



MARK YOUR CALENDAR

August

- 4 Parent/Youth Meeting
Preparing for Adolescence
- 7 Burger Bash
- 11 Directory Photos
- 12 Safe Sanctuary Training
- 14 WNL Resumes

Safe Sanctuary Training

Safe Sanctuary training is scheduled for August 12, 4:30—6:30 p.m. in the CLC. Dinner is available for \$5 per person.

Contact children@cookevillefumc.org for more information.

Food Pantry Wish List

Please consider adding these items to your grocery shopping list so we may help provide needed items to our friends and neighbors:

- Diapers (newborn size), bath soap, small tomato sauce
- Grocery bags that are clean and flattened, plastic newspaper sleeves

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

FALL CLASS SCHEDULE

Register for classes online at www.cookevillefumc.org, through the church office at 526-2177, or by email to Patricia@cookevillefumc.org. All classes will be held in the Freeman Building.

Wednesday Night Life 6 p.m., beginning August 14

Outcome Parenting: Sculpting Your Child's Character

Led by Dr. Kevin Conrad, Room B214

What virtues do you hope to see in your adult children? This course explores the work of "sculpting" a child's character by modeling and mirroring the virtues we desire in our children. As Stephen Covey states, "Begin with the end in mind."

Confirmation: A Refresher for Adults

Led by Rev. Rob Wheeler, Room B012

Have you gone through Confirmation? Do you remember what you learned when you were 12? This class is reminder of the basics of our faith, discipleship, and how the church can transform the world.

Spiritual Disciplines

Led by Pat Jordan, Room B213

We each desire a more intimate prayer life, or deeper insight from God's Word--but it's difficult to get there. This class is full of helpful spiritual practices that draw us closer to God's grace.

Gideon

Led by Kathy Duff, Room B206

Gideon is a women's Bible study by Priscilla Shirer. This study encourages you to recognize your weakness as the key that the Lord gives you to unlock the full experience of His strength in your life.

The Good and Beautiful God

Led by Ken Hunter, Room B210

This transformative study will help you know more of a loving God, the kingdom He proclaimed and explore practical spiritual exercises that will help you grow in knowledge and faith.

Disciple I

Led by Larry Epps, Room 017

Disciple uses personal reading, study, and dynamic group discussion to grow your understanding of the Bible. The first study in the program is **Disciple: Becoming Disciples Through Bible Study**, a thirty-four week overview of the entire Bible.

Weekday Groups - Beginning the Week of August 11

The Path Between Us

Led by Shannon Auberson, Mondays, noon - 1:15 p.m., Room 213

Why do we process our experiences the way we do? Using the ancient Enneagram tool, this class strives to uncover who and how God has created us and how we can use this knowledge to transform our faith and relationships.

BY OUR PRESENCE

Sunday, July 21, 2019

Total Worship Attendance: 356

Sunday, July 28, 2019

Total Worship Attendance: 410

BY OUR GIFTS

Sunday, July 21, 2019

Budget fund receipts \$16,816.52

Building fund receipts \$5,700.00

Sunday, July 28, 2019

Budget fund receipts \$20,005.99

Building fund receipts \$130.00

WNL Dinners Resume August 14

Make your dinner reservations TODAY by calling the church office at 526-2177, emailing us at office@cookevillefumc.org, or online at www.cookevillefumc.org. Please note that reservations from the 2018-2019 year are NOT automatically renewed. Reservations must be made no later than noon on the Monday prior to the dinner.

Enneagram—August Session

August 5-7. You are invited to participate in a meaningful study for adults exploring the Enneagram and our faith. The Enneagram is a tool for spiritual discipleship and growth that explores our unique, God-created nature and personality. In this class, we'll use the Enneagram to explore our strengths, weaknesses, and opportunities to grow in our faith in Christ and strengthen our church. Contact Rob Wheeler at rob@cookevillefumc.org.

Food Pantry Volunteers

The Food Pantry needs two volunteers for Monday mornings to set up rooms for Tuesday distribution. Right now we start at 8 a.m. and work for 1 - 1 1/2 hours. There is some lifting involved. If this is something you can help with contact Tamika Parker in the church office at 526-2177.

(... FALL CLASSES, CONTINUED)

Contemplative Prayer

Led by Noel Poston, Monday 3-5 p.m. or Wednesday 3-5 p.m., Room B214

An ancient Christian practice, Contemplative Prayer allows us greater awareness of God's love and grace by opening our hearts through silence, stillness, and solitude.

Disciple I Fast Track

Led by Heather Sawyer, Tuesday 1 p.m., Room B206

FAST TRACK is the Disciple Bible Study in condensed form - 24-weeks rather than 36 - and covers the same meaningful and transformative material.

The Good and Beautiful God

Led by Dr. Kevin Conrad, Thursdays, 1 p.m., Room B213

This transformative study will help you know more of a loving God and the kingdom He proclaimed. We will explore practical spiritual exercises that will help you grow in knowledge and faith.

I'll Have it God's Way

Led by Mary Alice Gran, Fridays, 10 a.m., Room B213

This group is intended to prepare you for end of life decisions and care using biblical truths and practical facts and steps. You will be gently guided through the necessary steps to take you from vague ideas to applicable plans.

Our Wesleyan Heritage

Led by Brad Gran, begins in November, Fridays, 10 a.m., Room TBA

Who are we as a church? Where did we come from? Why do we do what we do? The class is a fun overview of the foundational history, theology, and people of United Methodism.

MUSIC NEWS

For more information on any of these choirs, groups, or classes, contact music@cookevillefumc.org.

Burger Bash — Be sure to join us Wednesday, August 7, at 5 p.m. for our annual kick-off for Children's Choirs and Fall Sign-ups! Adults \$5, Children \$5, Family max \$20. Register at www.cookevillefumc.org or call 526-2177.

Early Childhood Music — Classes begin the week of August 12. Classes meet once a week for 11 weeks, led by Janet Worley, certified Musikgarten Instructor. Choose either Tuesday, Wednesday, or Thursday classes, each beginning at 9:15 a.m. Parents, grandparents, aunts, and uncles are welcome! Accompany your young child in a nurturing environment of music exploration, where they are affirmed, supported, and will gain a life-long appreciation of music. Cost is \$40 per family for materials.

Youth Choir — Following a wonderful 2019 Choir Tour, the Youth Choir will begin rehearsals on Wednesday, August 14, at 6 p.m. in the Choir Room. All 7th through 12th graders are invited and welcomed!

Adult Choir Groups — Interested in joining a choir? Adult Choral groups will begin rehearsing in the next two weeks. Contact Kathy Evans or Kevin Salter at music@cookevillefumc.org for more information:

Chancel Choir: Wednesday, August 7 at 7:15 p.m.

Evening Ensemble: Thursday, August 15 at 5:45 p.m.

Gospel Ensemble: Thursday, August 15 at 6:30 p.m.

Handbell Choirs — All rehearsals begin August 14 or August 15. Contact Kathy Evans or Cass Roberts at music@cookevillefumc.org for more information.

Youth and Adults: Wednesdays, 5:30 – 6 p.m., Room 209

Morning Ringers: Thursdays, 8:15 a.m., Room 209

Jubilee Ringers: Thursdays, 1:30 p.m., Sanctuary

Sanctuary Ringers: Thursdays, 4:45 p.m., Sanctuary



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

CONGREGATIONAL PRAYER CONCERNS

Vivian Barnes	Ann Kellman
Janey Bassett	Linda Kellman
Robert Buck	Nancy Kellman
Savannah Lynn Caylor	Mary Byrd King
Faye Curry	Mike Lee
Jackie Donaldson	Karen Macke
Delaney Duncan	Pat Maxwell
Hazel Dyer	Brittany McCloud
Kurt Eisen	Paul McLendon
Brian Lee Foster	Winnie Peterson
Elaine Funk	Margaret Phipps
Mary Garrison	Rob Poteet
Nate Griffis	Pam Raines
Alda Harris	Pat Rodgers
Joe Hix	Mary Jo Rogers
Faith Holdredge	Sarah Stockton
Alma Jean Johnson	
Bob Jones	

Sympathy and Prayer

Friends and family of James Buck.

Wayne Spain, on the death of his mother,
Christine Hopper Spain.

Missionaries

Eric and Liz Soard

ACOLYTE RECOGNITION SUNDAY

We will be recognizing our acolytes this Sunday, August 4, during the first service. An Acolyte is a person who performs the ceremonial duty of lighting the altar candles at the beginning of worship. This is a special part of our worship service and we would like to invite your child to serve our church in this way! All children, 3rd - 6th grade, are invited to serve as Acolytes during Sunday morning worship.

If your child would like to serve as an acolyte, please contact Shannon Auberson at children@cookevillefumc.org. Acolyte training will be held during the Sunday school hour on August 4 in the sanctuary.

CUMBERLAND COUNTY PLAYHOUSE

FUMC Children and Families will be taking a road trip August 31 to Cumberland County Playhouse to see *Joseph and the Amazing Technicolor Dreamcoat!* We will leave no later than 1:15 p.m. to make the 2:30 p.m. curtain call. Contact Shannon at children@cookevillefumc.org for reserve your tickets.

FUMC DIRECTORY UPDATE

August 11 and 18 during the Sunday School hour in the Freeman Building Lobby.

If you were not able to have your photo taken in May, then this is your moment! No appointment is necessary. Be a part of our family album. It won't be the same without you!

CHURCH EVENTS CALENDAR

Sunday, August 4

8:30 a.m. Worship Service — Sanctuary
9:45 a.m. Sunday School — Class Rooms
10:55 a.m. Worship Service — Sanctuary
5:00 p.m. Parent/Youth Meeting — Youth Room
Preparing for Adolescence — B214

Monday, August 5

7:00 a.m. Men's Bible Study — B213
10:00 a.m. Dorcas Circle — B017
Mary Martha Circle — B213
2:00 p.m. Rescue Mission Cooking — Jeff Wall Kitchen
3:00 p.m. Contemplative Prayer — B214
5:30 p.m. Enneagram — Jeff Wall Hall
Trustees Meeting — TBD

Tuesday, August 6

9:00 a.m. Prayer Team — Jenkins Chapel
2:30 p.m. Food Pantry — Wesley Chapel
6:00 p.m. Enneagram — B206, B213, B214

Wednesday, August 7

6:00 a.m. Men's Group — C112
9:00 a.m. Hope Academy Parent/Teacher Conferences
9:30 a.m. GriefShare — Magnolia House
10:00 a.m. Playtime for Preschoolers — Gym
3:00 p.m. Knitting — Freeman Building Lobby
4:00 p.m. Contemplative Prayer — B214
5:00 p.m. Burger Bash — Christian Life Center
6:00 p.m. Enneagram — B206, B213, B214
7:15 p.m. Chancel Choir — Music Suite

Thursday, August 8

3:00 p.m. Chair Yoga — Gym

Friday, August 9

8:00 a.m. Dipsy Doodle Men's Breakfast — Dipsy Doodle Restaurant

CAMP MEETING SUNDAY

This Sunday, August 4, join us for Camp Meeting Sunday! We will have a Blue Grass band and sing well-loved gospel hymns at both the 8:30 and 10:55 a.m. services. All are welcome! Be sure to attend, and bring a friend!



BLESSING OF THE BACKPACKS



The kids brought in their backpacks to be blessed by Rev. Rob Wheeler before the start of the school year.

Burger Bash



First United
Methodist Church of Cookeville

165 East Broad Street
Cookeville, TN 38501

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Wednesday, August 7, at 5 p.m.

Burgers, Brats, Fixin's, and FUN!

Make reservations at
www.cookevillefumc.org or call 526-2177

Adults \$5, Children \$5, Family max \$20

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

YOUTH EVENTS

- August 4: Fall Parents Meeting
- August 18: Nashville Sounds Game
- August 23-25: Synergy Retreat
- September 6-7: Fall Fun Fest

SAVE THE DATE

UPCOMING FUMC KIDS EVENTS

- August 7: Burger Bash
- August 14: Wednesday Night Life Startup
- September 29: Children's Sabbath
- October 27: Pumpkin Caroling

ANGELS ATTIC REQUEST

- Men's jeans and shorts – no dress slacks or Dockers
- Children's clothes – 3T-5T
- Sheets – any size
- Towels

FAITH WALK TO TENNESSEE TECH



On July 21st the Summertime Faith Walk came to a close with a walk to the Tennessee Tech Football field with Larry and Tracy Epps. Larry and Tracy shared what it means to them

to have a daily walk with prayer. They each spoke about how our bodies are a vessel for God's word and the works He wants us to be part of. The children and parents walked from FUMC to TTU, participated in strength-building exercises and even jogged up the stadium steps!

It was a wonderful way to end our Summer Sunday's walking in our beautiful community and learning from many members of the church about how faith is a daily importance in all that we do.

KROGER CARD—FOOD PANTRY BENEFITS

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!

Go to www.krogercommunityrewards.com to register your card. You will be asked for the NPO number for God's Grace Food Pantry, which is 96948.