was I sneezing and coughing, but I was having trouble hearing. I thought maybe my ears were stopped up along with everything else. So I made an appointment with an Ear, Nose and Throat specialist.

It turned out that while I did have significant allergies that could be helped by immunotherapy, the problem with my hearing had nothing to do with my allergies. My doctor referred me to an audiologist. After a complete test of my hearing, we discovered that I had what was characterized as moderate-to-severe congenital hearing loss. The good news was that my problem could be greatly improved by wearing hearing aids.

At the time I was a single mother to two elementary-aged sons. I didn't have a lot of extra money in my budget. While the hearing test was covered by my insurance, the hearing aids were not. I simply could not afford to pay the cost of hearing aids out of pocket. And so I continued to suffer from my hearing loss for another decade.

In 2013, I was hired by the General Board of Discipleship. When it came time to choose a family insurance plan, I discovered that the GBOD plan offered something that the State of Tennessee plan did not: a significant annual benefit for hearing aids. We went with the GBOD plan so that I could finally

get the hearing aids I had needed for more than ten years.

Hearing aids have greatly improved the quality of my life. I wear my hearing aids all the time. They are the first thing I put on in the morning and the last thing I take off at night. I only wish that I had not had to wait so long to get them.

**Our goal is to collect hearing aids that are no longer being used, have them cleaned and reprogrammed, and distribute them to persons who can make good use of them.**

Because of my own experience, I have developed a great passion for advocating for people with hearing loss. I feel that hearing aids should be covered by insurance; that hearing loss should not be stigmatized; and that being able to hear should not be considered optional when it comes to overall health and wellness.

Last year I got a new pair of hearing aids. But my old pair was still in great shape. I was simply upgrading. I began to wonder what happened to hearing aids that were no longer needed by a person. For example, when a loved one dies and leaves behind a great pair of hearing aids, what does the family do with them? These are instruments that cost anywhere between \$2000 and

\$5000! This is not just a matter of waste. It is a matter of *good stewardship*! Surely, used hearing aids could be reprogrammed and given to people who simply did not have the resources to pay for them. I raised the question with the Parish Health Ministry team, and the idea of creating a way to collect, reprogram and redistribute gently used hearing aids was born.

The Church Street Hearing Aid Repurposing Project (HARP) operates under the umbrella of the Parish Health Ministry. Our goal is to collect hearing aids that are no longer being used, have them cleaned and reprogrammed, and distribute them to persons who can make good use of them.

If you have a pair of hearing aids in your possession that are no longer being used, please consider donating them to HARP. Your donation is tax-deductible. To donate, simply put the hearing aids and any accessories that might be with them in a box or a bag and drop them off at the church office. Let the office staff know they are a donation for HARP, and are to be directed to me, Rev. Dawn Chesser. If you are unable to drop them off, please contact me so I can arrange to have them picked up. You can reach me at 865-208-0852 or [dchesser@churchstreetumc.org](mailto:dchesser@churchstreetumc.org).

— Dawn



# Parish Health News

## Is it Safe to Take an Expired Medication?

Most health care professionals will advise you not to do so since this is the safest response. However, I suspect many of us have done it. This information is provided to help you make the best decision when faced with the same situation again.

The two main concerns with using expired medications are:

1. Loss of potency
2. The drug may become toxic as it degrades.

Loss of potency results in decreased effectiveness. Solid dosage forms (tablets/capsules) tend to be more stable than liquids. Liquids reconstituted from a powder and requiring refrigeration are least stable. These are typically children's antibiotics, which would leave an infection under treated if used past the expiration date. It is also unwise to use an expired medication for what could be a life-threatening condition. Examples of this include Epi-Pen for anaphylactic allergic reactions and nitroglycerin tablets for chest pain. However, using the expired medication is certainly better than no treatment!

The one report of a medication becoming toxic as it degrades dates back to 1963. This was a case of kidney damage that may have been caused from taking expired

tetracycline (an antibiotic). Since then tetracycline has been reformulated and no similar problems have been reported.

Consideration should also be given as to whether the medication contains preservatives. This is usually true for eye drops and injectables. A loss of effectiveness for the preservative could result in diminished protection from bacterial contamination.

You may be surprised to learn that the manufacturer is not required to determine actual length of potency. It is left up to them to select a desired date for testing. For example, if they choose a 2 year expiration date, they do not have to test it beyond that date. The FDA requires that a drug maintain 90-110% of original potency, as indicated on the label, under proper storage conditions at the expiration date.

Most literature on the issue quotes a study initiated by the FDA many years ago at the military's request which resulted in the Shelf Life Extension Program for the Department of Defense. Replacing expired drugs in their emergency stockpiles is a significant expense to the government.

This study found that 88% of the lots tested for 122 medications should have

their expiration date extended by more than a year. (Extensions averaged 5.5 years to maximum of 23 years.) It should be noted that the drugs were stored in their original packaging and according to the manufacturers' recommendations.

Once a drug is removed from the original packaging, the manufacturer's date can no longer be relied on according to regulations. When the pharmacy removes a prescribed amount to dispense in another container, an expiration date of one year from the dispensing date may be applied or the date on the original bottle if shorter than a year.

General guidelines are that you should not take an expired product:

- for any drug that must be monitored by checking a blood level
- that is injected
- that has not been stored properly
- that looks old (crumbly, powdery, or dried up creams/ointments) or has a strong smell (especially true for aspirin).

**Submitted by Vicky Shelton, D.Ph.**  
CSUMC Parish Health Ministry Team  
September 2019

## Youth Choir Retreat

August 17-18, 2019

Held at The Standard, Downtown Knoxville





LET'S CELEBRATE TOGETHER!

Preschool Turns 50!

September 15, 2019, 9:40 AM

Join us for memories, fellowship, cake, activities, and a special take-home item!

## Preschool Memories

One could conclude that I have a long standing relationship to our Church Street Preschool! I have had both of my sons (Devin and Preston) who attended and Devin's son Gavin also came to Church Street. Miss Terry and Miss Cindy were teachers of the 2-year-old and 3-year-old classes and were Preston's first "loves." He announced to me he was going to marry both of them but did not know how he could fit his car seat, Miss Cindy, and Miss Terry into the front seat. Devin loved the playground and especially the sandbox; he and a friend decided to "wash" their hair with sand. Gavin, whose birthday falls in December, wondered why they did not close on *his* birthday since they were closed for Jesus' birthday. As we celebrate this major celebration of the Preschool, I give thanks for the many memories, love, and guidance that the teachers have given over the years to the children who have come here and the blessed outreach of this ministry to families. — Elaine Ralston

Join Us on 9/15 for:

- Special Story Time Readers
- Tours of the Preschool
- Birthday Cake
- Special Activity
- Souvenir Bookmark

Join us as we share stories, learn about volunteer opportunities, and share more about this ministry's 50-year history!



### Falling in Every Direction: Gravity and Grace, Women's One-Day Retreat

Somewhere around mid-life, gravity sets in. That mountain we've worked so hard to climb begins to crumble. We thought that we would have reached the summit by now, or at least an overlook on the way, where we would have a clearer view of the horizon, an assurance that we had risen above early-adult mix of over-confidence and confusion. We've learned how to perform pretty well.

We've invested ourselves with achievement, acquisition of relationships and possessions and activities. We've been busy, and we have photos and resumés to prove it. We're also tired, bored sometimes, despairing over our aches and pains or the loss of friends and loved ones who sheltered us earlier in our lives. We keep bumping into our limitations and our same-old mistakes. We wonder just where the next leg of our journey will take us. Where is God in this? Before, behind, above, beneath, within, without us. Tugging at us like gravity, teaching us how to fall into the freedom of grace.

You're invited to attend a Day Apart on Friday, 10/11, 9:30-2:30 at CSUMC, where Rev. Claire Keene will lead us in exploring the spiritual gifts of living "over the hill." Cost is \$30 for materials and lunch. Space is limited. For reservations or more information contact Rev. Jan Wade by 10/7 at [jbwade@churchstreetumc.org](mailto:jbwade@churchstreetumc.org).

### Upcoming Singles Events

**9/8:** Lunch Bunch at Sweet P's BBQ on Maryville Pike (12:30 pm)

**9/17:** FOCUS with local historian Laura Still

**9/27:** Fourth Friday Game Night (6:30 pm, CLC)

**9/28:** Road Trip to Brushy Mountain Maximum Security Prison (meet at 9 am at Church)

For more info or to reserve your spot at these events, call the Church Office: 524-3048.

## Our Prayers

### In the hospital

Bob Columer: Ft. Sanders  
Jeannine Chapman: Parkwest

### Home from the hospital

Dr. Katherine Dabbs  
Jack Goodwin Dabbs  
Paula Buckner  
Donna Walker  
Lisa Loop

### Christian love and sympathy to:

The family of Gladys Cantler, grandmother of Rev. Palmer Cantler, who died on August 30.

### Our Presence: August 25

Sunday School	297
Sunday Worship	480

### Our Gifts: August 25

Received toward Budget	\$18,375.22
Building for Christ Campaign	\$ 170.00
Hunger Helper	\$255.00
Other	\$ 7,533.00

### Our Presence: September 1

Sunday School	247
Sunday Worship	480

### Our Gifts: September 1

Received toward Budget	\$ 24,762.66
Building for Christ Campaign	\$ 1,071.00
Hunger Helper	\$300.00
Other	\$11,955.80

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## FINANCIAL UPDATE

As of 7/31/2019

Look for this information once each month in the *Messenger* to stay up-to-date with our financials.

Expected Contributions	
Year to date:	\$1,189,978
Received Contributions	
Year to date:	<u>\$1,116,639</u>
Shortfall	\$73,339

## Our Church Family

### New Arrival

**Jack Goodwin Dabbs** was born at UT hospital on August 28 to Drs. Bill and Katherine Dabbs.

### Baptism

**Rhett Wilder Ladd**, son of Chelsea and Zachary Ladd, was baptized on August 25.

## Memorials

In memory of:

- **Eva Payne**  
*Capital Campaign:* Friends in Christ Sunday School Class
- **Mary Halcie Palm**  
*Stephen Ministry:* Seekers Sunday School Class
- **Jean Rhyne**  
*Master Arts Series:* Ed Rhyne
- **David McLain**  
*Master Arts Series:* Verna McLain & Herman Sain
- **Mary Jane Ripley**  
*Capital Campaign:* Powell High School

## Honorariums

In honor of:

- **Barna & Mary Ann Gibson**  
*Anthem Gift:* Suzanne Matheny
- **Jane Smethells Gulley**  
*Anthem Gift:* Gerald Gulley
- **Tim Ward**  
*Anthem Gift:* The Hollingsworth Family
- **Eddie Johnson**  
*Anthem Gift:* The Hollingsworth Family

## Altar Flowers

The Chancel Altar Flowers are given in loving memory of Charles & Ellie Rader by their children and grandchildren.

The Chapel Altar Flowers are given in loving memory of James R. Carroll, Sr., by the Carroll Family.

## LECTIONARY READINGS

### September 8

Jeremiah 1:4-10  
Isaiah 58:9b-14  
Hebrews 12: 18-29  
Luke 13:10-17

## 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](tel:8655210288)

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	Katryn Bancroft–282
Child Care Coordinator	
	Sarah Burtch, 865-567-0913
Youth/College Ministries	Jenny Cross–287
Preschool Director	Beth Libby: 524-3511
Church Administrator	Kate Spencer–268
Bookkeeper	Francine Jenne–267
Administrative Assistant	Kelly Woods–262
Executive Secretary	Doris Lively–271
Receptionist	Nancy Keen–259
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
Beacon of Hope	Dona McConnell: 599-5047



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