



MARK YOUR CALENDAR

October

- 13 The Table Worship Service
- 19 District Reconnect
- 21 Trustees Meeting
- 27 Pumpkin Caroling
- 31 Boo Bash!

November

- 4 Trustees Meeting
- 7 Travel Buddies
- 11 Veterans Day

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 SENIOR PASTOR

Dr. Angela Duckworth is a professor of psychology at the University of Pennsylvania. She has written a book titled, *GRIT: The Power of Passion and Perseverance*. Most of her research has focused on how to measure or predict how well students will do in college and careers. West Point hired her to assess incoming cadets to predict who would drop out of the rigorous program and who would persevere. Duckworth's "grit" test proved to be more highly accurate than West Point's "whole candidate score" that included SAT scores and leadership experience. GRIT is a quality that goes much deeper. It is the cultivated ability to cope with adversity and persevere.

While writing her book, Dr. Duckworth flew to Seattle to interview Pete Carroll. He is the former coach of the USC Trojans and is now the head coach of the NFL's Seattle Seahawks. Dr. Duckworth found that Coach Carroll cultivates a distinctive culture as a team. The team has a vision statement. Each player is required to develop their own vision statement as their story within the team story. What makes the vision a reality are specific practices, disciplines and effort. Coach Carroll looks for players who can model and amplify the team vision and values. Practices are filled with the intensity, imitating game situations. Carroll's mantra is: *Compete on every play and win. You are either competing, giving it your all... or not.* His companion phrase is: *You are a Seahawk 24-7. Finish strong. Positive self-talk. Team first.* There is a twenty foot tall sign in the lobby of their practice facility that says, "character." The team has a chant they say in practice, on the sideline and in huddles: *No whining. No complaining. No excuses. Always protect the team.* Carroll himself told Dr. Duckworth he thinks two things make the culture of his team unique: deep support for each other and relentless challenge to grow and improve daily. Each player wears a wristband with the letters: LOB... Love Our Brothers. Coach Carroll knows the power of culture to transform lives.

As I read the story about Coach Carroll, I thought to myself how we as a community of faith are called to be a "community of character." Character-building is about forming a culture that permeates all we are and do and gradually shapes our identity. Our culture could be called a culture of "grace and grit." Love of God and our neighbors is our goal. Sharing the grace of God in the heart of town is our vision. How do your personal vision and values support our shared story and vision? Our practices develop the culture: gathering, welcoming, worshipping, forming, caring and serving. Are you growing in grace every day? Giving discipleship your all? Bringing your best focus, gifts, effort and intensity to following Christ? I hope so. "No whining. No complaining. No excuses. Finish strong!" Go TEAM!

~ Kevin

BY OUR PRESENCE

Sunday, September 29, 2019

Total Worship Attendance: 506

Sunday, October 6, 2019

Total Worship Attendance: 364

BY OUR GIFTS

Sunday, September 29, 2019

Budget fund receipts \$17,789.50

Building fund receipts \$175.00

Sunday, October 6, 2019

Budget fund receipts \$21,839.89

Building fund receipts \$150.00

WNL Dinners

Make your dinner reservations 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.

Fall Break: There will be no meal served October 16 due to Fall break.

October 23: Baked ham, macaroni and cheese, black-eyed peas, salad, rolls, peach cobbler.



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, room B206. More information to come! For more info, contact Rob Wheeler at 526-2177.



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

KROGER REWARDS BENEFIT THE FOOD PANTRY

With the holidays fast approaching, and the shopping that goes along with it, please consider registering your Kroger card for God's Grace Food Pantry. Last quarter we received \$617 from Kroger!

You can call 1-800-465-7643 to register your card or visit www.krogercommunityrewards.com. You will need the NPO number for God's Grace Food Pantry which is 96948.

Please register your card today. And thank you to all those families who have already signed up for Kroger Community Rewards.

FUMC KIDS VISIT CUMBERLAND COUNTY PLAYHOUSE



Cumberland County Playhouse presents *ELF- The Musical!*
December 1 at 2:30 p.m.

Children - \$16 Adult Group rate - \$27

Sign-up coming soon!

For more information, contact Shannon Auberson at children@cookevillefumc.org.

TRAVEL BUDDIES

November 7: Beersheba Springs Fall Leaves Tour

Enjoy a full day with friends as we tour the Armsfield/Glasgow Cottage, the area, and the Methodist Assembly. Kick back and rock on the porch as you enjoy the view of the valley below, or visit the museum, local pottery, Mountain Home gift shop, historical cabins and the overlook of Stone Door and the Savage Gulf. Cost: \$20, includes boxed lunch. Reservation deadline: Thursday, October 31 to the church office.

JOIN US AT THE TABLE

Welcome to *The Table*!

Beginning at 6 p.m., we share in a unique Bible study discussion led by Dr. Kevin Conrad, followed by a time of worship led by our Youth Praise Band and others. We'll then listen to a message from either Dr. Kevin, Rev. Rob Wheeler, or Rev. Adam Daniels, and share in Holy Communion. We are striving to provide a meaningful and personal worship experience for you and your family. Perhaps you weren't able to make it to Sunday morning worship or you're curious about another option. If so, we hope that you will consider adding *The Table* to your faith expressions.

We meet the following Sundays of each month. Please join us – come to The Table and Find Your Place Here!

Dates for The Table

October 13 and 20

November 3 and 10

December 8 and 15

BOO BASH IS COMING!

Thursday, October 31, at 6 p.m. in the parking garage. Join us on Halloween as some of the best dressed ghosts, goblins, pirates, princesses, super heroes, and more haunt the FUMC parking garage for treats from some tricked out cars. Contact Tamika Parker at 526-2177 to volunteer.



CONGREGATIONAL PRAYER CONCERNS

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

YOUTH LOCK-IN

November 8—join us for an all night extravaganza! We'll meet at the church at 8:30 p.m. and then head to town for some activities! We will end up back at the church for fun and games in the gym, a movie in the youth room, snacks, and more. We'll have breakfast in the morning. The event will end at 8 a.m. Cost: \$25.

Chaperone Note: We need several chaperones for the evening. We need chaperones willing to drive their vehicles or church vans for the early shifts, we need volunteers to help chaperone the time back at church (at LEAST 2-3 volunteers per time slot), and we need volunteers to help us get everyone up and out and make sure everything is clean. Thanks for your help keeping everyone safe at this event! Contact Adam for more information at addaniels7@gmail.com.

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, October 13

8:30 a.m.	Worship Service — Sanctuary
9:45 a.m.	Sunday School — Class Rooms
10:55 a.m.	Worship Service — Sanctuary
4:00 p.m.	Youth Praise Band — Wesley Chapel
6:00 p.m.	<i>The Table</i> — Wesley Chapel

Monday, October 14

7:00 a.m.	Men's Bible Study — B213
6:00 p.m.	United Methodist Men — Jeff Wall Hall

Tuesday, October 15

9:00 a.m.	Prayer Team — Jenkins Chapel
9:30 a.m.	GriefShare — Dyer Funeral Home
2:30 p.m.	Food Pantry — Wesley Chapel
3:00 p.m.	Strength/Balance Yoga — Gym

Wednesday, October 16

6:00 a.m.	Men's Group — C112
9:00 a.m.	iPhone Basics — B210
9:30 a.m.	GriefShare — Magnolia House
10:00 a.m.	Playtime for Preschoolers — Gym
10:15 a.m.	Enjoy Creating with Flowers — Johnson's Garden Center
12:15 p.m.	Finding Faith in Film — Jeff Wall Hall
1:30 p.m.	Stitching with Nancy — B213
3:30 p.m.	Knitting — B206
4:00 p.m.	Contemplative Prayer — B214
7:15 p.m.	Chancel Choir — Music Suite

Thursday, October 17

9:30 a.m.	Senior Adult Council Meeting — B213
11:00 a.m.	Young At Heart — Jeff Wall Hall
2:00 p.m.	Chair Yoga — Gym
3:00 p.m.	Gentle Yoga — Gym

Friday, October 18

8:00 a.m.	Dipsy Doodle Men's Breakfast — Dipsy Doodle Restaurant
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Saturday, October 19

10:00 a.m.	GriefShare — Magnolia House
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YOUTH—SYNERGY MEMORIES





Bash

First  United
Methodist Church of Cookeville

165 East Broad Street
Cookeville, TN 38501

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165 E. Broad Street, Cookeville, TN 38501

It's that time of year again!

As you are shopping, please remember
to purchase candy for our annual
Trunk or Treat. Donations are welcome
at the church office.

Interested in volunteering to decorate
your car and hand out candy?
Contact Tamika Parker at 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

SAVE THE DATE:

January 31 - February 2: Warmth-in-Winter
February 28 - March 1: Discovery Weekend
March 15 - 20: Spring Break Mission Trip

FUMC KIDS EVENTS

October 19: Haunted Half Cheering and Water Station
October 27: Pumpkin Caroling
November 9: Tailgating at the CLC

VOLUNTEERS FOR HAUNTED HALF



All children and parents are
invited to help cheer for the
runners and walkers during the
Upper Cumberland Haunted Half
on October 19 in front of the
Freeman building! We will also

sponsor a water station located at Capshaw. We need
adult, youth, and children volunteers to hand cups of water
to the runners and walkers at mile 2 of the race. To get
involved, contact Shannon Auberson at 526-2177 or
children@cookevillefumc.org.

FUMC KIDS: TAILGATING AT THE CLC



On November 9th Cookeville FUMC will host
a church-wide Tailgate event in the CLC parking
lot. Get there early for a prime parking spot!

Bring your favorite tailgating food, games, and drinks
(Keep it PG folks!) Do not worry about the music...we
have you covered! The CHS Marching Cavaliers will
be warming up in the parking lot before they line up

for the parade. Fun! Fellowship! Football! Sign-up coming soon, contact
Shannon Auberson at 526.2177 for more information.

ADVENTURES IN LIFELONG LEARNING (ALL)

Adventures in Lifelong Learning (ALL), starting the week of October 15.

Each course is just \$25 for a five-week, one hour course on literature, yoga,
stitching, flower arranging or theology. Register through the church office at
526-2177. Seating is limited!

OCTOBER SERMON SCHEDULE:

LIVING THE STORY OF GRACE, BY DR. KEVIN CONRAD

13th 1 John 3: 17-18
Matthew 25: 31-46

Acting Out the Gospel of Grace

27th Deuteronomy 14: 22-29; Luke 14: 12-15
What Would God's Party Look Like Here