Church of the Savior E-News for the Week of July 7, 2019

Including: + COS Weekly Calendar  + Events This Week
           + Joys and Concerns    + Upcoming Events
           + Wider Community News
           + Monthly Birthdays and Monthly Calendar (at bottom)

Our Pastor, John Gill, and our Minister for Youth and Children, Tonya Barnette, are away this week with the COS Youth on their Mission/Immersion Trip. If you have an emergency pastoral care need, please contact Ceil Sheahan, our Seminarian and Assistant Minister for Pastoral Care at 865-250-0304 or ceil1955@gmail.com. Ceil has a Master’s degree in Pastoral Care and is now working on her M.Div. at Lexington Theological Seminary. You can also contact the church office for assistance, Mon-Thurs, 9 AM-2 PM.

SUMMER SABBATH Month!!!!

Regular Worship Hour at 11 AM –

AND a simplified Early Morning Communion Service at 8:30 AM –

but NO other Early Morning Activities, see below

THIS WEEK at COS

Sun, 7/7-Fri, 7/12    COS Youth Asheville Mission Trip

Wed, 7/10  FISH Food Pantry Deliveries
           Centering Prayer and Lectio Divina, 6:30 PM at SH

Thurs, 7/11 Community Group – Knoxville Community of Mindfulness, 5:45 at COS

Sat, 7/13  Paddlers Ping Pong Group, 10 AM – Noon at COS

Sun, 7/14  Fifth Sunday after Pentecost
           Early Worship, 8:30 AM
           Worship, 11 AM
           Shine Sunday School, 11 AM

Multi-age Sunday School classes for Summer have begun. Children 5 and under will stay in the nursery with Deborah Ciburn & Hannah Cook; children in first through 5th grade will go downstairs immediately after Children’s Time. Jessie Houston & Ceil Sheahan will be with the group this week.
Lunch & Conversation with Ched Myers following 11 AM Worship (see below)

Ched Myers, who wrote in and edited Watershed Discipleship and Say to This Mountain will be preaching this Sunday, July 14. If you would like to have lunch and conversation with him after church, please bring a dish to share and plan to join us in the main building right after worship on Sunday, the 14th.

Ched Myers, is a well-known activist theologian and the co-director of Bartimaeus Cooperative Ministries (www.bcm-net.org) with Elaine Enns, a restorative justice practitioner. Ched has worked in social change movements for 40 years. With a degree in New Testament Studies from the Graduate Theological Union, he is a popular educator who animates scripture and issues of faith-based peace and justice. Last year marked the 30th anniversary of Ched’s landmark biblical commentary, Binding the Strong Man: A Political Reading of Mark’s Story of Jesus (Orbis, 1988/2008). He has authored over 100 articles and many other books, including The Biblical Vision of Sabbath Economics (Tell the Word, 2001), Ambassadors of Reconciliation: A N.T. Theology and Diverse Christian Practices of Restorative Justice and Peacemaking (with Elaine Enns, Orbis, 2009), and Our God is Undocumented: Biblical Faith and Immigrant Justice (with Matthew Colwell, Orbis, 2012). Most recently he curated, edited and contributed to an anthology entitled Watershed Discipleship: Reinhabiting Bioregional Faith and Practice (Cascade Press, 2016). Most of Ched’s publications can be found at www.ChedMyers.org. Ched is adjunct faculty at St. Andrew’s College in Saskatoon, SK, and has taught at many seminaries around the U.S., Canada and Australia, most recently United Theological Seminary (UCC) in Minneapolis.

COS Youth Mission/Service Immersion Trip This Week

This week, Tonya Barnette, John Gill, Wendy Rogers, and Mike Marsh will accompany a group of our youth to the Asheville Youth Mission. Located in the mountains of North Carolina, Asheville Youth Mission gives young people an opportunity to explore the hidden needs and struggles of those who are living on the margins within and around a beautiful tourist town. Groups work with a variety of agencies working with those who are homeless, in poverty, or food insecure, both in urban and rural settings. Please keep our youth and youth leaders in your prayers for a safe inspiring week of service and learning! They left after church Sunday and will return on Friday.

THIS IS SUMMER SABBATH MONTH!!!!

Regular Worship Hour at 11 AM –
and a simplified Early Worship Service at 8:30 AM – but NO other Early Morning Activities

This year, our Summer Sabbath will run through Sunday, July 28. During this time, regular Worship will continue at 11 AM, and there will be a simplified Early Morning Communion Service at 8:30. However, there will NOT be any other early morning activities from June 30 – July 28. The church doors will open at 8:15 AM for early worship and 10:30 AM for the 11 AM Worship Service. An intergenerational children’s Sunday School class will be offered during worship, but adult studies, choir practice, and other Sunday morning activities will be suspended to give everyone a break from the routine.

The Conscious Consumers will sell Fair Trade coffee, tea, chocolate, and other items this Sunday, July 14. Yummy for the tummy, and also supportive of producers in developing countries by paying fair prices for their products.

Sunday Morning Adult Studies: We’ve concluded our Spring Sunday Morning Bible Study and Adult Discussion groups. We will NOT be meeting during July, but will begin again in August. For more info about these groups, e-mail the church office at cosucc@bellsouth.net

COMING..................JULY 20TH, COS FOLK DANCING!!!

Fun for the whole family!!!

On Saturday, July 20th from 2 PM until 4 PM, all ages are invited to participate in folk dancing with Bob Grimac. He will lead us in a variety of dances during that time. Bring snacks to share and come join the fun...a true intergenerational activity.
The COS Book Club made selections for the next several months at their June meeting, so if you have extra time this summer and want to get ahead on your reading, here is your opportunity. For our July 30 meeting, we will discuss Wiley Cash’s Appalachian novel *A Land More Kind Than Home*. No one has yet agreed to host, so if the spirit moves, please let Judy or Ed know. In August, we will discuss Roxane Gay’s memoir *Hunger*, and in September, we will meet to talk about David McCullough’s *The Wright Brothers*. Contact Ed or Judy Sullivan for questions-- sully@sully-writer.com or judith.sullivan@knoxschools.org.

**PLEASE NOTE:** The state of Tennessee has issued a *new tax exempt form* effective July 1, 2019. The updated form has been placed in the file folder in the kitchen at Shalom House. *Should you make a purchase on behalf of COS, you will need to give the merchant this new form.*

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**Save the Date: “Practicing Mindfulness” COS Stewardship Event Sept. 28**

Come to “Practicing Mindfulness,” a two-hour, *Saturday morning* workshop here at COS with renowned therapist and UT Vols performance coach Dr. Clifton Tennison. You’ve probably heard of mindfulness practice. Find out exactly how and why it works, and more important, how it can work *for you* as a practical daily tool to reduce stress, improve productivity and focus, strengthen relationships, and faith practice, and enhance health and well-being. This event is open to all . . . and useful to all.

Dr. Tennison is donating his time for this COS *fund-raiser*, *Saturday, September 28*, *from 9 AM to Noon*, at COS and includes breakfast. Tickets are $30 per person and $25 for students. Invite family, friends and colleagues. All proceeds benefit COS.

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*Thanks to all* who provided food or served dinner at *Minvilla Manor* on Sunday, June 30. We served a very appreciative crowd of about 25 with plenty of chili leftover for those unable to come down for dinner. We also helped celebrate one of our guests’
birthday and she was tickled that we sang her happy birthday. If you'd like to join us next time, we'll be serving again on September 29th.

Pictured: Clint & Phyllis Allison, Tom Mercier, Eric and Kristen Cole, and Donna Felskie

**The Bountiful Hearth...sponsored by the Conscious Consumers**

Sundays during the gardening/harvesting season the church’s fireplace hearth will be ready to receive the tomatoes you don't know what to do with, the 50 extra cucumbers you just can’t pickle, a peck of peppers, whatever extra garden bounty you wish to share. These will be BYOB affairs (bring your own bag) for filling up with fresh home grown yummies that you will take home or deliver to someone who can well use the food. Leftover produce will not remain on the hearth. You can retrieve the lingering items you brought or the items will be appropriately distributed or composted. See you at the Hearth 🍅🌽🍏!

**From the COS Conscious Consumers Group:**

Earth Notes: From Green America ([https://www.greenamerica.org/](https://www.greenamerica.org/))

**#9 of 15 Things You Should Never Buy Again!**

**Conventional cleaners**

Cleaners can contain hazardous ingredients such as organic solvents and petroleum-based chemicals that can release volatile organic compounds (VOCs) into your home, posing a particular danger for children. **Alternative:** Look for nontoxic, vegetable-based, biodegradable cleaners. **Best option:** Try making your own cleaner using vinegar, water, and castile soap.

**COS Service Opportunities:**
Help us Offer Hospitality to One Another and to Visitors! Mary Pope and DeWayne Emert have organized Sunday Morning hospitality duties to help make sure our church is welcoming and **EVERYONE** has the opportunity to serve (even our new members can sign up and help us make COS a welcoming church!). **The sign-up sheet is on the back table.**

**Help Needed in our Kitchen:** Looking for a place to serve? Consider helping in the kitchen. We have a great group of folks who step up each Sunday morning, but we need at least 4 more "regulars" to insure our kitchen functions optimally for us and for the many groups that use our facility. No prior experience is necessary. In addition to Sunday morning duties, there are several tasks that are done less often and can be done at your convenience during the week. Please contact Judy Flerl, flerljudy@gmail.com, DeWayne Emert, dsemert@aol.com, or Mary Pope, dmbp03@charter.net, for more information.

**A KITCHEN WORK DAY** will be held on **Saturday, July 20 from 10 AM – 1 PM**. Bring your lunch and help us organize and tidy the kitchen!

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### Upcoming Birthdays

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<tr>
<td>Mark Hulsether</td>
<td>July 9</td>
<td>Vivian Clark</td>
<td>July 13</td>
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<td>Walther Harper</td>
<td>July 11</td>
<td>Wyatt Clark</td>
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<td>Bruce Farrelly</td>
<td>July 12</td>
<td>Andreas Koschan</td>
<td>July 16</td>
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<td>Frank Harvey</td>
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### WIDER COMMUNITY NEWS

**Aubrey’s/Sunspot Gift Cards**
Shelley Wascom has more of the Aubrey’s/ Sunspot gift cards. Cards are in increments of $20 and 100% of proceeds goes to Community Shares. A great graduation or teachers gift (or anytime really --heck, just treat yourself). You can see Shelley at church or contact her at shelley@communitysharestn.org or 865-522-1604.

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**Upcoming Justice Knox DATES:**
+ Tues, 7/16-Sat, 7/20 - Justice Knox/DART Training in Cincinnati, OH – It would be great to have several people who are involved or very interested in the work of Justice Knox join our pastor for this annual training for grassroots, faith-based organizing. Justice Knox helps defray the cost. For more info, contact John Gill at cosjg@att.net

+ Tuesday afternoon, 7/30 - Justice Knox Annual Assessment for Team Leaders, Clergy, and Committee Members.

Joys

WELCOME TO OUR NEW COS MEMBERS: Diana Moyer, Michael & Patty Carey, Laurel Bowen, and Megan Wallace & Ashleigh Makres.

Joy! Kaylen Mallard and Jamie Greig are expecting their first child! Congratulations and prayers for a good pregnancy to both of them. Their address is 3707 Forest Lane, Knoxville, 37918.

CONGRATULATIONS to Tonya Barnette and Poinsettia Byrd who were married on Sunday, June 30 at COS!

Andreas and Merry Koschan were both juried into the 2019 Knoxville Photo Exhibition and he also juried into the 2019 "No Bigger Than a Breadbox" Exhibition. The opening reception for both exhibitions is at the Emporium (corner of Gay Street and Jackson Avenue) Friday, July 5, starting at 5 PM (as part of First Friday activities, so if you come out for First Friday, stop by!) The exhibit will run July 5-26.

Cindy and Kevin Collins are off to join a delegation in Germany in conjunction with OREPA and have also been invited to do a megapuppet activism workshop as well as music. The event is the International Peace Camp which emphasizes the International Ban Treaty against nuclear weapons. Please keep them in your prayers.

Concerns of the Community

Chandler Dukes, 39-year old autistic son of Denny and Chris Dukes, was recently diagnosed with stage 2 testicular cancer. He had surgery last month and is scheduled to have four cycles of chemotherapy treatment with one week on, two weeks off, which began yesterday, July 8, at Vanderbilt. Please pray for Chandler and Denny and Chris. Their address is 5409 Lance Drive, Knoxville, 37909.
Graham Boswell, son of Ray and Shay, has had a reaction to a bug bite or sting while on the Youth mission trip in Asheville and is returning home for treatment. Graham lives at 9717 Panama Drive, Knoxville, 37923.

Loida Velasquez had dental surgery Friday and is now recuperating at home. Please keep her in your prayers. Cards can be sent to her at 8710 Glen Echo Drive, Knoxville, 37923.

Barbara Aylsworth had surgery on July 5th at UT Hospital and is now at home. Cards may be sent to 2025 Hyde Park Lane, Knoxville, 37921.

Bill Murrah got the biopsy results from the swelling on his neck. It is a squamous carcinoma of the neck. The good news is that it’s localized and treatable. He will be meeting with an oncologist and, after that, with an ENT doctor to plan next steps, which will likely include chemo and/or radiation and possibly surgery. Bill and Betty are traveling this week, but please keep them in your prayers! Cards can be sent to Bill at 1111 Gratz Street, Knoxville, 37917.

Please continue to pray for Jim Foster’s ongoing recovery. Specifically, prayers for stabilization of his blood pressure and for weight gain, are needed and appreciated. Sandy writes, “Our thanksgiving for all the prayers of COS that saved his life are given every single day and will never be forgotten”. Jim and Sandy’s address is 204 Busbee Road, Knoxville, 37920.

Rob Burdette is being moved into hospice care at home. Please keep him and Bev in your prayers. Cards may be sent to 11328 Saga Lane, Knoxville, 37931.

Christy Beaty, friend of Marcia Free, is hospitalized and they are not sure what the matter is.

Custy Acuff is recovering from a stroke and will need surgery in the near future. She is a friend of Marcia Free, Dennie Kelley and Linda Brown.

Please pray for the family of Patrick Elliott, who suffered a massive fatal heart attack when a tree fell on his vehicle in the Great Smokies on June 10. His wife Margaret, who was with him, is a childhood friend of COS pianist, Carol Shane. Their grown daughters are Lizzie Elliott of Knoxville, and Sarah Elliott of Vero Beach, FL. Please continue to hold all of them in your hearts and prayers.
Hannah Kline’s best friend, Mallory, has been diagnosed with brain cancer. Mallory is 34 years old and has two very young children (age 1 and 3) and will start radiation therapy. Please pray for Mallory and her family.

Meghan Conley’s baby was still-born recently. Prayers for Meghan and her husband. Meghan is the leader of Allies of Knoxville’s Immigrant Neighbors.

One of John Gill’s high school friends, Kerry Marshall, died unexpectedly recently. Please keep Kerry’s partner and family in your prayers.

Daniel Musser’s grandmother, Lois, had a minor stroke recently. Please pray for her.

Please pray for Matthew Grossman, Ebbie & Bobbi’s son, who is dealing with a serious lung infection related to beryllium disease. Ebbie has gone to North Carolina to provide support, even though she also had a recent heart-related health event.

Please pray for Mark Notess and his wife Liz, as Mark’s illness continues to progress. After battling prostate cancer for several years, Mark is now in the hospital in serious condition. Mark is a colleague and friend of Deborah Cliburn.

Wendy Rogers’ mother, Sandra Webb, is having health issues and undergoing tests.

Prayers for Patricia Limpuin and her son, Mario Urrego.

Kim Morris is home from rehab, but still has a long way to go to recover from her double-knee replacement surgery. Please keep her in your prayers. Cards can be sent to her at 216 E. Oklahoma Avenue, Knoxville, 37917.

Pray for Elaine Trent’s friend, Doreen, who has very aggressive breast cancer for the second time.

John and Nancy Stewart continue to recover from their long visit to the Cleveland Clinic where John underwent a procedure to repair two heart valves. Please keep both John and Nancy in your prayers. Cards may be sent to them at 6611 Ridge Rock Lane, Knoxville, 37909. You can also reach them via phone or via e-mail at johnnan@knology.net
Please keep Jodi Gibbs in your prayers as she is receiving hospice care measures after a long battle with cancer. Jodi was our Administrative Assistant for many, many years, followed by more years of service as our Bookkeeper. Please keep Jodi and her family in your prayers during this time, especially her husband Chuck, her grandson, Konner, her daughter, Aleigha (who just ended many years of service at COS as our Child Care provider), and Aleigha’s husband, Tony. Cards can be sent to Jodi (and Aleigha) at 6730 Fantasia Road, Knoxville 37918.

JoAnne Hall has been living with a progressive illness for several years and is now spending time at Manor House Assisted Living on Northshore Drive for respite care on a more full-time basis. Visitors are welcome. Please keep JoAnne and her partner, Jill Powell, in your prayers, for all the ways this illness has impacted both of their lives. Cards can be sent Joanne or Jill at 906 Forest Heights Road, Knoxville, 37919.

Please pray for Lucy Deal going through chemo right now.

Others in need of prayer for well-being and continued healing are: Betty Henault, Gloria Pendry, Anthony Estepp, Helen Rundle, Phyllis Allison, John Williams, Frank Harvey, Sarah Scott, Allen McNutt, Dianne Beck, Fabiana and her children, Susan Morrow.

NOTE: If you have any joys (including performance dates, anniversaries, graduations, special accomplishments or events) or prayer requests to share with the church community, please e-mail them to the church office at cosucc@bellsouth.net by 9 AM Tuesday morning. Thanks

JULY CALENDAR

Sun, 7/7-Fri, 7/12  COS Youth Asheville Mission Trip
Wed, 7/10    FISH Deliveries
             Evening Centering Prayer, 6:30 PM at SH
Thurs, 7/11  Interfaith Meditation Group, 5:45 PM at COS
Sat, 7/13    Paddlers, 10 AM – Noon at COS
Sun, 7/14    SUMMER SABBATH SCHEDULE
             8:30 AM    Early Worship with Communion
             11:00 AM   Worship Service & Children’s Sunday School
             Lunch & Conversation with Ched Myers following 11 AM
**Worship (see above)**

**Wed, 7/17**
*Justice Knox Training in Cincinnati*
Evening Centering Prayer, 6:30 PM **at SH**

**Thurs, 7/18**
Interfaith Meditation Group, 5:45 PM **at COS**

**Fri, 7/19**
Community Group – Community of St. Ninian, 6:30 PM **at SH**

**Sat, 7/20**
*COS Kitchen Clean Up, 10 AM*
*COS Square Dance with Bob Grimac at COS*

**Sun, 7/21**
**SUMMER SABBATH SCHEDULE**
- 8:30 AM  
  Early Worship with Communion
- 11:00 AM  
  Worship Service & Children’s Sunday School
- 12:30 PM  
  COS Loss Support Group **at COS**

**Tues, 7/23**
Sierra Club, 7 PM **at SH**

**Wed, 7/24**
Evening Centering Prayer, 6:30 PM **at SH**

**Thurs, 7/25**
Interfaith Meditation Group, 5:45 PM **at COS**
COS Physical Expansion Team, 6:30 PM **at SH**

**Sat, 7/27**
*Paddlers, 10 AM – Noon at COS*

**Sun, 7/28**
**SUMMER SABBATH SCHEDULE**
- 8:30 AM  
  Early Worship with Communion
- 11:00 AM  
  Worship Service & Children’s Sunday School

**Wed, 7/31**
Evening Centering Prayer, 6:30 PM **at SH**

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**COS 2019 COUNCIL**

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<tr>
<th>Name, Office</th>
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<tr>
<td>Nate Williams, Moderator</td>
<td>865-591-8343</td>
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<tr>
<td><a href="mailto:natewilliams865@gmail.com">natewilliams865@gmail.com</a></td>
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<td>Judy Sullivan</td>
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