

## YOUTH UPDATE

### EAT TOGETHER, STAY TOGETHER

Researchers from my alma mater (Fuller Theological Seminary), as well as a diverse coterie of scholars, sociologists, educators, and policy wonks across the educational, theological, and professional spectrum have noted that the one predictable factor in increased well-being measures for adolescents and emerging adults is the presence of at least 5 non-parental, intergenerational adult relationships. These scholars note that churches are often places where adolescents and emerging adults are most likely to find opportunity to generate just these kinds of relationships, and as faith communities grapple with their place in our changing religious landscape, an institution-wide focus on intergenerational relationships between adolescents and older adults can be an important seedbed for renewed church health (or at least decreased institutional anxiety).

Everyone (especially churches) benefits from spending time with people from different generational, sociological, ethnic, and occupational cohorts, the more, the better actually. From decreased polarization, politicization, and isolation, to the emergence of new ideas, new ways of being, and new possibilities, the opportunities are literally endless for churches willing to find new ways

to connect people from different communities in shared mission and worship.

While engaging in these kinds of cross-generational friendships can be rather daunting for many of us, there are easy ways here at New Providence to meet someone new: from



volunteering at the Welcome Table, to sitting somewhere different in worship (with the intent of speaking to someone you're just meeting), and even to joining our student ministry on Sunday evenings when Middle School and High School students, as well as a few adults join together for a shared meal at 6:00

p.m. Just this past Sunday, the Disciples Sunday School class served (and ate alongside!) our student ministry, during which both groups discovered not only a shared love of baked potatoes and REAL bacon crumbles, but also that the people we often see and rarely speak to on Sunday mornings have life experiences, passions, dreams, and interests that are rather similar to our own. One adult member of the Disciples class even went so far to say: "That was so much fun, every group in our church should host our kids for dinner!"

Who knows what might emerge for you when you engage a student or senior adult or a young family in conversation over dinner, lunch, coffee, or in the church bus on the way to serve our community. However, the first step is always the most difficult, so instead of feeling overwhelmed (maybe you can't

host our student ministry for dinner), one easy thing you can do is to ask: "How can I make space for students (or senior adults or young families) in the work I'm most passionate about here at New Providence?"

The answers (and the people who join in) just might surprise you!

*Eric Minton*

## CONVERSATIONS THAT MATTER: LIVING FAITHFULLY IN POLARIZING TIMES

Many of us struggle with personal feelings and how to deal with others in addressing the discord in our country.

To provide perspective in dealing with these contemporary issues, the Adult Education Committee at NPPC will offer a series of four, two-hour sessions to be held each Sunday in October from 2:00 to 4:00 p.m. in Eastminster Hall. The weekly topics for the four sessions are Living Faithfully, Living Thoughtfully, Living Truthfully and Living Joyfully. Each topic is designed to offer guidance for healthy, personal responses to the turmoil around us.

This program is not designed for debate and argument. Rather, the use of scriptural guidance, secular resources, conversation techniques and tips to deal with internal frustrations will help us manage our personal responses as people of faith. And, regardless of current perspectives on our culture or politics, there is much to be gained by enhancing our ability to have productive conversations with our families and those we interact with.

Contact Fairlena Googe (children@newprovidencepres.org) for child care.

*Doris Mabrey*

## FROM THE PASTOR

Early in this year, I asked several individuals to work with me to design a visioning process for our congregation as we carefully and prayerfully work to discern what God is calling New Providence to do and be in the next chapter of our life together.

The five people I invited to participate are not the only five I could have asked, but each of them brought particular strengths to the table:

Tyler Johnson is a team builder, Chrissy Irvine is a project manager and process leader, John Pittenger is the perceptive sage with many years in this congregation, and better gut instincts than most of us could ever hope for. Wes King is the innovator, and Carrie Eaton – as you know if you’ve ever worked with her – is the person who can get the wheels on the bus, and get the bus moving down the road.

As I said, they’re not the only group of people who could do this, but they each have special skills that have been invaluable in crafting and carrying out this process.

Their work led us to summer listening groups to get input from the congregation, and we are currently distilling that data into workable themes. The next step will be to identify goals, which will then turn into action plans.

Many of you have been a part of that already. Listening groups, led by session members, have given us valuable input about what your hopes and dreams are for this congregation.

Currently, in addition to the visioning team’s own examination of the data, Dr. Tricia Bruce at Maryville College is tackling our recordings and notes of listening sessions with one of her upper-

level sociology classes. They will help us by performing qualitative data analysis of our information; we in turn help them by giving them hands-on practice in the

field in which these students are hoping to work.

The next step will happen over the weekend of November 3-4. On Saturday morning and again on Sunday afternoon, incoming and current deacons and elders at New Providence will meet for a 2-day retreat with Dr. Laurie Ferguson. Using a design technique

called the “Odyssey Process” from the Stanford Design School, officers will look at the themes distilled from information gathering, consider possibilities, and choose a path for moving forward. These are your elected leaders, and I trust them to have the very best at heart for this congregation. They (and I) will want to keep you in the loop as the process unfolds.

That’s just the big picture, of course. Following that, implementation teams will get to work to determine exactly how to reach those goals and what steps we’ll need to put in place.

All in all, is it a lot of work? YOU BET. Is it important work? YOU KNOW IT. One of the historic principles of Presbyterian governance is that all of us do better work than one or a few of us. So I’m looking forward to seeing what ALL of us come up with together.

It is a joy to be the church with you!



Emily J. Anderson

## WELCOME TO OUR NEW FIRSTLIGHT BAND MEMBERS!

Over the last 12 months, we have almost completely rebuilt our FirstLight band, and you’ll want to know about those changes.

First of all, Brian Hampton, who has been with us for a couple of years, will stay with the band as our guitar player, but has recently stepped up to take on the responsibility of being the FirstLight worship coordinator. That means that Brian will be working with preachers on the service theme, selecting music, and rehearsing the band. Brian is originally from the Orlando area, and has been playing in church worship bands since he was a teenager. In recent years, he has been a private music teacher. Although Brian already has a degree in Criminal Justice from the University of Central Florida, this fall he has gone back to school for another degree. He is finishing prerequisites at Pellissippi, but will eventually be at the University of Tennessee in Knoxville, double-majoring in Ecological Science and Music. Brian and his wife Emily live in Holston Hills, and his father lives in Maryville. We are grateful for Brian’s commitment, dependability and flexibility!

With Brian back on guitar, we have a new lead vocalist: Rylee Worstell is a sophomore at the University of Tennessee. Her major is Vocal Performance, and her real love is opera. (Ask her about how she discovered that!) Rylee loves singing with the band at NewProv because it stretches her in new ways with a new (to her) style of music. Rylee is originally from Williamsburg, VA, but spent her last year of high school at the UNC School of the Arts in Winston-Salem, NC. If you have had the chance to hear Rylee sing, you know that she is extremely talented!

You may have noticed that Rusty Winchester has not been on the drums for the last few weeks; after 13 years with the FirstLight band, Rusty is ready to take a break and enjoy the “view from the pew” for a while. Rusty’s son Cade is in his second-to-last season of high school soccer, and this change will

allow Rusty to be on the sidelines for weekend games more frequently. In Rusty's place, you'll see Dowe Cauthen on the drum set. Dowe is yet another student in the UT Music School.

Finally, Ethan Rickman is the new face you have seen playing electric bass; Ethan is just about finished up with two years at Pellissippi State, and will soon be in the UT School of Music as well. Very soon, we will be 4-for-4 with UT students, and we are grateful for them.

I hope you will take the time to introduce yourselves to these great musicians, and make sure they feel right at home at New Providence!

*Emily Anderson*

## A THANK YOU GIFT FOR THE MUSICKS

Several of you have expressed interest in participating in a farewell gift for Steve and Lynne Musick when Steve retires on November 11. The session has agreed that a financial gift will be most appropriate and useful to them, and NPPC members and friends are invited to contribute.

To comply with federal guidelines, all checks should be made out to **Steve Musick** (not New Providence) and brought to the church office, where they will be collected. After November 11, those checks will be co-mingled and deposited into Steve's checking account in one large batch. Steve and Lynne will be given a list of names of people who participated, but with no specific amounts attached.

A reception is being planned after worship on November 11th, when we will be able to express our thanks to Steve and Lynne for their ministry and friendship.

*Emily Anderson*

## COMMUNION

We will celebrate the Lord's Supper during both services of worship on World Communion Sunday, October 7, 2018.

## NEWS FROM THE CHILDREN'S MINISTRY

### RIDERS NEEDED!

On Wednesday afternoons from 2:30 to 3:15, we still need adult volunteers to ride the PEAK bus as it picks up kids from Sam Houston, Foothills and MRIS. Volunteers help to keep us in compliance with the church's Child Protection Policy and welcome the children for the day. Go to <https://www.signupgenius.com/go/60b084dafab2babfa7-20182019> for available dates.

### INTERESTED IN HELPING IN THE NURSERY?

Sometimes we are exceptionally blessed with littles on Sunday mornings. When that happens, it is wonderful to have adults available to help balance out our adult to child ratio. If you are interested in being 'on call' when there is a need, go to <https://www.signupgenius.com/go/60B084DAFAB2BABFA7-ontcall>.

### REMINDER: K-5 SUNDAY SCHOOL PICKUP PROCEDURES

K-5th graders attending Sunday School have a bracelet with their name (or a shape for visitors) to be picked up when the child is dropped off and returned when the child is collected for the day. In the event that a child arrives to the classroom by themselves and a bracelet is not collected at drop off, please be sure the individual picking up notifies the teacher that they have the child. Older siblings are welcome to pick up younger siblings, just be sure they follow basic procedures.

### SPECIAL THANKS!

A special thank you goes to Walt Greene and his wood working skills. After seeing a picture for reference, Walt made a lovely set of steps with hand rails to go in the 2 & 3 year old bathroom in the Preschool Department.



### SCHEDULE FOR PEAK/CLOUD 9

- 10/3 - No PEAK/No Cloud 9
- 10/10 - No PEAK/No Cloud 9
- 10/17 - PEAK/Cloud 9
- 10/24 - PEAK/Cloud 9
- 10/31 - No PEAK/No Cloud 9
- 11/18 - Children's Sunday
- 11/28 - Hanging of the Greens
- 12/2 - Children (& Parents) Caroling and Cocoa

*Fairlena Googe*

## LIFT BEGINS

We have some exciting news for the LIFT program! LIFT (Let's Inspire Families Together) was created to build relationships with children and parents who could benefit from input/experience/support in the process of learning.

For six Thursday evenings beginning October 11, Rockford Elementary School Pre-K students and their families will be the new focus of the program. Volunteer tutors, meal preparers and servers, school staff, and Maryville College Bonner scholars will work together to facilitate evenings of fellowship and skill development.

After sharing a meal together, children will engage with tutors to develop reading skills and their parents will learn ways they can support their children.

*Steve Musick*

# CALENDAR FOR OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday										
	<p>01 ACS, BCS, MCS Fall Break</p> <p>7:30AM Monday Morning Theologians (Off Campus)</p> <p>8:00AM CBS Sorting (WH)</p> <p>12:00PM Office on Aging (Pavilion)</p>	<p>02 ACS, BCS, MCS Fall Break</p> <p>9:00AM Bartlett Adult Day Out (REH)</p> <p>10:00AM Welcome Table Prep (WH - Kitchen)</p> <p>1:45PM Centering Prayer (W201)</p> <p>5:00PM Welcome Table (WH)</p> <p>5:30PM New Prov Green Team (W202)</p> <p>6:00PM Men's Lead Team (109)</p> <p>6:30PM Bereavement/Nurture/TLC Committee (219)</p> <p>6:30PM Event Support Committee (215)</p> <p>6:30PM Fellowship Committee (213)</p> <p>6:30PM Transportation Committee (206)</p> <p>6:30PM Connections Committee (REH)</p> <p>6:30PM Facilities Committee (Parlor)</p> <p>7:00PM Stewardship Committee (109)</p> <p>7:00PM Budget &amp; Finance Committee (108)</p> <p>7:00PM Policy Committee (W201)</p> <p>7:15PM Congregational Life/Deacons (206)</p> <p>8:00PM Admin Team (Chapel)</p>	<p>03 ACS, BCS, MCS Fall Break</p> <p>8:30AM Men's Building Square (Atrium)</p> <p>9:00AM Bartlett Adult Day Out (REH)</p> <p>10:00AM Lectio Divina Group (109)</p> <p>1:00PM Prayer Meeting (W202)</p> <p>4:00PM Lectionary Bible Study (Off Campus)</p> <p>4:15PM Home School Theatrical Production Class (206)</p> <p>5:30PM Meditation Mindfulness Community (Parlor)</p> <p>6:00PM Tai Chi Class (FEH)</p> <p>7:00PM Chancel Choir (Choir Room)</p> <p>7:00PM New Prov Reads (W202)</p>	<p>04 ACS, BCS, MCS Fall Break</p> <p>10:00AM Leah Circle (Parlor)</p> <p>10:00AM Martha Circle (Chapel)</p> <p>10:00AM Ruth Circle (W201)</p> <p>2:00PM Deborah Circle (Off Campus)</p> <p>5:00PM MHS Football Parking</p> <p>7:00PM Mary Circle (Off Campus)</p>	<p>05 ACS, BCS, MCS Fall Break</p> <p>2:30PM FirstLight Rehearsal (Sanctuary)</p> <p>5:00PM Lochman/Beard Wedding Rehearsal (Sanctuary)</p>	<p>06 4:00PM Lochman/Beard Wedding (Sanctuary)</p> <p>5:00PM Lochman/Beard Reception (WH)</p>										
<p>07 World Communion Sunday Communion Peace &amp; Global Witness Offering</p> <p>9:00AM FirstLight Worship (Sanctuary)</p> <p>10:00AM Church School</p> <p>10:00AM Inquirers' Class (Chapel)</p> <p>11:05AM Traditional Worship (Sanctuary)</p> <p>2:00PM Adult Ed Fall Forum (EH)</p> <p>4:30PM Youth Fall Celebration (Pavilion)</p>	<p>08 BCS Back to School</p> <p>7:30AM Monday Morning Theologians (Off Campus)</p> <p>8:00AM CBS Sorting (WH)</p> <p>6:00PM BSA-Wolf Cubs (REH)</p> <p>6:30PM BSA-Troop 88 Badge Review (FWH)</p> <p>7:00PM Women's Study Group (Parlor)</p> <p>7:00PM BSA - Troop 88 (FWH)</p> <p>7:00PM BSA-Tiger Cubs</p> <p>7:00PM BSA-Webelos 2 (RWH)</p> <p>7:00PM BSA - Webelo 1 (FEH)</p> <p>7:00PM BSA-Bear Cubs (REH)</p>	<p>09 9:00AM Bartlett Adult Day Out (REH)</p> <p>9:30AM Community Food Connection Board (Chapel)</p> <p>10:00AM Welcome Table Prep (WH - Kitchen)</p> <p>1:45PM Centering Prayer (W201)</p> <p>5:00PM Welcome Table (WH)</p> <p>6:15PM Welcome Table Committee (109)</p> <p>6:30PM Youth Committee (FWH)</p> <p>6:30PM Children's Committee (215)</p> <p>6:30PM Adult Ed Committee (108)</p> <p>6:30PM Worship &amp; Arts Team (Choir Room)</p> <p>7:00PM Church in the World (Chapel)</p> <p>7:30PM Discipleship &amp; Education (216)</p>	<p>10 7:30AM Men's Witnessing Square (W201)</p> <p>9:00AM Bartlett Adult Day Out (REH)</p> <p>10:00AM Lectio Divina Group (109)</p> <p>11:30AM New Prov U (FWH)</p> <p>4:00PM Lectionary Bible Study (Off Campus)</p> <p>4:15PM Home School Theatrical Production Class (206)</p> <p>6:00PM Tai Chi Class (FEH)</p> <p>6:00PM NAMI Group 2 (206)</p> <p>7:00PM Chancel Choir (Choir Room)</p>	<p>11 MCS Back to School</p> <p>9:00AM Quilters (FWH)</p> <p>10:00AM D &amp; S Community Services Training (FEH)</p>	<p>12 2:30PM FirstLight Rehearsal (Sanctuary)</p> <p>5:00PM MHS Football Parking</p>	13										
<p>14 9:00AM FirstLight Worship (Sanctuary)</p> <p>10:00AM Church School</p> <p>10:30AM Called Session Meeting</p> <p>11:05AM Traditional Worship (Sanctuary)</p> <p>2:00PM Adult Ed Fall Forum (EH)</p> <p>4:30PM iGroup (WH)</p> <p>6:00PM Youth Dinner (WH)</p> <p>6:30PM PYC (WH)</p>	<p>15 ACS Back to School New Prov Press Deadline</p> <p>7:30AM Monday Morning Theologians (Off Campus)</p> <p>8:00AM CBS Sorting (WH)</p> <p>6:00PM BSA-Wolf Cubs (REH)</p> <p>6:30PM BSA-Troop 88 Badge Review (FWH)</p> <p>7:00PM BSA - Troop 88 (FWH)</p> <p>7:00PM BSA - Webelo 1 (FEH)</p> <p>7:00PM BSA-Bear Cubs (REH)</p> <p>7:00PM BSA-Tiger Cubs</p> <p>7:00PM BSA-Webelos 2 (RWH)</p>	<p>16 9:00AM Bartlett Adult Day Out (REH)</p> <p>10:00AM Welcome Table Prep (WH - Kitchen)</p> <p>1:45PM Centering Prayer (W201)</p> <p>5:00PM Welcome Table (WH)</p> <p>6:00PM Leadership Development Committee (208)</p> <p>7:00PM Session (Chapel)</p>	<p>17 8:30AM Men's Building Square (Atrium)</p> <p>9:00AM Bartlett Adult Day Out (REH)</p> <p>10:00AM Lectio Divina Group (109)</p> <p>1:00PM Prayer Meeting (W202)</p> <p>2:00PM P.E.A.K. (bus)</p> <p>3:00PM PEAK and Cloud 9 (208)</p> <p>4:00PM Lectionary Bible Study (Off Campus)</p> <p>4:15PM Home School Theatrical Production Class (206)</p> <p>5:50PM Meditation Mindfulness Community (Parlor)</p> <p>6:00PM Tai Chi Class (FEH)</p> <p>7:00PM Chancel Choir (Choir Room)</p> <p>7:00PM New Prov Reads (W202)</p>	<p>18 9:00AM Quilters (FWH)</p> <p>5:30PM Public Theology (Off Campus)</p> <p>6:00PM D&amp;S Community Services Party (WH)</p> <p>7:00PM APNC (Chapel)</p>	<p>19 10:00AM Life Beginners</p> <p>2:30PM FirstLight Rehearsal (Sanctuary)</p>	20										
<p>21 Money for Manna</p> <p>9:00AM FirstLight Worship (Sanctuary)</p> <p>10:00AM Church School</p> <p>11:05AM Traditional Worship (Sanctuary)</p> <p>12:00PM Choir Lunch (WH)</p> <p>1:00PM Choir Cantata Rehearsal (Choir Room)</p> <p>2:00PM Adult Ed Fall Forum (EH)</p> <p>4:30PM iGroup (WH)</p> <p>6:00PM Youth Dinner (WH)</p> <p>6:30PM PYC (WH)</p>	<p>22 7:30AM Monday Morning Theologians (Off Campus)</p> <p>8:00AM CBS Sorting (WH)</p> <p>6:00PM BSA-Wolf Cubs (REH)</p> <p>6:30PM BSA-Troop 88 Badge Review (FWH)</p> <p>7:00PM BSA - Troop 88 (FWH)</p> <p>7:00PM Women's Study Group (Parlor)</p> <p>7:00PM BSA-Tiger Cubs</p> <p>7:00PM BSA-Webelos 2 (RWH)</p> <p>7:00PM BSA - Webelo 1 (FEH)</p> <p>7:00PM BSA-Bear Cubs (REH)</p>	<p>23 9:00AM Bartlett Adult Day Out (REH)</p> <p>10:00AM Welcome Table Prep (WH - Kitchen)</p> <p>1:00PM New Prov Press Mailing (Chapel)</p> <p>1:45PM Centering Prayer (W201)</p> <p>5:00PM Welcome Table (WH)</p>	<p>24 7:30AM Men's Witnessing Square (W201)</p> <p>9:00AM Bartlett Adult Day Out (REH)</p> <p>10:00AM Lectio Divina Group (109)</p> <p>10:30AM Widow/Widower Support Group (W202)</p> <p>2:00PM P.E.A.K. (bus)</p> <p>3:00PM PEAK and Cloud 9 (208)</p> <p>4:00PM Lectionary Bible Study (Off Campus)</p> <p>4:15PM Home School Theatrical Production Class (206)</p> <p>6:00PM NAMI (W201)</p> <p>6:00PM Tai Chi Class (FEH)</p> <p>7:00PM Chancel Choir (Choir Room)</p>	<p>25 8:00AM CBS Setup (RWH)</p> <p>9:00AM Quilters (FWH)</p>	<p>26 8:30AM CBS (WH)</p> <p>1:00PM Beck/Nasrollahi Reception Set Up (WH)</p> <p>2:30PM FirstLight Rehearsal (Sanctuary)</p> <p>5:00PM Beck/Nasrollahi Wedding Rehearsal (Sanctuary)</p>	<p>27 11:30AM Beck/Nasrollahi Wedding Reception (Sanctuary)</p> <p>12:30PM Nasrollahi Reception (WH)</p>										
<p>28 Reformation Sunday MC Scholars at Trad. Service Homecoming</p> <p>9:00AM FirstLight Worship (Sanctuary)</p> <p>10:00AM Church School</p> <p>11:05AM Traditional Worship (Sanctuary)</p> <p>2:00PM Adult Ed Fall Forum (EH)</p> <p>4:30PM iGroup and PYC Fall Family Night (WH)</p> <p>6:00PM Montreat 2019 Info Meeting (FWH)</p>	<p>29 7:30AM Monday Morning Theologians (Off Campus)</p> <p>8:00AM CBS Sorting (WH)</p> <p>6:30PM BSA-Troop 88 Badge Review (EH)</p> <p>6:30PM BSA-Pack Meeting (WH)</p> <p>7:00PM BSA-Troop 88 (EH)</p>	<p>30 9:00AM Bartlett Adult Day Out (REH)</p> <p>10:00AM Welcome Table Prep (WH - Kitchen)</p> <p>1:45PM Centering Prayer (W201)</p> <p>5:00PM Welcome Table (WH)</p>	<p>31 9:00AM PWC Bible Study Leaders (Chapel)</p> <p>9:00AM Bartlett Adult Day Out (REH)</p> <p>10:00AM Lectio Divina Group (109)</p> <p>10:30AM Widow/Widower Support Group (W202)</p> <p>4:00PM Lectionary Bible Study (Off Campus)</p> <p>4:15PM Home School Theatrical Production Class (206)</p> <p>6:00PM Tai Chi Class (FEH)</p> <p>7:00PM Chancel Choir (Choir Room)</p>	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p><b>OCTOBER DATES FOR PEAK/CLOUD 9</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">3</td> <td>No PEAK/Cloud 9</td> </tr> <tr> <td style="text-align: center;">10</td> <td>No PEAK/Cloud 9</td> </tr> <tr> <td style="text-align: center;">17</td> <td>PEAK/Cloud 9</td> </tr> <tr> <td style="text-align: center;">24</td> <td>PEAK/Cloud 9</td> </tr> <tr> <td style="text-align: center;">31</td> <td>NO PEAK/Cloud 9</td> </tr> </table> </div>			3	No PEAK/Cloud 9	10	No PEAK/Cloud 9	17	PEAK/Cloud 9	24	PEAK/Cloud 9	31	NO PEAK/Cloud 9
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RWH – Rear Westminster Hall    FWH – Front Westminster Hall    FEH – Front Eastminster Hall    REH – Rear Eastminster Hall    ACS/BCS/MCS – Blount County, Alcoa, and Maryville School Systems

## WIDOWS AND WIDOWERS GRIEF SUPPORT GROUP

This group, designed to help those who have lost a partner within the last 2 years will be held the following Wednesdays, October 24 and 31, November 14, December 5, 12, and 19 from 10:30 a.m. to noon in Room W201. Handouts and discussion will address daily issues and lead the group through the journey of grief and loss toward healing, wholeness, and life renewed in a new perspective. We will also look at "survival strategies" for the upcoming holidays. For information, or to make a reservation contact Alice Mansmith (856-2570 [h], 599-8361 [c]).

*Alice Mansmith*

## LIFE BEGINNERS

Life Beginners is a group of retired folks that travel to local areas of interest and share a meal while on the road.

This month, Life Beginners will head to historic Rugby, Tennessee. The bus will leave the church on Friday, October 19, at 9:00 a.m. Lunch will be at the restaurant in Rugby and we'll order off the menu. We will tour some of the houses, the library and print shop. We should get back to the church no later than 6:00 p.m. The cost will be \$3 for transportation. (We might stop for an ice cream on the way home!) Contact Stephanie Bell (call or e-mail [stephaniebell47@gmail.com](mailto:stephaniebell47@gmail.com)) to make your reservation. Hurry, space is limited!

*Stephanie Bell*

## BARTLETT BUZZ

October will be a big month in Bartlett Adult Day Out. We will celebrate two birthdays: Bill and Mike and we will also have a Halloween Party! Three parties in one month - we will be busy!

If you have a talent or hobby to share, we would love for you to visit with us. Contact Trish (983-0182 x106, [trish@newprovidencepres.org](mailto:trish@newprovidencepres.org)) to set up a time!

*Trish Badgett, Parish Nurse*

## NEW PROV U

New Prov U is an opportunity for the congregation, especially those 55 and older, to find enrichment opportunities from a variety of presentations. Join us on Wednesday, October 10, for a program by Bryan Daniels, President and CEO of Blount Partnership. Blount Partnership helps coordinate the Chamber of Commerce, tourism, industry, etc., helping our community become more productive. Contact *Stephanie Bell* (call or e-mail [stephaniebell47@gmail.com](mailto:stephaniebell47@gmail.com)) by noon on Thursday, October 4, to make reservations for the 11:30 a.m. lunch (\$7) or just come for the program at noon.

*Andy Simon*

## GENEVA GROUP COLLECTS FUNDS FOR BUILDING FUND

By using the Christmas season to launch our project, special drawn cards of the church by Mimi Terry, our Re-Creation Geneva group raised \$750 to help reduce the loan on Westminster Hall. Contact Bob or Patty Quinn if you would like to purchase cards.

Members of the Re-Creation Geneva group are Bob & Patty Quinn, Bob & Jean Beard, Bob & Ann McFarland, Ellie Morrow, Don & Ruth Moore, Alida Graves and Bud Gangwer, and our newest members Dick & Donna Ridge.

*Patty Quinn*

## PATIENCE PLEASE...

There are big changes in store for communication at New Prov, and with big changes come growing pains. We have a new version of our database software that will allow friends and members more access to their account information, giving information and communication with others, all while continuing to protect your privacy.

There will also be a new telephone system installed at the church. It is our hope and prayer that this new system will make it easier for everyone to get in touch with the person who can provide them the help they seek.

*Coco Everett*

## LECTIONARY READINGS FOR OCTOBER

- October 7: Job 1:1; 2:1-10, Psalm 26, Hebrews 1:1-4; 2:5-12, Mark 10:2-16
- October 14: Job 23:1-9; 16-17, Psalm 22:1-15, Hebrews 4:12-16, Mark 10:17-31
- October 21: Job 38:1-7 (34-41), Psalm 104:1-9, 24, 35c, Hebrews 5:1-10, Mark 10:35-45
- October 28: Job 42:1-6, 10-17, Psalm 34:1-8 (19-22), Hebrews 7:23-28, Mark 10:46-52

## OCTOBER BIRTHDAY

Lester Oakes, whose birthday is October 11, is our "Taking the Love of Christ" (TLC) member who has a birthday in October. Shower him with birthday cards to remind him that he is special!

*Donnae Farley*

## END OF LIFE PLANNING

Because it is difficult to plan wisely during the emotional stress of death, the Session of New Providence continues to encourage members to discuss and plan in advance for Christian options and arrangements that are necessary at the time of death. These plans should be simple and meaningful, provide spiritual comfort, bear witness to our resurrection hope, and be such that the Christian community and its support may be central. To help you do just that, contact Coco ([coco@newprovidencepres.org](mailto:coco@newprovidencepres.org), 983-0182 x102) for a copy of our helpful planning form, or visit our website at <http://www.newprovidencepres.org/memorialplanning>.

*Coco Everett*

## HEALTH TIPS

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### GETTING STARTED WITH MINDFULNESS

Mindfulness practices bring many benefits but do not have to be overwhelming. Like many habits, the more we practice, the better we get, but we don't have to be experts before we can start. Here are some ideas for getting started with mindfulness in small doses in a variety of ways until you hit your stride.

- **Mindful Mornings.** Are you aware of how you start the day? Even before you get out of bed, take some deep breaths, use a favorite centering prayer, or pause to be aware of how the various parts of your body feel.
- **Working Ways.** When you sit in your chair, let yourself feel your body come into contact with the chair, the floor, the desk, or other physical tools of your profession. Draw a breath and let it out slowly before moving on to be physically present to another dimension of your space before being lost in the rush of tasks.
- **The Best Intentions.** We all have things we have to do every day that consume most of our time. It only takes a second to choose something that we want to be today - kind, calm, patient. What value is on your heart that you want to embrace in this moment?
- **Noticing Senses.** Try using a sense you don't usually focus on. Close your eyes and listen. Stop moving and be still. Inhale deeply the fragrances around you. Touch a new texture. In that moment, what is that sense of discovery like?
- **All the Feels.** We do so much on auto-pilot, from small tasks like brushing our teeth to important tasks like how we fuel our bodies or have conversations. For one minute, turn off auto-pilot. What does it feel like to brush your teeth? To scratch the dog's chin? To inhale clean laundry?
- **The Real Truth.** When you have a self-deprecating thought, nip the rumination in the bud by speaking truth out loud. Say something

positive and admirable about yourself, take a deep breath, and sit with the truth for a moment before moving on.

- **Flickering Flames.** Light a candle and simply watch it flicker and dance. Let the simple movement of the light calm you. You are not trying to think about anything or accomplish anything, but simply notice.
- **Ritual Richness.** Your own mini-ceremony for anything from how you prepare your tea to clearing your desk - and your mind - at the end of the day can create calming space for you to better manage stress in your life.
- **Cool Spots.** Choose a spot where you can be alone for five minutes, even in the midst of a group of people, such as on a bus or subway ride. Anywhere you can close your eyes, breathe intentionally, and observe your senses will help reduce stress.

Taken from [chreader.org](http://chreader.org)

*Trish Badgett, Parish Nurse*

## GET CONNECTED

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Keep up with all the happenings at New Prov, do one or all of the following:

- Friend us on our Facebook page @newprovpres
- Follow us on Twitter to get our tweets at @newprovpres
- Follow us on Instagram at newprovidencepres
- Hashtag any post with #NewProvPres to keep in the loop
- Subscribe to the E-news, our weekly electronic newsletter of last minute church news
- Get our Adult Ed E-news, our quarterly newsletter concerning all things Adult Education
- Check out our website at [www.newprovidencepres.org](http://www.newprovidencepres.org)
- Contact Coco ([coco@newprovidencepres.org](mailto:coco@newprovidencepres.org), 983-0182 x102) and get signed up today!

## SESSION SUMMARY

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The Session met on September 18, 2018, at 7:00 p.m. and approved or discussed the following:

- Received new member Laura Sell, by letter of transfer from St. Andrews Episcopal Church, Maryville TN
- Curriculum Approval: Discipleship & Ed requests approval for the following book to be used by the Faith & Culture adult Sunday School Class: *Everything Belongs: The Gift of Contemplative Prayer* by Richard Rohr
- Peace and Global Witness Offering: CITW proposes that the NPPC portion of the Peace & Global Witness special offering scheduled for October 7 is directed to the Community Coalition Against Human Trafficking. This will be the 4th consecutive year that CCAHT has been supported through this offering, and it represents an opportunity to have a regional impact by partnering with an organization that provides community training and a safe house for transitioning victims.
- Approved the following commissioners for the November 13 Presbytery meeting: Laura Shamiyeh, Jane Morton, Bobbie Briggs
- The Fall Forum to be *Conversations that Matter, Living Faithfully in Polarizing Times*. It will include the following sections: Living Faithfully, Living Thoughtfully, Living Truthfully, Living Joyfully
- The Widows/Widowers group will start back up this fall, with dates in October, November and December

*Beth Lazar, Clerk of Session*

## DONATE NOW

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Use this QR code or go to [newprovidencepres.org/donate](http://newprovidencepres.org/donate).



## TENDING OUR FLOCK

### WE SHARE JOY!

- Virginia Lindsay Gray, born September 20, 2 pounds, 12 ounces, 15 inches long. Parents are Lindsay & Dawson Gray. Grandparents are Barb & Larry Little.
- Maxey & Forrest Long have adopted Henry Jun Ze Long. Henry turned two in February. Maxey and Henry will be returning home from China at the end of September.
- Reece Britt earned a spot on the Tennessee Junior Cup golf team and will compete for the Junior Cup. He is one of the top 14 junior golfers in the state of Tennessee! Congratulations, Reece!

### WE SHARE SORROW

- Tom Ellis, 9/4
- Bea Heisinger, 9/2

Have a new baby? Dad in the hospital? Someone graduate? Your church family would love to share your joys and your sorrows. Contact Coco (coco@newprovidencepres.org, 983-0182, x102) to share your news.

## PEACE & GLOBAL WITNESS SPECIAL OFFERING TO SUPPORT CCAHT

As we rush into the new year of school and church programs, it's easy to lose sight of the peace Christ promises. We get busy, overworked, and anxious. Beyond the stress and difficulty of our own lives, we look around and see a world marked by violence around the corner and across the globe. That is why we're grateful for the Season of Peace we are in, which culminates with the Peace & Global Witness offering on World Communion Sunday. The ministries of peacemaking and reconciliation witness to the Prince of Peace. It is good to be reminded that, with all the discord, pain, and conflict in our communities and in the world, we serve a God who promises harmony and responds to violence with reconciliation and peace.

This is why we ask you to give to the Peace & Global Witness offering. You will retain 25 percent of this offering to support a local ministry; 25 percent is retained by mid councils; and the remaining 50 percent is deployed by the Presbyterian Mission Agency to join the peacemaking efforts of church

partners all over the globe.

This year, the Church in the World Ministry Team has asked Session to support the Community Coalition Against Human Trafficking with our 25 percent of the offering. This will be the 4th consecutive year that CCAHT has been supported through this offering, and it represents an opportunity to have a regional impact by partnering with an organization that provides community training and a safe house for transitioning victims.

We will accept your gift to this offering on World Communion Sunday, October 7, 2018. Visit the Peace & Global Witness website ([www.presbyterianmission.org/peace-global](http://www.presbyterianmission.org/peace-global)) to find out more information.

## SUNDAY MORNING LEADERSHIP FOR OCTOBER

### FIRSTLIGHT SERVICE AT 9:00 A.M.

	Elder Greeters	Ushers	Children's Time
7	Hayley Lynn, Bryan Kilday, Gabie Kerr	Tom Raines*, Peggy Raines, Sally Daley, Terry & Judy Woods	Vandy Kemp
14	Chad Rogers, Bobbie Briggs, Jenifer Greene	Judy Woods*, Connie & Jack Jackson, Ron & DeAnne Gibbs	Susan Young
21	Bill Yarborough, Maxey Long, Laura Shamiyeh	Chrissy Irvine*, Will Irvine, Jamie Irvine, Vandy Kemp, Bobbie Briggs	Open
28	Nick Bradford, Ayak Cinkoc, Carrie Eaton	Jenn Hardy*, Claude Hardy, Roy & Ruth Fox, Martha Cobb	Hayley Lynn

### TRADITIONAL SERVICE AT 11:05 A.M.

	Elder Greeters	Ushers	Children's Time
7	Tracy Luttrell, John Pittenger, Michelle Huntoon	Jason Brooks*, Ann Spencer, Lynne Musick, Phil Mummert, Susan Young	Vandy Kemp
14	Kate Clabough, Tyler Johnson, Mike Teffeteller	Karen* & Ken Paxton*, Bud Gangwer, Barbara Hall, Jeanne Ezell	Susan Young
21	Jane Morton, Andrew Irvine, Carrie Eaton	Bill Morton*, Jane Morton, Tom & Eva Carpenter, Mot Krick	Open
28	Bill Savell, Chad Rogers, Hayley Lynn	Stephanie Bell*, Dennis & Ann Cherry, Jack Bell, Jeff Pezick	Hayley Lynn

\* Head Usher

## MINISTERS & SUPPORT

The Reverend Doctor Emily J. Anderson . . . . .	PASTOR
The Reverend J. Steven Musick . . . . .	ASSOCIATE PASTOR
The Reverend Doctor Stan Rushing . . . . .	PARISH ASSOCIATE
Rob Britt . . . . .	DIRECTOR OF MUSIC
Peggy Rogers . . . . .	ORGANIST & DIRECTOR OF HANDBELLS
Brian Hampton . . . . .	INTERIM FIRSTLIGHT COORDINATOR
Cindy Sugg . . . . .	DIRECTOR OF CHILDREN'S MUSIC
Eric Minton . . . . .	INTERIM YOUTH & COLLEGE AGE COORDINATOR
Fairlena Googe . . . . .	INTERIM CHILDREN'S COORDINATOR
Leah Thomas . . . . .	INTERIM CHILDREN'S FACILITATOR
Trish Badgett . . . . .	PARISH NURSE
Amelia Geis-Scott . . . . .	WELCOME TABLE COORDINATOR
Ray Bryant . . . . .	FACILITIES MANAGER
Penny Bever . . . . .	BUSINESS ADMINISTRATOR
Coco Everett . . . . .	COMMUNICATIONS COORDINATOR
Ashley James . . . . .	INFORMATION COORDINATOR



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## DATES TO REMEMBER FOR OCTOBER

7	Communion During Both Services of Worship World Communion Sunday Peace & Global Witness Offering Conversations That Matter Series Begins
15	New Prov Press Deadline
21	Money for Manna
24	Widow/Widower Support Group Begins
23	Combined Service with St. Paul AME Zion Church
26	Community Benefit Sale
28	Homecoming Recognition of our College Scholars

