



CONGREGATIONAL
PRAYER CONCERNS

The Asante family	Bob Jones
Vivian Barnes	Ann Kellman
Janey Bassett	Gary Kellman
Tia Bassett	Kirk Kellman
Juanita Bilyeu	Mary Byrd King
Nathaniel Bone	Mike Lee
Robert Buck	Annette Lynch
Savannah Lynn Caylor	Brian Maffett
Peggy Cho	Sylvia McCann
Scott Crouch	Paul McLendon
Faye Curry	Linda McConnell
Michael Curry	Harper Mynatt
Mary Mac Darnell	Larry Norton
Ferdinand DiFurio	Rob Poteet
Nadia DiFurio	Mary Jo Rogers
Delaney Duncan	Roxanne Self
Hazel Dyer	Hazel Smith
Brian Lee Foster	Sarah Stockton
Elaine Funk	Tommie Thackston
Mary Garrison	Jessie Watts
Nate Griffis	Pam White
Geneva Harris	Harriett Wright
Hunter Harris	
Joe Hix	

Sympathy and Prayer

Andrea Batson and family, on the death of her father, Robert Toth of Bowling Green, KY.

Charlie Macke and family, on the death of his wife, Karen Macke.

FROM OUR SENIOR PASTOR

As we continue this journey through the COVID-19 crisis, we have to rely heavily on all our tools for coping. As I shared in my *Grace Note* on April 1, processing our emotions and coping relationally will become an increasing challenge. Emotional health is a key to spiritual well-being. National medical leaders are now emphasizing how, just as we are addressing the physical aspect of COVID-19, there are also mental health concerns.

This time of disruption in the normalcy of our lives is a trigger for a wide range of emotions associated with loss. We are grieving the loss of normalcy. We are grieving the loss of events in our life that provide meaning and assurance, like Easter, family gatherings, shared meals, graduations, etc. All of us grieve differently. Elizabeth Kubler Ross has helped us identify five “stages” of grief: Denial and Isolation, Anger, Bargaining, Sadness and/or Depression, and Acceptance. From my experience over the years, I find that these stages are not always linear, following one after another. One or more aspects of grieving may be interwoven with another. That means we are full of emotions, responses, and reactions, many of which we don’t always understand in a given moment. Growth in understanding what is going on inside of us is a helpful spiritual practice.

Last week I shared a reference to Brene Brown’s *List of Core Emotions* that emerged from her research. Brene encourages us to help our children, youth, and ourselves name these emotions more specifically and talk about what’s going on inside of us. Here is the list: anger, anxious, belonging, blame, curious, disappointed, disgust, embarrassment, empathy, excited, fear, frustrated, gratitude, grief, guilt, happy, humiliated, hurt, jealous, joy, judgment, lonely, love, overwhelmed, regret, sad, shame, surprised, vulnerable, worried. That is quite a list. Brene’s data documents that these emotions are our most common responses to how life unfolds around us and inside of us. Greater understanding hopefully allows us to process the emotions in healthier ways. Name it, claim it, and process it. This is not just a mental health process, but a spiritual journey.

We are in this together. We will cope better by leaning on one another through conversation and prayer for one another. Please notice the list Tracy Epps offers in another article in this newsletter. We all have our ways of coping, processing and navigating very difficult circumstances. The social distancing is very hard. It is contrary to every instinct we have as a Christian community. So, we must find ways to connect creatively on line, by phone, with social media, neighbor to neighbor at a safe distance, with letters or cards, etc. We are all grieving. Emotional healthiness is a key to spiritual health. Let’s lean on each other to cope as we share this challenging journey together!

~ Kevin

Sunday Services

Worship Service:

8:30, 10:55

9:45 a.m. Sunday School

10:55 a.m. Service Broadcast on
News Talk FM 94.1/AM 1600

Nursery Available

Sunday Worship and Sunday

School: 8:15 a.m. to 12:15 p.m.

Children ages birth to 3 years

Phone: 931-526-2177

Fax: 931-372-9905

Email: office@cookevillefumc.org

www.cookevillefumc.org

BY OUR PRESENCE

Sunday, March 29, 2020

Total Online Worship Views: 460

Sunday, April 5, 2020

Total Online Worship Views: 582

BY OUR GIFTS

Actual Receipts for Two Weeks \$49,916.65

Actual Expenses for Two Weeks \$52,439.42

ONLINE GIVING

During this time of social distancing, we have several ways for you to continue supporting the ongoing ministries and operating expenses of your church.

- Mail your check to 165 E Broad St. Cookeville, TN 38501
- Automatic draft on the 5th and/or 20th each month.
- Online giving by credit card
- Online giving through recurring donations

Please call LuAnn in the church office at 526-2177 if you would like to setup automatic draft or have any questions about other options. Online giving is available through our website at www.cookevillefumc.org/giving. Thanks for your continued support during these different times!

Something to Look Forward To...



FUMC Kids Summer Day Camp

→ Club 456 Camp:

June 2, 9, 16, 23

→ Children K-6th Camp:

June 4, 11, 25

Get the Newsletter Online!

Consider getting the Cookeville Methodist digitally! In addition to helping us save on postage and printing costs, you'll get the newsletter in full color before the printed copy has even been folded! Send an email to office@cookevillefumc.org with "Newsletter" in the subject line with your first and last name. Every other Tuesday you'll receive an email with a link to the current newsletter. You can also find it (along with past editions) on our website at www.cookevillefumc.org/resources/fumc-newsletters.



For updated information, please visit us online at www.cookevillefumc.org or find us on Facebook and Twitter.

PRACTICAL TIPS FOR COPING WITH COVID -19

Tracy Epps is a member of our Church Community Health Team. She shares a few tips:

1. Neck pain and tension headaches are common during this stressful time. Check out on YouTube: Bob and Brad - Physical Therapists. They offer a variety of good videos and demonstrations of helpful home exercises and treatments.
2. Bored at home? This is a great time to clean out your medicine cabinet and discard expired medications, and make an accurate list of the medicines and supplements you are actually taking and how often. Your health care provider will appreciate it! If you have more than one provider prescribing medications, there is a good chance your primary care provider is not aware of everything you take, or have stopped taking. Old medications can be taken to local city police departments or Putnam County Sheriff's office for disposal. Be aware, you may temporarily have trouble finding enough prescription drugs for your daily maintenance dose, due to COVID-19. Check with your doctor and pharmacy for advice ahead of time.
3. Take a walk! Maybe even take a trash bag to tidy up the neighborhood. This is a great way to get exercise and be a good steward of our beautiful community.
4. Do not forget to eat regularly and drink enough water. With our daily routines disrupted, it is easy to forget these things and we need to stay healthy!
5. At this time of Lent, I was reminded of Catherine Marshall's "Fast from Criticalness". From the book, *A Closer Walk* (1968), her insights are so applicable today. Search for it on Google or on the website Renovare.
6. Don't forget to put out Easter decorations! Easter is still coming, God is with us, and the worst has already happened! Find and share JOY!

JERE WHITSON UPDATE

The principal of Jere Whitson reached out to FUMC for help with student supplies. He stated, "In an effort to ensure that every one of our students has access to learning opportunities during our remote learning time, we are producing home learning packets for 360 students each week". They are also supporting students and families with online learning resources, but not all will be able to access learning remotely, even if they have access to internet and a device. With that being said, the school was in need of copy paper, crayons, and glue sticks to create learning packets for students. The church and some members from the Jere Whitson team were able to meet these needs within a couple of hours. Other items may be needed later on. Please watch the newsletter or website for updates on Jere Whitson. Thank you for your support and dedication to Jere Whitson. I miss you all and hope to see you soon.

~ Tamika Parker

HOW TO ACCESS SUNDAY SERVICES

Visit www.cookevillefumc.org, and click the *Sunday's Service and Devotionals* slide. From there, you will be taken to a page that lists all the previously recorded sermons. Click on the date of the sermon title you want to watch, and you will be redirected to our YouTube page and the list of sermons. You can also live stream our service each Sunday on YouTube under CookevilleFUMC. There is a link to that page above the sermon titles on our web page.

Don't have Internet access? We also broadcast via radio at 11 a.m. on NewsTalk FM 94.1.

YOUTH MINISTRIES UPDATE



In these very strange and stressful times, the youth of CFUMC have been trying our best to stay in touch any way we can! Though we can't meet in person, our Wednesday

small groups have met on Zoom for the last two weeks. Text Adam at 931-808-6804 if you have a youth that would like to join any of these groups!

4 p.m.: High School Girls

4:30 p.m.: Middle School Girls

5 p.m.: Co-Ed Group

5:30 p.m.: Middle School Boys

6 p.m.: High School Boys

In addition, we have also rebooted our Alpha course that meets on Sundays at 6 p.m. Alpha is a video series that we are able to run through Zoom and explores the basics of the Christian faith while letting youth ask questions related to the topic of that week. Last time we met, we discussed how to read the Bible (and talked a little about the book of Revelation of all things!) and encouraged all participants to read through the Gospel of Mark this Easter week. If not now, when?! Again, if you would like to join this group on Sundays, text Adam and he will send you a link.

THANK YOU FROM THE PARTINS

Thank you, thank you to the wonderful congregation of the Cookeville First United Methodist Church. We have moved to a new home closer to our children. We have enjoyed twenty years of membership at Cookeville FUMC. Through the years we have made many new Christian friends, we have found opportunities for growth through Sunday School, Disciple Studies, Wednesday night studies, and the Esther Circle. Meaningful worship services, extraordinary music programs, and many opportunities for service have blessed us. We have watched this congregation grow and evolve to truly be spirit filled and grace driven with a heart for service. You have been there for us and prayed us through the loss of each of our four parents, breast cancer, and open-heart surgery – not to mention numerous other health issues and life changes. We are so blessed to have been a part of this loving and caring congregation. As we leave to start a new chapter in our lives, we will pray for all of you and the continued good work of this congregation. In spite of the current pandemic and unprecedented challenges, we have no doubt that you will continue your mission “to share the story of grace in the heart of town”. May God bless each of you! Stay well!

Love, Phil and Jenny Partin

UPDATE FROM THE FOOD PANTRY TEAM

God's Grace Food Pantry is still in operation. We are adhering to the safe practices of social distancing, which makes this ministry look extremely different. Our guests are important to us, and we miss seeing them on a weekly basis. As brothers and sisters in Christ, we value their safety and wellbeing and also long to help them meet their basic needs.

This is new territory for all of us. Our Pantry team discussed several options and decided on the appointment system. This is similar to a plan used in many pantries in our area and across the country. We speak with the guest by phone and discuss their needs, which allows us the opportunity to create a box specifically for their family. Just prior to their pickup appointment time, the box is set outside the door. While this may appear impersonal, Tamika is able to wave through the window and offer signs of peace and encouragement. We are also including a note with a scripture and devotion.

Meanwhile, it's time to make plans for the future. We anticipate a growing need for our pantry and want to be prepared. We are discussing ways we can help Second Harvest by packing emergency boxes for their warehouses and our pantry. As this COVID-19 emergency continues, we will explore other ideas and ways we can be most helpful to our community. Stay tuned for updates during these ever-changing times. We place our hope and faith in God, who sustains us as we continue to fulfill our calling to share the story of grace in the heart of town.

CFUMC KIDS—WORSHIPING FROM HOME



Being on quarantine has been a challenge for families trying to maintain their routines and learning curriculums. Children and Families Director Shannon Auberson has met that challenge head-on through Facebook Live@5 sessions and by delivering Worship Bags full of Easter lessons and crafts to their door step.

Clockwise, from top left:

David Rohman, working on his Sunday school lesson for Palm Sunday from his worship bags.

Anna Railing, celebrating Palm Sunday at home. They did not have palm fronds, so they used greenery from their backyard to hang on the door to symbolize their faith, joy, and hope of Jesus entering Jerusalem.

The Jackson family, having Sunday school at home with their worship bags.

Easter Services Online



First United

Methodist Church of Cookeville

165 East Broad Street
Cookeville, TN 38501

COOKEVILLE METHODIST
(USPS 563-600) Published biweekly,
except Christmas week at
First United Methodist Church
165 E. Broad Street
Cookeville, TN 38501
Periodicals Postage Paid at Cookeville, TN 38501
POSTMASTER: Send address changes to:
Cookeville Methodist
165 E. Broad Street, Cookeville, TN 38501

Go to www.cookevillefumc.org and click on the “Worship Online” slide to view our YouTube page.

- Maundy Thursday Service: April 9 at 7 p.m.
- Good Friday Service: April 10 at 7 p.m.
- Easter Sunday Service: April 12 at 9 a.m.

Open hearts. Open minds. Open Doors. The people of The United Methodist Church.

SEWING SURGICAL MASKS

In response to the shortage of surgical masks at CRMC, FUMC put together a group to produce surgical mask covers. So far, the group has sewn over 125 mask covers that have been donated! If you would like to sew a mask, check out Cheryl Moore’s video, posted on our Facebook page on March 30. If you want to be a part of the team, contact Dee Potocnik, 248-0530.

THANK YOU TO SO MANY!

As we prepare for our 5th virtual Sunday Service, we would like to take a moment to acknowledge the tireless efforts of those behind the scenes folks that have helped us to continue worship in very different times.

Thank you to the scholarship students and musicians for their inspiring music in worship, sound technicians for their creative ways to record and combine all the individual pieces, the socially distancing liturgists for reading scripture, liturgical dancers on Palm Sunday, and the custodians and maintenance staff for their support in sanctuary changes. So many have stepped up and done what it takes so that the congregation can continue to worship together.

KROGER CARD FOR THE FOOD PANTRY

Did you know God’s Grace Food Pantry can receive cash back from purchases using your Kroger Rewards Card? And you can still keep all your points and benefits! This quarter we received \$623.75.

If you have not signed up your Kroger Plus Card, please do so today. Our food pantry receives a check from Kroger each quarter, and the best part is you still get to keep your gas points for your personal use!

You can register on line at www.krogercommunityrewards.com, or by phone at 1-800-465-7643. You will need the NPO number for God’s Grace Food Pantry, which is 96948. Please register your card today! If you need assistance with this or have any questions, please contact Tamika Parker at 526-2177.

EASTER HYDRANGEAS

The Easter Hydrangeas on the altar this Sunday have been given to the Glory of God, in Honor of the Resurrection of Our Lord and Savior, Jesus Christ, and ...

- ◆ In honor of Kevin and Kathy Conrad, placed by Joe and Betty Bertram
- ◆ In honor of Kathy McClain, placed by Rob Poteet
- ◆ In honor of Rob Poteet, placed by Rob Poteet
- ◆ In memory of Sam D. Poteet, placed by Rob Poteet
- ◆ In memory of Jim Murchison and in honor of wife Sherry Murchison, placed by Rob Poteet
- ◆ In memory of Rob and Ann Poteet, placed by Rob Poteet
- ◆ In memory of Richard Campbell, Jr. and Carolyn Campbell, placed by R.A. Campbell