



MARK YOUR CALENDAR

September

- 13-15 Synergy (rescheduled)
15 Safe Sanctuary Training
The Table Worship Service
19 YAH Luncheon
22 Daniels' Baby Shower

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:

- Baby food (yellow and green vegetables, in jars), crushed pineapple
- Promotional calendars you receive in the mail
- 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

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FROM OUR YOUTH DIRECTOR

This past week, FUMC's Youth spent some time with an ancient Christian practice called "The Examen." It sounds intense, but it's basically a practice of looking at your day or week prayerfully, paying attention to the ups and downs, when you felt like yourself and when you didn't, and when you feel like you were kind and when you were not. What follows is a version of "The Examen" you can use in your own spiritual life or maybe as a family. This simple practice is a fantastic way to jump start your spiritual life. I highly recommend it.

Step 1: Recognize the presence of God

- Be still and know that you are with God.
- Spend at least 5 minutes in silence.

Step 2: Look at your day with gratitude

- Acknowledge God in the big and small things of life. Name five things you are thankful for in your life.

Step 3: Review your day

- When or where in the past 24 hours did you feel you were cooperating most fully with God's action in your life? When were you resisting?
- Ask yourself these questions or questions like these:
 - What habits and life patterns do I notice?
 - When did I feel most alive? Most drained of life?
 - When did I have the greatest sense of belonging? When did I feel most alone?
 - When did I give love? Where did I receive love?
 - When did I feel most fully myself? Least myself?
 - When did I feel most whole? Most fragmented?

Step 4: Reconcile and Resolve

- What do you need to do?
- Seek forgiveness?
- Ask for direction?
- Share a concern with someone else?
- Express gratitude?
- Resolve to move forward? How?

Grace and Peace,

~ Adam

BY OUR PRESENCE

Sunday, September 1, 2019

Total Worship Attendance: 336

Sunday, September 8, 2019

Total Worship Attendance: 373

BY OUR GIFTS

Sunday, September 1, 2019

Budget fund receipts \$23,488.00

Building fund receipts \$50.00

Sunday, September 8, 2019

Budget fund receipts \$29,535.75

Building fund receipts \$2,635.00

WNL Dinners

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. Reservations must be made no later than noon on the Monday prior to the dinner.

September 18: Chicken and rice casserole, steamed broccoli, salad, rolls, Mountain Dew cake

September 25: Baked ziti, green beans, salad, rolls, brownies

Baby Shower Invitation



The United Methodist Women will sponsor a church-wide baby shower for Jessie and Adam Daniels on Sunday, September 22, during the Sunday School hour in the Christian

Life Center. They are registered at Walmart and Amazon. All are welcome.

Financial Peace University

If you are interested in exploring a more faithful look at your finances, including strategies to decrease debt and increase savings, please consider joining the Financial Peace University, led by Adam Cunningham and Laurie Watson, scheduled to begin October 22 at 6 p.m. in the Freeman Building. More information to come!



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

FOOD TO THE RESCUE—HELPING OUR COMMUNITY



We have an opportunity to serve through a program called Food to the Rescue, which provides and delivers food for children in Putnam County over school breaks. Food to the Rescue has asked us to bring in 16 oz. jars of peanut butter for the month of September. Collection sites are in the narthex, Freeman Building and the Christian Life Center.

RED BIRD BUILD

How many church staff members does it take to nail two boards together? We got off to a rough start, but it all turned out well in the end. Pictured below, staff members volunteered to construct walls for the Red Bird Build, which are then transported to Kentucky, where a team uses them to construct affordable housing in a disadvantaged community.



ADVENTURES IN LIFELONG LEARNING (ALL)

Adventures in Lifelong Learning (ALL) - is a new outreach ministry sponsored by the Senior Adult Ministry of First United Methodist Church. "ALL" provides opportunities for community members to take part in a variety of five-week courses led by well-known professionals and will cover a wide range of topics, including literature, yoga and balance, technology, stitching, flower arranging and theology.

Each course is \$25 for a five-week, one hour per week class. Classes will meet on Wednesdays, except for the Strength and Balance class which will meet on Tuesdays and the Yoga class which will meet on Thursdays. Most will meet in the Freeman Building. The fall session will begin on October 15 and end November 14. Classes are listed online at www.cookevillefumc.org. Just click on the front page slide. Brochures can also be found throughout campus and in the church office, plus we'll have a table in the narthex on September 15 for registration.

Our programs are geared towards people age 50 and over. However, we welcome people of all ages to participate. There are no tests, homework, or quizzes. "ALL" is a continuing education program whose participants come from diverse backgrounds but share a common belief that lifelong learning is a great way to engage the intellect for the pure joy of learning and to develop new friends and lasting relationships.

Registration is required for participation. Register by phone at 526-2177, in person at the church office, by mail, or online on or before the first session of the class. Payment is required in full on or before the first class meeting. Submit your check with your registration at the church office.

Come for fun and fellowship... and learn something new, too! And bring a friend! ALL are welcome here!

CONGREGATIONAL PRAYER CONCERNS

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

Missionaries

Eric and Liz Soard

ANGELS ATTIC REQUESTS

- Fall children's clothes
- Women's clothing in plus sizes
- Men's and women's jackets or sweaters
- Towels
- Sheets – any size

VOLUNTEER OPPORTUNITY: RESCUE MISSION COOKING



First United Methodist Church has been providing meals to the Cookeville Rescue Mission on the first Tuesday of every month for over three years. Just recently the Mission has

requested the day be changed to the first Monday of every month, so we currently need meals for October 7 and December 2.

If your class, circle, or family would like to prepare and serve a meal to our neighbors at the Mission, please contact Tamika Parker in the church office at 526-2177 or tamika@cookevillefumc.org.



DISTRICT RECONNECT

Members of the congregation are invited to a District Re-Connect on October 19 from 11 a.m. - 3 p.m. with a worship service at 2 p.m. at Wesley Foundation at TTU. There will be live music and great food! RSVP to Barbara Zimmerman at Barbara.Zimmerman@tnumc.com or 526-1343.

CHURCH EVENTS CALENDAR

Sunday, September 15

- 8:30 a.m. Worship Service — Sanctuary
- 9:45 a.m. Sunday School — Class Rooms
- Safe Sanctuary Training — Choir Room
- 10:55 a.m. Worship Service — Sanctuary
- 4:00 p.m. Youth Praise Band — Wesley Chapel
- 5:00 p.m. Preparing for Adolescence — B214
- UMYF — Youth Room
- 6:00 p.m. Wesley Foundation Meal — Wesley Foundation, TTU
- The Table (Worship Service) — Wesley Chapel

Monday, September 16

- 7:00 a.m. Men's Bible Study — B213
- 12:00 p.m. *The Path Between Us* — B213
- 3:00 p.m. Contemplative Prayer — B214

Tuesday, September 17

- 9:00 a.m. Prayer Team — Jenkins Chapel
- 9:15 a.m. Early Childhood Music Class — C206B
- 2:00 p.m. Cookeville Dulcimer Society — B214
- 2:30 p.m. Food Pantry — Wesley Chapel
- 5:00 p.m. Jacob Ladder's Board Meeting — CLC 401

Wednesday, September 18

- 6:00 a.m. Men's Group — C112
- 9:00 a.m. Hope Academy
- 9:15 a.m. Early Childhood Music Class — C206B
- 9:30 a.m. GriefShare — Magnolia House
- 10:00 a.m. Playtime for Preschoolers — Gym
- 10:30 a.m. Mining Your Memories — B213
- 3:00 p.m. Contemplative Prayer — B214
- 3:30 p.m. Knitting — B206
- 4:00 p.m. Choir Club — Music Suite
- 5:00 p.m. Wednesday Night Life Meal — Christian Life Center
- 5:30 p.m. Intergenerational Handbell Choir — Music Suite
- 6:00 p.m. Confirmation Refresher — B012
- Disciple I — B017
- Gideon* — B206
- Outcome Parenting — B214
- Spiritual Disciplines — B213
- The Good and Beautiful God* — B210
- Youth Choir — Music Suite
- 7:15 p.m. Chancel Choir — Music Suite

Thursday, September 19

- 9:15 a.m. Early Childhood Music Class — C206B
- 9:30 a.m. Senior Adult Council Meeting — B213
- 11:00 a.m. Young At Heart Luncheon — Jeff Wall Hall
- 1:00 p.m. *The Good and Beautiful God* — B213
- 1:30 p.m. Jubilee Ringers — Sanctuary
- 3:00 p.m. Chair Yoga — Gym
- 4:45 p.m. Sanctuary Ringers — Sanctuary
- 5:45 p.m. Evening Ensemble — Music Suite
- 6:30 p.m. Gospel Ensemble — Music Suite

Friday, September 20

- 8:00 a.m. Dipsy Doodle Men's Breakfast — Dipsy Doodle Restaurant
- 10:00 a.m. *I'll Have It God's Way* — B213

Saturday, September 21

- 10:00 a.m. GriefShare — Magnolia House



First United
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FIND YOUR PLACE HERE.

Sundays, 6 p.m. in Wesley Chapel

September 15 and 22

www.cookevillefumc.org or call 526-2177

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

YOUTH EVENTS

- November 8: Lock In
- December 7: Breakfast with Santa
- December 15: Youth Christmas Party

FUMC KIDS EVENTS

- September 15: Club 456 Outing — Picnic in the Park
- September 29: Children's Sabbath
- October 19: Haunted Half Cheering and Water Station
- October 27: Pumpkin Caroling

SEPTEMBER BACKSLIDERS SPEAKERS

- September 15: The Webb Sisters
- September 22: Howie Acuff
- September 29: Kathy Conrad

SAFE SANCTUARY TRAINING

The next Safe Sanctuary training date is September 15, 9:45—10:30 a.m. in the Choir Room. Any FUMC volunteer for the 2019-2020 school year working with children or vulnerable adults needs to attend this training. To register, contact Shannon at children@cookevillefumc.org for more information.

YOUNG AT HEART LUNCHEON

Thursday, September 19, 11 a.m. in Jeff Wall Hall. *Allergies... What's New, What's Tried & What's True*, presented by Dr. Erin Rohman, Board certified allergist and immunologist at The Allergy Asthma and Sinus Center. Understand how to determine if your symptoms are related to allergies, when it's safe to treat yourself, and when you need to seek medical attention. Cost: \$5. Make reservations by Tuesday, September 17 at 526-2177.

SEPTEMBER SERMON SCHEDULE:

LIVING THE STORY OF GRACE, BY DR. KEVIN CONRAD

- 15th I Peter 4: 8-10 *Extending the Grace of Extravagant Welcoming*
- 22nd Psalm 96: 1-9 *Grace and Response: Becoming Doxology People*
- 29th Ephesians 4: 1-7; 11-13 *Growing in Grace Toward Maturity*

LADIES BUNCO NIGHT – FOOD PANTRY FUND RAISER

Join us on September 26 from 6-8:30 p.m. in Jeff Wall Hall as we play Bunco and enjoy food and fellowship. Bunco is an easy, non-competitive, social dice game. No prior experience needed. Bring a finger food to share (Pantry volunteers are exempt) and a donation of cash for the purchase of eggs. Registration is required by September 25 by contacting Paula Lilly, h2olilly@charter.net, 931-267-5296.