

Church of the Savior E-News for the Week of August 25, 2019

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

“Darkness cannot drive out darkness; only light can do that.

Hate cannot drive out hate, only love can do that.”

From Strength to Love by Rev. Dr. Martin Luther King, Jr.

*Our Pastor, John Gill, will be away this week. If you have an **emergency pastoral care need** during this time, **please contact Ceil Sheahan**, Seminary Intern & Assistant Minister for Pastoral Care, at 865-250-0304 or ceil1955@gmail.com, **OR** call the church office at 865-584-7531 Monday-Thursday from 9 AM–2 PM. Thanks!*

THIS WEEK at COS

Tues, 8/27 Community Group – **Sierra Club**, 7 PM at SH

Wed, 8/28 Community Group – **AKIN**, 5:30 PM at COS
 Centering Prayer and Lectio Divina, 6:30 PM at SH

Thurs, 8/29 Community Group – **Knoxville Community of Mindfulness**, 5:45 at COS

Sun, 9/1 **Twelfth Sunday after Pentecost**

Early Worship, 8:30 AM

SHINE Teacher Training/Orientation, 9:30 AM (see below)

Adult Study Groups, 9:30 AM

COS Youth, 9:30 AM with *Desiree Williams*

Choir, 9:30 AM

Worship, 11 AM

Shine Sunday School, 11 AM

Shine Sunday School Program for Children (during Worship after the Children’s Time): **Tammy Newman** will be with the Toddlers and **Hannah Cook** in the Nursery (0-2 yrs.). **Elena Caicedo and Mark Kiser** will be with the Primary group (K-2nd) and **Alice Wershing & Jessica Gambino** will be with the Middlers (3rd-5th).

All SHINE Teachers and Assistants - Please be in the sanctuary by 9:30 AM **THIS Sunday, September 1st**, for Training/Orientation and completion of Safe Church Forms!

Mon, 9/2

OFFICE CLOSED FOR LABOR DAY

Sunday Morning Adult Studies have BEGUN AGAIN and the groups are meeting separately in Shalom House, gathering at 9:30 AM. **The Bible Study Group** is deciding upon their next study. **The Adult Discussion Group** has begun a discussion of **Joan Chittister's new book: The Time Is Now – A Call to Uncommon Courage**. *“Both a call to arms and a faith-based guide for activists [and] readers disgusted with today’s political and cultural climate.”—Publishers Weekly. In The Time Is Now, Sister Joan Chittister—a rabble-rousing force of nature for social justice and fervent proponent of personal faith and spiritual fulfillment—draws on the wisdom of prophets, both ancient and modern, to help us confront the societal forces that oppress and silence the sacred voices among us. Pairing scriptural insights with narratives of the truth-tellers that came before us, Sister Joan offers a compelling vision for readers to combat complacency and to propel ourselves toward creating a world of justice, freedom, peace, and empowerment. For the weary, the cranky, and the fearful, this energizing message invites us to participate in a vision for a world greater than the one we find ourselves in today. This is spirituality in action; this is practical and powerful activism for our times. You can order this book on-line or from a local bookstore like Union Avenue Books.*



Please Consider Signing Up for altar flowers in honor of or in memory of someone. Sign-up sheets are in the back.



The COS Book Club will discuss Roxane Gay's memoir, *Hunger*, for August 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.

THE COS VISITATION TEAM TRAINING SESSION IS SUNDAY, SEPTEMBER 8. If you are interested in serving on a team to provide visitation to COS members & friends

who are homebound, including the opportunity to bring communion on a monthly basis to those who are unable to attend church, please sign up for this event with Kaylen, our pastor, and Ceil Sheahan to provide some training and resources for all those interested in visiting. For more info, please contact Kaylen Mallard at kaylenmallard@gmail.com or at 731-293-9061.

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

“Practicing Mindfulness,” a workshop with physician, renowned therapist and UT Vols athletic department consultant, 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, (both personal and professional,) Faith Practice and Enhance Health and Well-being. From day to day interactions with family and colleagues, bringing focus to athletic and creative performance, to meditation, and matters of wellness and health, this workshop shares the science/physiology, practice and benefits of mindfulness. This event is open to all . . . and useful to all. Please invite your family, friends and colleagues.

WHEN: Saturday, September 28, from 9 am to noon.

Light continental breakfast: 9 - 9:30, Seminar: 9:30 – noon.

WHERE: Church of the Savior, 934 N. Weisgarber Rd., Knoxville, TN 37909

INFORMATION: Pamela Schoenewaldt, pschoene@comcast.net or Melissa Sykes, Melissa.sykes@gmail.com

TICKETS: \$30 per person and \$25 for students

TO REGISTER ON LINE: <http://cos-ucc.org/practicing-mindfulness/>

OR SIGN UP SHEET AT COS

Upcoming Birthdays

Eric Dixon	August 27	Kathy Jones	Sept. 1
Tonya Barnette	August 30	Theo Kline	Sept. 1
Allen Harden	August 30	Lin Rankin	Sept. 2
Nevaeh Bryant-Nelson	August 31	Eldora Fitzsimmons	Sept. 3
Mark Waldrop	August 31	Ashleigh Makres	Sept. 3

Concerns of the Community

Tiffany Adair-Wall is having health issues and will be undergoing some testing this week. Please pray for good results and resolutions to her health problems.

Judy Sullivan has been suffering from vertigo for several days. Please keep her in your prayers. Judy's address is 103 Oneida Lane, Oak Ridge, 37830.

Bob and Helen Rundle have moved. Bob shares, "Our new address is 136 Canton Hollow Rd, Apt 107, Knoxville, 37934. At this point don't know how long we will be here. Helen has had a series of physical problems since we moved here. She returned a few days ago from a month in the hospital and rehab. All these changes have made her confusion greater. We have given up our land line but our cell number will not change: 356-8458". Please keep Bob and Helen in your prayers.

Bill Murrah has begun two months of chemo and radiation treatment for a form of throat cancer. Please keep Bill and Betty in your prayers during this challenging time! Cards can be sent to Bill at 1111 Gratz Street, Knoxville, 37917.

Phyllis Allison has experienced a recurrence of debilitating back pain related to issues in her lower spine. She and Clint have cancelled plans to travel to Nova Scotia to be with family as she receives treatment here. Please keep Phyllis in your prayers. Cards can be sent to 508 Union Avenue, #401, Knoxville, 37902.

From Jim and Sandy Foster: *"Thank you all for every prayer, every visit, every sharing of time and meals. We love visitors. You lift our spirits. Our thanks are, and always will be, endless.*

Jim's progress is slow and tedious, an up and down reality. Weight gain and stabilization of blood pressure continue to be specific prayer requests. Thank you. Thank you. We so miss being with you." Jim and Sandy's address is 204 Busbee Road, Knoxville, 37920.

Pamela Schoenewalt's and Maurizio Conti's friend, Merence Sibomana, is in his native Burundi to promote his vision of low cost medical imaging. Burundi is facing epidemic levels of malaria, threat of Ebola and unrest in the nearby Congo. Prayers for his success and safety.

Wendy Rogers' mother, Sandra Webb, has received a challenging diagnosis which affects her short term memory function and balance. She continues to be evaluated. Please keep her and the family in your prayers. Wendy's address is 615 E Fox Den Drive, Knoxville, 37934.

Chandler Dukes, 39-year old autistic son of **Denny and Chris Dukes**, is having chemotherapy treatment at UT for stage 2 testicular cancer. Please pray for Chandler and Denny and Chris. Their address is 5409 Lance Drive, Knoxville, 37909.

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 is having radiation therapy. Please pray for Mallory and her family.

Please pray for Matthew Grossman, Ebbe & Bobbi's son, who continues to deal with issues related to beryllium disease.

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. Cards can be sent to Jodi (and Aleigha) at 6730 Fantasia Road, Knoxville 37918.

Others in need of prayer for well-being and continued healing are: **JoAnne Hall, Loida Velasquez, John and Nancy Stewart, Lucy Deal, Gloria Pendry, Anthony Estep, Kim Morris, Helen Rundle, John Williams, 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

AUGUST CALENDAR

Tues, 8/27	Sierra Club, 7 PM <i>at SH</i>
Wed, 8/28	Evening Centering Prayer, 6:30 PM <i>at SH</i>
Thurs, 8/29	Interfaith Meditation Group, 5:45 PM <i>at COS</i>

SEPTEMBER CALENDAR

- Sun, 9/1** Regular Sunday Activities
- Mon, 9/2** **Office Closed for Labor Day**
- Wed, 9/4** **Day Lilies**, 11:30 AM *at Olive Garden, Kingston Pike*
Evening Centering Prayer, 6:30 PM
- Thurs, 9/5** Interfaith Meditation Group, 5:45 PM *at COS*
- Fri, 9/6** Community of St. Ninian, 6:30 PM *at SH*
- Sat, 9/7** Seekers of Silence, 8:30 AM-12 Noon
- Sun, 9/8** Regular Sunday Activities
COS VISITATION TEAM TRAINING SESSION after Worship, COS
- Wed, 9/11** **FISH Pantry Deliveries**
Evening Centering Prayer, 6:30 PM *at SH*
- Thurs, 9/12** Interfaith Meditation Group, 5:45 PM *at COS*
- Sat, 9/14** **Paddlers**, 10 AM – Noon
Mallard Shower, 2 PM at COS
- Sun, 9/15** Regular Sunday Activities
Loss Support Group, 12:30 at COS
- Mon, 9/16** **COS Game Night**, 6:30 PM *at COS*
COS Justice Coordinating Team, 6:30 PM *at SH*
- Tues, 9/17** **Women's Spirituality**, 6 PM *at SH*
- Wed, 9/18** Evening Centering Prayer, 6:30 PM *at SH*
- Thurs, 9/19** Interfaith Meditation Group, 5:45 PM *at COS*
- Fri, 9/20** **COS Current Events Group**, 7 PM, *COS*
Community of St. Ninian, 6:30 PM, *SH*
- Sat, 9/21** ***Kilgore/Buttell Wedding, 1 PM at COS***
- Sun, 9/22** Regular Sunday Activities

- Tues, 9/24** Sierra Club, 7 PM
- Wed, 9/25** AKIN, 5:30 PM at COS
Evening Centering Prayer, 6:30 PM *at SH*
- Thurs, 9/26** Interfaith Meditation Group, 5:45 PM *at COS*
TN Health Care Campaign, 7 PM *at SH*
- Sat, 9/28** ***“Practicing Mindfulness” COS Stewardship Event, 9 AM at COS***
- Sun, 9/29** Regular Sunday Activities

COS 2019 COUNCIL	
<i>Name, Office</i>	<i>Phone</i>
Nate Williams, Moderator natewilliams865@gmail.com	865-591-8343
Judy Sullivan, Vice-Moderator judith.sullivan@knoxschools.org	865-934-9099
Maryanne Cunningham, Treasurer mcunningham@utk.edu	865-691-4552
Mark Kiser, Secretary mkiser1001@comcast.net	865-310-0795
Pam Hindle, Deacon-Grounds phindle@utk.edu	865-809-9247
Ann Harvey, Deacon-Community Building harvey2000@charter.net	865-621-1149
Kaylen Mallard, Deacon-Congregational Care kaylenmallard@gmail.com	731-293-9061
Jay McMahan, Deacon-Justice jfcmcmahan1@gmail.com	865-567-9666
Kristina McLean, Deacon-Communications kristinamclean@gmail.com	865-414-0428
Bert West, Buildings Coordinator westmmc@gmail.com	603-682-3427

Melissa Sykes, Deacon-Stewardship melissa.sykes@gmail.com	865-288-7135
Frank Harvey, Previous Moderator faharvey@charter.net	865-621-0526
John Gill, Pastor cosjg@att.net	865-257-3223