



UNITED CHURCH OF CHRIST

Welcome to Church of the Savior, UCC - a progressive, hope-filled, Christian community!

Flowers at the altar have been placed by Jan and Wayne Thomas in celebration of their 50th Anniversary!

+ Special thanks to COS Member, Nate Williams, for preaching today! Nate is our Vice-Moderator, teaches Children's Sunday School, and serves on our Children's Advisory Team and the Long Term Growth and Vitality Committee. Nate works for ORNLFCU and serves on the board of the Oak Ridge Environmental Peace Alliance. He and his wife, Desiree, did ministry for a church in Texas before coming back to Knoxville. They have two daughters, Fiona and Elsa.

Our Pastor, John Gill, is 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!

+ IF YOU ARE VISITING WITH US TODAY or have a prayer concern, comment or request, please take a moment and fill out one of the cards found in the back pocket of our sanctuary chairs. **We are glad you're here!**

+ HAVE A NAMETAG? Please don't forget to wear it as an act of hospitality toward one another. If you don't have a nametag, **please sign up** on the yellow sheet in the back. If you are visiting, there are "stick-on" nametags available, too.

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

This Week at COS

- Mon, 9/2** Office Closed for Labor Day Holiday
- Wed, 9/4** Day Lilies, 11:30 AM at Olive Garden on Kingston Pike (see below)
Centering Prayer and Lectio Divina, 6:30 PM at SH
- Thurs, 9/5** Community Group – Knoxville Community of Mindfulness, 5:45 PM at COS
- Fri, 9/6** Community Group – Community of St. Ninian, 6:30 PM at SH
- Sat, 9/7** Community Group – Seekers of Silence, 8:30 AM – Noon at COS (see below)

Day Lilies will meet for lunch at Olive Garden on Kingston Pike Wednesday, September 4th, at 11:30 AM. Day Lilies is a COS social group for women. All women are welcome to attend.



THE COS VISITATION TEAM TRAINING SESSION IS NEXT 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.

Michele Buttell and Doris Kilgore invite you to celebrate their 20 year commitment and a marriage ceremony on September 21, 1:00 at Church of the Savior. Refreshments to follow.

2nd Mile Gift for September: UCC Neighbors In Need (NIN)

The **NEIGHBORS IN NEED Offering** supports UCC ministries of justice and compassion throughout the United States. **2/3 of the offering is used** to support a variety of UCC justice initiatives, advocacy efforts, and direct service projects through national staff based in Cleveland, OH and Washington, DC, as well as through direct grants to local communities. NIN grants are awarded to churches & organizations doing justice work in their local communities. COS has been both a recipient & sponsor for NIN grants in our area for many years, most recently for work being done on worker safety in TN. **1/3 of NIN funds support the Council for American Indian Ministry (CAIM),** supporting American Indian people in the UCC.

Sunday Morning Adult Studies have BEGUN AGAIN and are meeting separately meet 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. You can order this book on-line or from a local bookstore like Union Avenue Books.

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

WIDER COMMUNITY NEWS

THIS SATURDAY, 9/7, at COS – Seekers of Silence: SOS is an ecumenical and interfaith gathering of men and women coming together to Listen. This month, **The Right Rev. Brian L. Cole, Bishop of the Episcopal Diocese of East Tennessee** will present **"Thomas Merton and Monastic Prayer for All"**. Bishop Cole was ordained and consecrated fifth bishop of the Diocese of East Tennessee on December 2, 2017. Bishop Cole has under his pastoral and administrative care 51 parishes and worshipping communities in East Tennessee and Northern Georgia. We meet at 8:30 AM for coffee and tea. Prayer begins at 9. Presentation begins at 9:30 & concludes at noon, with times for silent prayer and group discussion. All are welcome!

Church of the Savior Contact Information

If you have any questions about COS, please feel free to contact the church office, our pastor, or staff using the information below. **For a pastoral care concern, please call Rev. John Gill at 865-257-3223 or e-mail him at cosjg@att.net.** For questions about **activities for Youth and Children**, contact Tonya Barnette (see below). **If you have a joy or concern or an announcement to share via e-mail**, please e-mail the church office by Tuesday morning. Thanks!

Ministers:	All God's People!	Church e-mail:	cosucc@bellsouth.net
Pastor:	Rev. John Gill	Pastor's e-mail:	cosjg@att.net
Administrative Assistant:	Nancy Best	Tonya Barnette e-mail:	tonyabarnette@comcast.net
Youth & Children's Minister:	Tonya Barnette	Nate Williams' e-mail:	natewilliams865@gmail.com
Music Director:	Alex Engle	Alex Engle e-mail:	lxndra.sings@gmail.com
Pianist:	Carol Z. Shane	Carol Shane e-mail:	carolzshane@gmail.com
Moderator:	Nate Williams	COS Website:	www.cos-ucc.org
Church Phone:	(865) 584-7531	UCC Website:	www.ucc.org
Church office hours:	Monday-Thursday, 9 AM-2 PM	Southeast Conference:	www.secucc.org