



New Providence

October 2019
Vol. 56 No. 10

Published monthly to keep friends and members
informed of news and coming events

www.newprovidencepres.org
(865) 983-0182

ST. PAUL IS COMING!

On Sunday, October 27, we will have one service of worship at 10:30 a.m., and we'll be joined by our friends from St. Paul AME Zion church. We will worship together and then gather in Westminster Hall for a potluck lunch. The church will provide the meat and drinks, so please bring a side dish or dessert and plan to join us for lunch after the service.

The morning schedule will be:

- 9:00 a.m. Sunday School
- 10:00 a.m. Fellowship & Coffee
Children's Music Practice
- 10:30 a.m. Combined Service
- 12:00 p.m. Potluck Lunch

2019 NEW PROVIDENCE CEMETERY TOUR

Save the date for the second annual New Providence Cemetery Tour to be held Saturday, October 26 from 4-6 p.m. and Sunday, October 27 from 2-4 p.m. Registration will begin online on September 30th via the New Providence website (<http://newprovidencepres.org/cemetery>). Those attending will park at the church and catch a bus to the cemetery. Buses will leave every 15 minutes. There will be eight stops on the tour. The cost is \$15 per person; proceeds will go to a fund to repair the cemetery retaining wall. For more information, contact Kate Clabough (kateclabough@gmail.com, 865-256-2329).

Kate Clabough

LIFT PROGRAM

We are getting ready to start our LIFT (Let's Inspire Families Together) literacy program for fall. We are looking for people to help in the kitchen from 3:30-5:00 p.m. on Thursdays, October 17, 24, November 7, 14, and 21.

It's easy! It's fun! And, oh so important, someone will always be working with you.

Please contact Marge Meredith (301-646-9693, margemeredith51@yahoo.com) if you have even one of these dates open on your calendar.

Marge Meredith

ADVENT CANDLE LIGHTERS NEEDED

If your Sunday school class, choir, hand bells, circles, or other fellowship and service groups at New Providence would like to participate in lighting the Advent candles at the beginning of one our worship services during Advent, the Worship and Arts Ministry Team welcomes anyone that would like to participate. Please contact Tyler Johnson (tyler1@utk.edu, 865-599-1850) to sign up for dates and worship schedules.

- 12/1 (9 a.m. and/or 11:05 a.m.)
- 12/8 (9 a.m. and/or 11:05 a.m.)
- 12/15 (9 a.m. and/or 11:05 a.m.)
- 12/22 (9 a.m. and/or 11:05 a.m.)
- 12/24 (7 p.m. and 11 p.m.)

Tyler Johnson

DO YOUR PART TO END FOOD INSECURITY IN BLOUNT COUNTY!

During the last two Sundays in October, the NPPC Youth will be collecting canned goods for their annual Trick or Cans event. Trick or Cans is a community-wide event where local high schoolers canvas Maryville neighborhoods on Halloween collecting canned goods. All donations go to the Community Food Connection, a local non-profit seeking to end food insecurity in Blount County. There will be boxes available in the Narthex and the Atrium where you can leave your canned goods between October 20th and October 31st. If you have questions, feel free to e-mail Louden at louden@newprovidencepres.org. So go through your pantries and help our Youth make this the most successful Trick or Cans yet!

For more information about the CFC, go to <https://cfcblount.org/>.

Louden Young

CLIMATE SERIES CONTINUES

Is climate change real and if so, what can I do about it? If questions like these keep you up at night, attend our deeper delve into the book, *Climate Church, Climate World*, by Jim Antal. NPPC will host this in-depth study on Sundays, October 6 – November 3, 2019 at 2 p.m. in Eastminster Hall. These sessions are open to the public so invite your friends!

Emily Yarborough

FROM THE PASTOR

I am (just barely) too young to have participated in Bert the Turtle's "Duck and Cover" drills of the Cold War era, but I remember plenty of other drills. When I turned two, my family moved to Overland Park, Kansas, in what's known as "Tornado Alley." My brother and I quickly learned to recognize the tornado siren and seek refuge in hallways, windowless rooms or basements.

I'm not sure if my parents thought we were escaping all that by relocating to Houston, but hurricanes bring challenges all their own. Before long, we knew about "the dirty side of the storm" (based on rotation and storm surge), how to secure patio furniture lest it become a projectile, when to fill up the bathtub with clean water, and where the extra batteries were stored.

During graduate school, I moved to a place where winter storms posed a constant threat, and in my first pastorate I was back in another spot on the Gulf Coast that summoned my hurricane training once again.

We've all been in similar situations: preparing for flooding, earthquakes, drought, snowpocalypse (hello, milk sandwiches!) or even an unexpected illness or recovery from surgery. We prepare for all kinds of things.

The truth is, neither my family nor I ever experienced any of those anticipated catastrophes, but we were ready nonetheless.

I say all of that as a preface to telling you about precautions your NPPC session set in place last week.

As you well know, incidents of gun violence have escalated precipitously over the last few years, with attacks directed at concertgoers, nightclub patrons, shoppers, school children, and even faith communities. In the midst of that, we as people of faith continue to

pray for peace. And while we pray, we work toward common-sense gun laws, for a spirit of unity in the midst of our diversity, and for a de-escalation of the partisan rhetoric that seems to divide this country.

But given that seemingly ever-present threat, NPPC leaders have struggled with how to respond faithfully. This week, upon the recommendation of the security task force (a sub-committee of the facilities committee), and with the endorsement of the administrative ministry team, the session voted to have a uniformed law enforcement officer on our premises on

Sunday mornings during worship and education hours. We do this not to wall ourselves in, but to insure that New Providence is a welcoming and safe place for all who come to worship with us.

Beginning on October 13, you will see one of a rotating team of two officers present in the narthex and around the NPPC campus. Do not be alarmed when you pull into the parking lot and see a squad car! Two deputies from the Blount County Sheriff's office and will serve as off-duty, uniformed officers to deter any possible events. On the 13th, I will lead the children's time during worship to introduce those deputies to our youngest members so that they feel safe and secure.

Please know this: the session is not taking this action as a result of any fear or credible threat. Instead, this decision is made out of an abundance of caution, in exactly the same way my parents shuffled all the neighborhood kids into our basement at the sound of the tornado siren, even though nothing ever came of it.

Our fervent prayer is that this makes NPPC a more (instead of less) welcoming place for all people, knowing that we care about all lives,

This decision is made out of an abundance of caution, in exactly the same way my parents shuffled all the neighborhood kids into our basement at the sound of the tornado siren, even though nothing ever came of it.

and the safety and sacredness of every human being. We hold fast to our conviction that New Providence is a place whose doors are open to all, and that the good news is good for all of God's people, regardless of membership status, race, creed, nationality or anything else.

You'll hear more from me about this in the next few weeks. But I believe the session has taken action that is in the best interest of all concerned. In the gospel of Matthew, Jesus challenges his followers to be both gentle and wise. I believe that this is just one more example of living out that challenge in an increasingly complex and often confusing world.

If you have questions, affirmations or concerns, I hope you will feel free to contact me or any member of session. I speak for them in saying that, as always, we are eager to hear your feedback about our life together as a congregation.

It is a joy to be the church with you!



Emily J. Anderson

FROM THE ASSOCIATE PASTOR

There is an open invitation to all youth (6th-12th) to join us for fellowship, fun, and conversation each week on Sundays. There is faith formation during the Sunday school hour for both iGroup (6th-8th) and the Youth Connection (9th-12th). In the month of September, we have squeezed like sardines into hiding spaces; we have dropped keys; we have found Waldo; we have fit "Three on a Couch"; we have had meaningful conversation about what it means to be loved by God and to be transformed by that love; we have eaten tacos, fried chicken, and sub sandwiches. There is always an open seat at the table, and we hope you will join us in the coming month as we continue to love, learn, grow, and serve together.

MARK YOUR CALENDARS

- 10/6 - "Faith Formation" on Sunday mornings at 10:00 a.m.; no iGroup or Youth Connection Sunday night.

- 10/13 - FREE FOR FALL CELEBRATION! All youth (6th-12th) are invited to come from 4:30 to 6:30 p.m. There will be plenty of games, food, art, and merriment to go around!
- 10/20 - "Pray Ground"; iGroup (6th-8th) programming begins at 4:30 p.m.; Games and Dinner at 5:30 p.m.; Youth Connection (9th-12th) programming begins at 6:30 p.m.
- 10/27 - "Ghosting Youth Group?"; iGroup (6th-18th) programming begins at 4:30 p.m.; Games and Dinner at 5:30 p.m.; Youth Connection (9th-12th) programming begins at 6:30 p.m.
- Oct. 27-31 - Trick or Cans Food Drive - Details to come!

Grace and Peace, Loudon

SUICIDE PREVENTION PRESENTATION FULL OF INFORMATION

On Sunday, September 15, 2019, a representative of the Tennessee Suicide Prevention Network (TSPN) presented a talk on suicide prevention in Eastminster Hall to members of the church. This event grew out of a session decision to share the facts of suicide and actions that could be taken to mitigate such an occurrence.

The presenter shared a number of facts: suicide is now the second leading cause of death for youth between 10 and 24 years of age; every 12 minutes someone dies by suicide; the suicide rate is higher for the elderly (ages 85+) than for any other age group; suicide cuts across ethnic, economic, social and age boundaries; and surviving family members suffering the loss of a loved one to suicide are themselves at higher risk of suicide and emotional problems.

Behavioral patterns can signal potential risks for suicide and should be watched closely. They include: withdrawal from friends and/or social activities; experience of a recent severe loss or the threat of a significant loss; experience or fear of a situation of humiliation or failure; loss of interest in personal appearance, general hopelessness and increased use of alcohol and or drugs.

THE WARNING SIGNS INCLUDE

- Threats of suicide or statements revealing a desire to die
- Previous suicide attempts or self-harm
- Depression (crying, changes in sleeping/eating patterns, hopelessness, loss of interest in hobbies/activities)
- Final arrangements (e.g. giving away prized possessions)
- Drastic changes in personality or behavior

HOW TO HELP

- Keep calm and take it seriously. Do not minimize the threat or assume it is a joke or a way of getting attention.
- Discuss suicide openly and directly. Be willing to listen.
- Listen. Show your support and concern. Be non-judgmental.
- If possible, remove objects such as guns or pills that could be used to inflict self-harm.
- Get professional help.

The overall process offered by the presenter was called QPR which stands for Question, Persuade, and Refer - the 3 simple steps anyone can learn to help save a life from suicide. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Contact information:

- Immediate help call 911
- National Suicide Prevention Lifeline, 1-800-273-TALK (8255), free 24-hr hotline which provides access to trained telephone counselors, 24 hours a day, 7 days a week
- Text TN to 741741 to connect to the Crisis Text Line and a trained counselor
- Tennessee Suicide Prevention Network (TSPN) website: <http://tspn.org>

Gloria Mencer

CBS 50TH BIRTHDAY CELEBRATION

The Community Benefit Sale is celebrating its 50th year of serving Blount County as a non-profit organization. On Friday, October 25th there will be a celebration at the pavilion during the sale.

With the building of the new wing, we have a lovely new larger donation room that many weeks has to be closed early because it is full. We sort all donations on Monday morning from 8:30 a.m. - 11:30 a.m. Each month we have a sale the fourth Friday with exceptions for November and December. We take a break during the sorting to have a devotion and share joys and concerns, coffee and snacks. On sale days we will have 200-300 people shopping.

It is a big job to sort all the items that are donated each week. If you would be interested in helping sort, please contact Ruth Moore (865-977-0088) for more information.

Ruth Moore, Clothing Team Lead

BARTLETT BUZZ

The Bartlett Adult Day Out Program provides a supportive environment to allow caregivers an opportunity to nurture self with the assurance their family members are well cared for and safe. These services are provided to dependent adults who are socially isolated and in need of stimulation. The program strives to assist participants in his/her efforts to maintain and/or regain physical, mental, emotional and spiritual wellness through assorted activities.

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) to set up a time!

Trish Badgett, Parish Nurse

COMMUNION

We will celebrate the Lord's Supper on World Communion Sunday, October 6, 2019.

CALENDAR FOR OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>01 ACS Fall Break 9:00AM Bartlett Adult Day Out (REH) 5:00PM Welcome Table (WH) 5:30PM New Prov Green Team (W202) 6:00PM Men's Lead Team (109) 6:30PM Bereavement/Nurture/TLC Committee (219) 6:30PM Event Support Committee (215) 6:30PM Fellowship Committee (213) 6:30PM Transportation Committee (206) 6:30PM Connections Committee (REH) 6:30PM Facilities Committee (Parlor) 7:00PM Stewardship Committee (109) 7:00PM Budget & Finance Committee (108) 7:00PM Personnel Committee (Chapel) 7:00PM Scouts-Troop 219 (FEH) 7:15PM Congregational Life/Deacons (206) 8:00PM Admin Team (Chapel)</p>	<p>02 ACS Fall Break 8:30AM Men's Building Square (Atrium) 9:00AM Bartlett Adult Day Out (REH) 10:00AM Lectio Divina Group (109) 1:00PM Prayer Meeting (Chapel) 2:00PM P.E.A.K. (bus) 3:00PM PEAK and Cloud 9 (206), (208), (217), (23), (RWH) 4:00PM Lectionary Bible Study (Shannondale) 4:15PM Homeschool Theatrical Production Class (W201) 5:30PM FirstLight Rehearsal (Sanctuary) 5:50PM Meditation Mindfulness Community (Parlor) 6:00PM Tai Chi Class (FEH) 6:30PM Children's Committee (215) 7:00PM Chancel Choir (Choir Room)</p>	<p>03 ACS Fall Break 10:00AM Ruth Circle (Parlor) 10:00AM Leah Circle (Shannondale) 10:00AM Martha Circle (Chapel) 2:00PM Deborah Circle (Off Campus) 3:00PM LIFT Meal Prep 7:00PM Mary Circle (Off Campus)</p>	<p>04 ACS Fall Break 4:00PM MHS Football Parking</p>	05
<p>06 World Communion Sunday 9:00AM FirstLight Worship (Sanctuary) 10:00AM Church School 11:05AM Traditional Worship (Sanctuary) 2:00PM Climate Church - Climate World Series (EH)</p>	<p>07 ACS, MCS, BCS Fall Break 7:30AM CBS Sorting (WH) 7:30AM Lectionary Bible Study (Off Campus) 6:00PM Leadership Development Committee (108) 6:00PM Knitting Group (109) 7:00PM Church in the World (Chapel)</p>	<p>08 ACS, MCS, BCS Fall Break 9:00AM Bartlett Adult Day Out (REH) 11:00AM Community Food Connection Board (Chapel) 2:00PM Daughters of the American Revolution (FEH) 5:00PM Welcome Table (WH) 6:30PM Youth Committee (W201) 6:30PM Adult Ed Committee (108) 6:30PM Worship & Arts (Choir Room) 7:00PM Scouts-Troop 219 (FEH) 7:30PM Discipleship & Education (216)</p>	<p>09 ACS, MCS, BCS Fall Break 8:30AM Men's Witnessing Square (W201 Front), (W201 Rear), (W201) 9:00AM Bartlett Adult Day Out (REH) 10:00AM Lectio Divina Group (109) 4:00PM Lectionary Bible Study (Shannondale) 4:15PM Homeschool Theatrical Production Class (W201) 5:30PM FirstLight Rehearsal (Sanctuary) 6:00PM NAMI Group 2 (206) 6:00PM Tai Chi Class (FEH) 7:00PM Chancel Choir (Choir Room)</p>	<p>10 ACS, MCS, BCS Fall Break 9:00AM Quilters (FWH) 10:00AM D & S Community Services Training (FEH)</p>	<p>11 ACS, MCS, BCS Fall Break</p>	12
<p>13 BCS, MCS Fall Break 9:00AM FirstLight Worship (Sanctuary) 10:00AM Church School 11:05AM Traditional Worship (Sanctuary) 2:00PM Climate Church - Climate World Series (EH) 4:30PM Youth Fall Celebration (Pavilion), (WH)</p>	<p>14 BCS, MCS Fall Break 7:30AM CBS Sorting (WH) 7:30AM Lectionary Bible Study (Off Campus) 10:00AM Maryville Babywearers (206) 7:00PM Women's Study Group (Parlor)</p>	<p>15 MCS Fall Break 9:00AM Bartlett Adult Day Out (REH) 4:00PM Welcome Table Committee (109) 5:00PM Welcome Table (WH) 7:00PM Session (Chapel) 7:00PM Scouts-Troop 219 (FEH)</p>	<p>16 8:30AM Men's Building Square (Atrium) 9:00AM Bartlett Adult Day Out (REH) 10:00AM Lectio Divina Group (109) 10:30AM Widow & Widower Support Group (W202) 2:00PM P.E.A.K. (bus) 3:00PM PEAK and Cloud 9 (206), (208), (217), (23), (RWH) 4:00PM Lectionary Bible Study (Shannondale) 4:15PM Homeschool Theatrical Production Class (W201) 5:30PM FirstLight Rehearsal (Sanctuary) 5:50PM Meditation Mindfulness Community (Parlor) 6:00PM Tai Chi Class (FEH) 7:00PM Chancel Choir (Choir Room)</p>	<p>17 9:00AM Quilters (FWH) 3:00PM LIFT Meal Prep 6:00PM Compassion Counseling (WH)</p>	<p>18 10:00AM Life Beginners</p>	19
<p>20 MC Homecoming 9:00AM FirstLight Worship (Sanctuary) 10:00AM Church School 10:00AM Discipleship to Leadership (108) 11:05AM Traditional Worship (Sanctuary) 2:00PM Officer Orientation 2:00PM Climate Church - Climate World Series (EH) 4:30PM iGroup (W201), (WH) 5:30PM Youth Dinner and Games (WH) 6:30PM Youth Connection (W201), (WH)</p>	<p>21 New Prov Press Deadline 7:30AM Lectionary Bible Study (Off Campus) 7:30AM CBS Sorting (WH) 6:00PM Knitting Group (109) 6:00PM Scouts BSA-Wolf Cubs (REH) 6:30PM Scouts BSA-Troop 88 Badge Review (FWH) 7:00PM Scouts BSA-Webelos 1 (FEH) 7:00PM Scouts BSA-Bear Cubs (REH) 7:00PM Scouts BSA-Webelos 2 (RWH) 7:00PM Scouts BSA-Tiger Cubs 7:00PM Scouts BSA-Troop 88 (FWH)</p>	<p>22 9:00AM Bartlett Adult Day Out (REH) 5:00PM Welcome Table (WH) 7:00PM Scouts-Troop 219 (FEH)</p>	<p>23 8:30AM Men's Witnessing Square (W201 Front), (W201 Rear), (W201) 9:00AM Bartlett Adult Day Out (REH) 10:00AM Lectio Divina Group (109) 10:30AM Widow & Widower Support Group (W202) 2:00PM P.E.A.K. (bus) 3:00PM PEAK and Cloud 9 (206), (208), (217), (23), (RWH) 4:00PM Lectionary Bible Study (Shannondale) 4:15PM Homeschool Theatrical Production Class (W201) 5:30PM FirstLight Rehearsal (Sanctuary) 6:00PM Tai Chi Class (FEH) 6:00PM NAMI (W201) 7:00PM Chancel Choir (Choir Room)</p>	<p>24 7:30AM CBS Setup (WH - Kitchen), (RWH) 9:00AM Quilters (FWH) 3:00PM LIFT Meal Prep</p>	<p>25 8:30AM CBS (WH) 8:30AM CBS Anniversary Celebration (Pavilion) 4:00PM MHS Football parking</p>	26 Cemetery Tours
<p>27 Cemetery Tours 9:00AM Church School 9:00AM Discipleship to Leadership (108) 10:00AM Coffee and Fellowship (Atrium) 10:30AM Combined Service with St. Paul (Sanctuary) 1:00PM Cantata Rehearsal (Choir Room), (Sanctuary) 2:00PM Climate Church - Climate World Series (EH) 4:30PM iGroup (W201), (WH) 5:30PM Youth Dinner and Games (WH) 6:30PM Youth Connection (W201), (WH)</p>	<p>28 7:30AM Lectionary Bible Study (Off Campus) 7:30AM CBS Sorting (WH) 6:30PM Scouts BSA-Troop 88 Badge Review (EH) 6:30PM Scouts BSA-Pack Meeting (WH) 7:00PM Scouts BSA-Troop 88 (EH) 7:00PM Women's Study Group (Parlor)</p>	<p>29 9:00AM Bartlett Adult Day Out (REH) 1:00PM New Prov Press Mailing (Chapel) 5:00PM Welcome Table (WH) 7:00PM Scouts-Troop 219 (FEH)</p>	<p>30 9:00AM Bartlett Adult Day Out (REH) 9:00AM PWC Bible Study Leaders (Chapel) 10:00AM Lectio Divina Group (109) 10:30AM Widow & Widower Support Group (W202) 2:00PM Weavings (W201) 2:00PM P.E.A.K. (bus) 3:00PM PEAK and Cloud 9 (206), (208), (217), (23) 4:00PM Lectionary Bible Study (Shannondale) 4:15PM Homeschool Theatrical Production Class (W201) 5:30PM FirstLight Rehearsal (Sanctuary) 6:00PM Tai Chi Class (FEH) 7:00PM Chancel Choir (Choir Room)</p>	<p>31 9:00AM Quilters (FWH)</p>		



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

CHILDREN'S NEWS

OCTOBER

- 2nd PEAK & Cloud 9
- 9th No PEAK & Cloud 9 – Fall Break
- 16th PEAK & Cloud 9
- 23rd PEAK & Cloud 9
- 27th K-5th Combined Music Practice
- 30th PEAK & Cloud 9 Fall Celebration

MARK YOUR CALENDAR

- 11/17 Children's Sunday
- 12/1 Hanging of the Greens at 5 p.m.
- 12/4 Caroling & Cocoa at 5 p.m.

WELCOME TO WORSHIP (W2W)

On Sept 29th, this year's W2W kids will be presented to the congregation after completing the 8-week course. This year's class is:

- Emily Beard, daughter of Kayla and Jimmy Beard;
- Clara Bradford, daughter of Elizabeth and Nick Bradford;
- Maggie Conatser, daughter of Eliza and Judd Conatser;
- Neil Hardy, son of Jenn and Claude Hardy;
- Boone Kilday, son of Arielle and Bryan Kilday;
- George Long, son of Maxey and Forrest Long;
- Caroline Long, daughter of Maxey and Forrest Long; and
- Grant Overton, son of Jewell and Eric Overton.

If you don't have the opportunity to greet them on Sunday, please take a moment to say hello and encourage them as they grow in faith.

OCT 27TH – CHILDREN'S K-5TH COMBINED MUSIC PRACTICE

October 27th is a combined service with St Paul. Elementary Sunday School will be at 9 a.m. Children (K-5th grade) are invited to practice the special choral and hand bell music for Children's Sunday (November 17th) during the break before the 10:30 service.

CLOUD 9 RETREAT

Our 4th & 5th graders went to the Annual PET Preteen Retreat at John Knox on September 14th-15th. The kids had a blast with a variety of activities including the ropes course, boating, swimming, the flying squirrel, crafts, bible study, and so much more. Special thanks to Tim Dimick and Emily Sweetland for chaperoning the kids as well as Catherine Johnson and Tracy Luttrell for driving the bus.

CHILDREN'S SUNDAY

Mark your calendars for Children's Sunday on November 17th. Children 5th grade and younger will be doing everything from welcoming everyone at the doors to leading the service and sharing special music.

There will be a brunch for the children between the services. If you would like to help with the brunch, go to <https://www.signupgenius.com/go/60B084DAFAB2BABFA7-childrens> to sign up or contact Fairlena Googe.

For more information or to volunteer for any of these programs, contact Fairlena Googe (children@newprovidencepres.org; 865-983-0182, ext 119).

Fairlena Googe

OCTOBER LECTIONARY

- October 6: Lamentations 1:1–6, Lamentations 3:19–26 or Psalm 137, 2 Timothy 1:1–14, Luke 17:5–10
- October 13: Jeremiah 29:1, 4–7, Psalm 66:1–12, 2 Timothy 2:8–15, Luke 17:11–19
- October 20: Jeremiah 31:27–34, Psalm 119:97–104, 2 Timothy 3:14–4:5 2, Luke 18:1–8
- October 27: Joel 2:23–32, Psalm 65, 2 Timothy 4:6–8, 16–18, Luke 18:9–14

PEACE & GLOBAL WITNESS SPECIAL OFFERING

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. 25 percent of this offering will support a local ministry; 25 percent is retained by mid councils; the remaining 50 percent is deployed by the Presbyterian Mission Agency to join the peacemaking efforts of church partners all over the globe.

We will accept gifts to this offering on World Communion Sunday, October 6, 2019. Visit the Peace & Global Witness website (www.presbyterianmission.org/peace-global) for more information.

Bob Beard

OCTOBER BIRTHDAY

Lester Oakes (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

HEALTH TIPS

SLEEP - IT'S NOT JUST FOR BABIES

While most of us are used to hearing that eight hours of sleep is the goal, we don't realize that the quality, not just quantity, of sleep is essential for sleep that supports health. According to the Centers for Disease Control, lack of sleep and disordered sleep (problems such as insomnia and sleep apnea) can raise your risk for heart disease, Type 2 diabetes, and high blood pressure. For the 50 million Americans who suffer from sleep disturbance, this is a subtle but pressing issue that can affect their long-term health and longevity.

- How do you know if you have sleep problems?
- Are you having difficulty staying alert during daily activities, like driving?
- Are you more accident prone than usual?
- Do you wake up refreshed, or exhausted?
- Do you nap most days?
- Does it take more than 30 minutes to fall asleep?
- Do you stay asleep?
- Do your legs or arms jerk you awake at night?

If you can relate to any of these questions, consider a few simple lifestyle changes to help boost your good nights sleep:

- **Limit screen time.** Studies show that the blue light emitted by electronic technology represses the production of melatonin, a hormone that helps regulate our sleep cycle. To change this, give yourself at least a 30-minute buffer between screen time, such as watching TV or using a tablet, and bedtime.
- **Decompress.** Be intentional about breathing exercises and meditation before bed. Some simple stretches or yoga poses can help you wind down and promote relaxation while your mind drifts to sleep.
- **Establish a bedtime routine.** Following the same routine night after night can trigger your body

into knowing that it's time to wind down. Include a relaxing cup of caffeine-free tea, soothing music, a warm shower, reading for a few minutes, or structured prayer.

- **Adjust your environment.** Are you sensitive to light or sound? Easy and affordable tricks like blackout curtains, a sleep mask, and a noise machine can turn your bedroom from an all-night disco into a sleep sanctuary.
- **Try a weighted blanket.** Studies on individuals with insomnia or sleep anxiety have shown an improvement in sleep quality through the use of weighted blankets; decide for yourself if this might work for you.

For many people, simple changes in habits can improve sleep. However, others have underlying sleep disorders. If you think this may be the case for you, consult your physician. Good sleep can reduce the risk of many health issues and extend healthy years!

Read more at www.chreader.org.

Trish Badgett, Parish Nurse

APPLETREE THANKS

We received several lovely messages of thanks for the backpacks the congregation filled with school supplies at the Service of Service on July 21st.

"Once again it felt like Christmas in July when I picked up all the backpacks and supplies! I have already given out many of them to students whose families can't afford to provide them. Your church is so generous to our community! May our Lord bless you all as you bless others!"

Glenda Thomas, Alcoa City Schools

"Thank you so much for the donation of backpacks and supplies for the students of Blount County Schools! I appreciate the support you show for the FRC (Family Resource Center) and love working with you all!"

Many Thanks, Kelly Roberts

TENDING OUR FLOCK

SORROW

- Mary Ruth Anderson, 9/5
- Bob McCammon, 9/3
- Cheri Denton
- Charles Finley, 8/17
- Fran Stoner, 8/16

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.

DONATE NOW

Use this QR code or go to newprovidencepres.org/donate.



SUNDAY MORNING LEADERSHIP FOR OCTOBER

FIRSTLIGHT SERVICE AT 9:00 A.M.

	Elder Greeters	Ushers	Children's Time
6	David Forster, Teal Willoughby, Claire Shamiyeh	Tom Raines*, Peggy Raines, Sally Daley	Bryce Luttrell & Audrey Blackburn
13	Nick Bradford, Bobbie Briggs, Carrie Eaton	Denise Vogado*, Paul Vogado, Terry & Judy Woods	Emily Anderson
20	Laura Shamiyeh, Bryce Luttrell, Bobbie Briggs	Lisa Steible*, Vandy Kemp, Bobbie Briggs, Dan Crawford, Glenn Gardner	Susan Keller
27	Andrew Irvine, Maxey Long, Jenifer Greene	Connie Huffman*, Ruth Fox, Gary Wade, Mot Krick	Susan Young

TRADITIONAL SERVICE AT 11:05 A.M.

	Elder Greeters	Ushers	Children's Time
6	Fred Metz, Paula King, Kate Clabough	Jason Brooks*, Ann Spencer, Phil Mummert, Anne Van Pelt	Bryce Luttrell & Audrey Blackburn
13	Jane Morton, David Forster, John Pittenger	Karen* & Ken Paxton*, Barbara Hall, Bud Gangwer, Jeanne Ezell	Emily Anderson
20	Beth Ragsdale-Smith, Stephanie Bell, Tyler Johnson	Bill Morton*, Jane Morton, Mot Krick, Tom & Eva Carpenter	Susan Keller
27	Tyler Johnson, Fred Metz, Mike Teffeteller	Stephanie Bell*, David Stephens, Judy & Larry Ackley, Kristi Weatherbee	Susan Young

* Head Usher



iGroup (6th-8th grade) Retreat at the John Knox Middle School Retreat



Cloud 9 (4th-5th grade) Retreat at the John Knox Preteen Retreat

MINISTERS & SUPPORT

The Reverend Doctor Emily J. Anderson PASTOR
 Louden A. Young ASSOCIATE PASTOR FOR EMERGING
 GENERATIONS AND MISSION
 The Reverend Gloria Mencer INTERIM 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
 Fairlena Googe INTERIM CHILDREN'S COORDINATOR
 Trish Badgett PARISH NURSE
 Amelia Geis-Scott WELCOME TABLE COORDINATOR
 Ray Bryant FACILITIES MANAGER
 Penny Bever BUSINESS ADMINISTRATOR
 Coco Everett MANAGER OF OFFICE OPERATIONS



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DATES TO REMEMBER FOR OCTOBER

10/6	World Communion Sunday Communion at Both Services Peace & Global Witness Offering
10/20	Homecoming
10/21	<i>New Prov Press</i> Deadline
10/25	Community Benefit Sale 50th Anniversary Celebration for CBS
10/26-27	Cemetery Tours
10/27	Combined Service with St. Paul Potluck Lunch to Follow

