

Worship OPPORTUNITIES

Sunday, May 3

Fourth Sunday After Easter

Worship

10 a.m.

Church Street's YouTube Channel

[Youtube.com/ChurchStreetUMC](https://www.youtube.com/ChurchStreetUMC)

Grateful for the Gate

Rev. Chuck Starks

John 10:1-11

"Rejoice in the Lord Always"

Thaddeus P. Cavuoti

Erin Johnson and Erin Gamble

**Monday, May 4 &
Thursday, May 7**

12 p.m.

Live Devotion - Facebook Page

(Video may be found on our website following live virtual event on Facebook)

SENIOR SUNDAY UPDATE

The seniors in our youth department have met and discussed how they would like to celebrate Senior Sunday this year. We will celebrate our seniors later this summer, when we can hopefully be together in person. **To our 2020 graduates:** Your church family loves you, we support you, and we are so proud of you!

HAPPENING AT CHURCH STREET

Pastoral Transitions at Church Street

As members of the United Methodist Church, we know that one constant is change. The following pastoral changes are projected to take effect July 1, 2020:

Rev. Chuck Starks is projected to serve as pastor at another church in the Holston Conference. We give thanks for Chuck's ministry at Church Street, and, in the coming weeks, we will announce a time to honor his service prior to his last Sunday on June 13. Rev. Palmer Cantler will continue to serve at Church Street as Associate Pastor, and we are grateful for her leadership in our worship and among our church family during this time.

Rev. Catherine Clark Nance is projected to serve as the 42nd Senior Pastor at Church Street. Church Street will be Catherine's seventh appointment; she currently serves as Senior Pastor at First UMC Maryville. She earned a B.S. in Political Science from the University of TN Chattanooga and her M.Div. from Duke Divinity School. She and husband Brad have been married for 36 years and have two adult sons, James and Steven. Catherine enjoys riding her bicycle, walking, and black coffee, and she is the older sister of former CSUMC Associate Pastor Barbara Clark. Catherine shares, "I am so thankful for the talented staff at Church Street and look forward to working with them. Church Street UMC is known for its far-reaching ministry and inspiring worship; I am humbled to have the opportunity to be a part of this community."



Rev. Timothy Best is projected to serve as Senior Associate Pastor at Church Street. Tim currently serves as Pastor at Saint Paul UMC in Fountain City, and Church Street will be his third appointment in the Holston Conference. Tim graduated with a B.A. in History and Religion from Emory & Henry College, followed by his M.Div. from Duke Divinity School. Tim likes black coffee, canoeing, BBQ, and reading. He is married to Christina, an education specialist, and they have two young children, Athan and Kate. Tim shares, "I am excited to serve God with the faith family at Church Street UMC."



We look forward to welcoming Catherine, Tim, and their families for their first Sunday at Church Street on July 5!

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.

Memorials

In memory of:

- **Carolyn Bailey**
Memorial Fund: Nancy & Robert Heller
- **Rev. Larry Best**
Building Fund: Bill Stoess & Mary Cartwright
- **Mary Carmichael**
UMW: Lou & George McNutt, Jr., Sally Harris, Ronald, Ed, & Josie Bullard, Anonymous
- **Dr. David Craig**
Music Fund: Mary Jane & Jim Rogers
- **Sue Cox**
Music Fund: Mary Jane & Jim Rogers
- **Shirley Stanberry**
Music Fund: Mary Jane & Jim Rogers
- **Amanda Jackson Stoess**
Soup Kitchen: LaNoka Rhodes, Mary Jane & Jim Rogers, Anonymous
- **Judge Harold Wimberly, Jr.**
Altar Guild: Mary Jane & Jim Rogers

Honorariums

In honor of:

- **Rev. Jan Buxton Wade**
Building Fund: Anonymous
- **Jim Boehms**
Soup Kitchen: Mary Jane & Jim Rogers



Food Buckets for Zimbabwe

HANDS-ON MISSION PROJECT

This May, Church Street will participate in the Hands-On Mission Project to fund and assemble food buckets for Zimbabwe. To protect the health and safety of our congregation, the CSUMC Missions Team will collect money to fund each bucket (\$30), and designated members of the team will shop for and assemble the buckets. To give, please mail \$30 to the church office or give online using the link at left by May 24. Thank you for supporting this crucial missions effort!

GIVE

ChurchStreetUMC.org/give

Year-Long Bible Study

Find the year-long bible study online as well at ChurchStreetUMC.org/Connect		April 30	May 1	May 2	May 3
		1 Kings 16-17	1 Kings 18-19	1 Kings 20-21	1 Kings 22
May 4	May 5	May 6	May 6	May 7	May 8
2 Kings 1-2	2 Kings 3-4	2 Kings 5-6	2 Kings 7-8	2 Kings 7-8	2 Kings 9-10

ZOOM CALENDAR - WHAT'S AHEAD THIS WEEK:

CSUMC is committed to helping our communities - large and small - stay connected virtually during our time apart.

To assist with this, we have purchased four Zoom licenses that are available to use for your small group or committee meetings, UMW Circle gatherings, Sunday School classes, and more. We are able to set up a recurring call or a one-time meeting, for up to one hour of time together. No computer? No problem - there is an option to dial in from your home or mobile phone, even if you do not have video capabilities, so that you still have the opportunity to connect.

At right, find a listing of upcoming small groups meeting through Zoom in the coming weeks. If you would like to join an open meeting, simply call or email Kate Spencer, and she will share the pertinent information to connect, unless noted differently in the listing at right: 865-521-0268 or kspencer@churchstreetumc.org.

Sunday School Classes:

Open Doors: Sundays at 9 am

Epworth: Sundays at 10:30 am

Seekers: Sundays at 11 am (AmyElias.UTK@gmail.com)

Youth Ministry:

Sundays at 5:45 pm

Choir:

Wednesdays at 7 pm

Chorister & Primary Choir:

Tuesdays at 11:30 am

(ejohnson@churchstreetumc.org)

Missions Team:

Wednesday, 5/6 at 7 pm

Young Adult Game Night:

Thursdays at 7 pm

(pcantler@churchstreetumc.org)

Coming up:

UMW Circle 12 (May 12 @10:30 am), Mary & Martha Circle (May 13 @5:30 pm)

Parish Health Ministry

Preventing Falls – Test and Assess Your Risks

Anyone can experience a fall; however, the consequences are often much greater for those age 65 or older. Fractures, head trauma, and serious bleeds that occur can be disabling. Even no injuries can lead to a fear of falling which results in decreased physical activity and avoidance of social activities. Quality of life may be decreased with any of these outcomes.



Risk factors can be divided into 3 categories:

1. Physical conditions
2. Medications
3. Environmental hazards

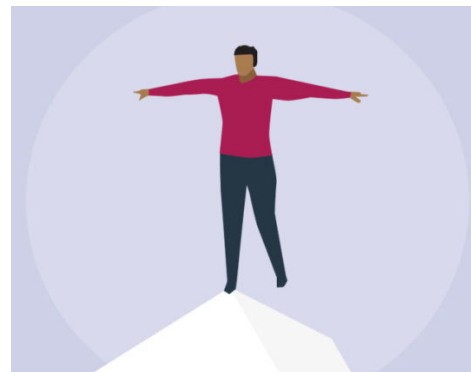
Additional information on each of these, recommendations within each category, and what to do when you fall can be found in an expanded version of this article within the Parish Health Ministry section of the CSUMC website.

A combination of factors usually leads to a fall; however, problems with gait, balance, leg strength, and reflexes are the most common predisposing factors. The "Timed Up and Go" test can be used to assess risk. To test yourself, measure off 10 feet from an arm chair. Begin seated and check the time it takes you to stand, walk at your usual pace to the line, turn around, walk back, and sit. A time of ≥ 12 seconds could mean an increased risk of fall.

Studies show that home-based and group-based exercise programs decrease falls. If you are more motivated within a group, look for programs like "Silver Sneakers" (online videos are available if you qualify - go to [silversneakers.com](https://www.silversneakers.com)). Make sure the program includes balance and leg strengthening in addition to weight-bearing activities such as walking. I highly recommend the Fun Fitness classes offered at Fountain City Central Baptist Church. These classes are free to participants age 60 and older, no membership required. They are held in the gym so plenty of room for social distancing when classes resume. There are also many great video options on YouTube.

If you prefer to exercise on your own at home, the following are a good place to start.

1. For balance
 - Stand on one foot for 10 seconds, repeating 10 to 15 times on each leg
 - Walk in a straight line
 - Walk heel to toe
2. For leg strengthening (aim for 2 sets of 10 to 15 repetitions)
 - Back leg raises
 - Side leg raises
 - Knee curls
 - Toe stands



Begin by holding onto the back of a sturdy chair while standing or use a countertop or wall for support. As you improve, progress from holding with both hands to one hand, then one finger, then no hands.

Another leg strengthening exercise is sitting in a sturdy chair with no arms, stand and sit 10 to 15 times (repeat for another set). Use your hands if needed and progress to no hands, with arms crossed over chest, or extend arms out in front of you.

A tip to remember when practicing any balance exercise is to find a spot out in front of you to stare at. Focusing on that spot will help you tune out distractions and become more centered. The same is true whenever you experience dizziness.

If you feel unable to safely participate in these types of exercises, consult with your physician. Physical therapy may be a better place to start.

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

Our Prayers

Recently Hospitalized:

Hill Henry: UT
Catherine Miles: Ft. Sanders
Cynthia Thompson: Ft. Sanders

Christian Love and Sympathy to:

The family and friends of Jim Wright, brother-in-law of Sandra and Gene Flinter, who died on April 22.

The family and friends of Thelma Irene Lovell Diggs, mother of Terrye Danner, who died on April 29.

Our Presence: April 26

Sunday Worship 457

457 screens were tuned in to our online worship service Sunday morning as it premiered at 10 am. The number is likely higher than this, as we are aware families were watching together from one screen, and others viewed the service at a later time/date. As of printing, the worship service had been viewed more than 578 times.

Our Gifts: April 26

Operating Budget	\$40,000.00
Building Fund	\$50,825.00
Other	\$4,754.00

Altar Flowers

The Altar Flowers are given in loving memory of her parents, Margaret and George McAfee, by Ann Warwick.

**GIVE
PLUS⁺**

Give Plus App

It's easier than ever to tithe and give to Church Street. In three steps, you can download, set up, and give directly from a secure mobile giving app. Please search for the GivePlus app in your App Store or Google Play, select Church Street UMC, and begin your donation.

NEED TO GATHER A SMALL GROUP?

This week, the Bishop shared more information about her decision to **keep Holston Conference churches closed until further notice**. Though we cannot meet together in person at this time, we encourage and recommend small groups and committees plan a virtual meeting to touch base and address any business. The church has four Zoom Pro accounts to use. Please contact Kate Spencer at kspencer@churchstreetumc.org to set up your meeting. Let's continue to be in relationship with one another in the virtual world!

The Bishop's letter can be found at www.Holston.org.

LECTIONARY READINGS

May 3

Fourth Sunday of Easter

Acts 2:42-47
Psalm 23
1 Peter 2:19-25
John 10:1-10

May 10

Fifth Sunday of Easter

Acts 7:55-60
Psalm 31:1-5, 15-16
1 Peter 2:2-10
John 14:1-14

Celebrating Our Great 90s

We celebrate the Great 90s birthdays for May! Let's keep these members of our church family at the top of prayers during this time.

Lily Willard - May 17
Dottie Winfrey - May 30

Carolyn Bailey, who died in March, was one of our members in her 90s. She died before we could recognize her, but we lift her up in prayer, giving thanks for her life.

Contact Us

Church Office (865) 524-3048
Fax number (865) 521-0288

Pastor On-Call Number (865) 320-9100

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

Follow us on Facebook: [@csumcknoxville](https://www.facebook.com/csumcknoxville),
Twitter: [@ChurchStreetUMC](https://twitter.com/ChurchStreetUMC) and

Staff Directory

Dial 521-0 + extension

Senior Pastor	Chuck Starks-260
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
	Rev. Pat Clendenen: 865-406-3854
Director of Music Ministries	Tim Ward-276
Music Associate/Organist	Edie Johnson-277
Children's Ministry	Katryn Bancroft-282
Child Care Coordinator	
	Sarah Burch: 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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