



The Wellspring

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**Rock Springs
United
Methodist
Church**

Sunday

Sunday School	10:00 am
Worship	11:00 am
Youth	6:30 pm

Tuesday

Bible Study	7:00 pm
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Wednesday

Adult Choir	6:00 pm
Youth	6:30 pm
Children's Choir	7:00 pm
Adult Bible Study	7:00 pm

For an up-to-the-minute calendar of events go to
www.RockSpringsUMC.com

Rev. Carole Martin
(423) 534.1027
revcmartin23@gmail.com

Youth Minister: Mark Adcox
Music Director: Martha Hawk
Organist: Dr. Sandra Ramsey
Pianist: Ellen Painter
Sound Tech: Kip & Susie Larson

Administrative Assistant

Kathi Kost
Office: (423) 349.7531
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Office Hours:

Tuesday—Friday 9 am—1:00 pm
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News and Encouragement for the RSUMC Family

VOLUME 2, ISSUE 5

JANUARY 2020

Pastor's Corner

In the Know or In the Now?

Some of you may have seen this internet meme: "My desire to be well-informed is currently at odds with my desire to remain sane." I want to be aware of current events. I want to know what is going on around the world, in our country, in our church denomination. I want to know what looks like it will impact me and those I love now or in the near future.



My desire to be well-informed is currently at odds with my desire to remain sane.

And, I want to know that what I'm hearing – or consuming, really, is factual, true, with as little spin as possible. But I also know that what makes the headlines is a small fraction of what is going on in the world at any given time, and that bad news sells more newspapers than good.

And, at the same time, I don't want to know. I just want to bury my head in the sand, or look at cat videos on the internet, play a game, or (gasp!) read an actual book. So whether I'm striving to be informed – in the know, or deliberately seeking to be uninformed, I may be missing out on what's going on immediately around me – in the now. It keeps us tense – in the past tense, regretting what has already happened, especially if things didn't go the way we'd have liked; in the future tense, as we anticipate those wonderful or awful things that might happen; leaving us in the present - tense, because we are strung out between the past and the future, oblivious to the present moment.

What about the now? What are you doing in this moment? Where are you going? What do you notice immediately around you? What are you giving your full attention to? Or are you half-heartedly and somewhat absent-mindedly doing two or three things at once – like eating dinner, surfing the internet, and listening to your child or spouse? And an hour or so later, you can't even remember what you ate, what you looked at or what your loved one said to you.

Breathe! We can all practice centering prayer, paying attention to the sounds of our breathing and our own heartbeat can bring our focus to the present moment. A mindful walk outdoors where we pay attention to our steps while listening to the sounds around us can ground us in the present moment in ways that no electronic device can. Reading a passage of scripture and journaling about it can

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Worship in January 2020

January 12 *Baptism of the Lord Holy Communion Reaffirmation of our Baptism*

Scripture:

Acts 10:34-43, selected verses, Matthew 3:13-17

Sermon –

“Dead to Sin, Alive in Christ”

On this day when we remember the baptism of our Lord Jesus, we will also have an opportunity to remember and reaffirm our own baptisms. The Scripture from Matthew’s gospel tells us that baptism is not a guarantee that we won’t have troubles in this life, as we look at Jesus’ time of testing in the wilderness after he was baptized. Come this Sunday as we share Holy Communion and reaffirm our baptism.

January 19 - 2nd Sunday *after the Epiphany*

Part 3 of Committed to Christ: after an unexpected interruption, we will pick back up with our series: Committed to Christ. We were examining 6 ways we can enrich our lives spiritually and live generously toward others as God is generous toward us. We had previously looked at being committed to Christ through Prayer and Bible Reading; Worship and Witness. Today, we will look at the last part – Committed to Christ through Giving and Serving. Our scripture lessons will look at what it means to be committed and to respond in gratitude by giving to support the mission and ministries of the church. We will also look at ways we can serve

others as if we were serving Jesus. How committed are we?

Scripture: John 12:23-25
1 Corinthians 15:35-37
Corinthians 12:12-20

Sermon – “Committed to Christ – Giving and Serving”

January 26 – 3rd Sunday *after the Epiphany*

Scripture: Matthew 4:12-23

Sermon –

“Changing Hearts and Lives”

In this Scripture passage for today, Jesus is on the move. He’s calling disciples, those who will follow him, learn from him and carry on the mission after he’s gone. How are you sharing the good news of God’s kingdom come near with those around you?

*Pastor’s Corner...*continued from page 1

help us refocus our attention. In the know or in the now? Yes to both. We need to be aware of the world around us. But not fixated on the news. We need to be fully present to those closest to us, giving them our undivided attention – a precious commodity these days. And we need to *know* that God’s love is with us *now* – and forever. Jesus’ words to his closest followers before his arrest and crucifixion help us remember - “Peace I leave with you. My peace I give you. I give to you not as the world gives. Don’t be troubled or afraid.” (John 14:27)

And *now* you *know*!

Grace and peace,
Pastor Carole

One more thing – Thank you for all the goodies and gift cards given to me and my family at Christmas this year. It has been a blessing to serve among you!

From Pastor Carole’s Desk:

“United Methodist Church in the News”

On January 3, the Council of Bishops issued a news release on a proposed resolution to the diversity of thought and division within the UMC. A summary of that article can be found here: <https://www.umnews.org/en/news/diverse-leaders-group-offers-separation-plan>. A response to that press release from the Holston Conference Delegation, can be found on the website for the Holston Annual Conference, holston.org, titled: The Protocol of Reconciliation & Grace through Separation | A Response. Remember, this is just one of many proposals that will be considered at the General Conference meeting in May 2020, and nothing is official until the body of the General Conference approves it and local annual conferences ratify it. If you have any questions about what is proposed and how it will affect our congregation, please see Pastor Carole. More information will be made available as the time for General Conference gets nearer.

Calendar

Prayer Requests

Jon Light	Mykah Harros	Bob & Nell Reidmeyer
Charlie Fischer	Eric Harris	Virginia Berry
Judy Bradley	Bert Carter	Trinity Watlington
Richard Smith	Lola Willison	C.M. Jinkerson
Lotus Jean Compton	Charlene Osborne	Forbes family
Patti Jones	Pat Lyons	Creech Family
Carl Painter	Carroll Girls	Jackie Leonard

A Note from our Choir Director

I'd like to say thank you to all who have sung, played a note on a keyboard, pushed a button on a sound system, spoken, prayed or participated in any way with the music program. This is only one avenue we employ to worship the Lord and it is so nice when we can do it together!

A Musicology Note

As we depart the seasons of Advent, Christmas, and Epiphany it seems appropriate to look more closely at "We Three Kings of Orient Are." This beloved hymn was written in 1857 by John H. Hopkins, Jr. as part of a Christmas pageant produced by General Theological Seminary in New York. Hopkins was the school's first instructor of church music and became renowned as a leader in Episcopalian hymnody.

The twist in the story is how the seminary originated. In 1817 the Episcopalian General Convention voted to locate a seminary in New York City but lacked an actual location or plan to proceed. Clement Clarke Moore was the son of an Episcopalian Bishop and a successful land developer. We know him best for his work as a poet, his best known poem began:

**"T'was the night before Christmas,
when all through the house
not a creature was stirring, not even a mouse..."**

When Moore learned that the church needed a location, he donated a portion of his large estate in the northern regions of Manhattan for the General Theological Seminary and became one of the first professors. Several years later, Hopkins moved to New York to pursue legal studies and found himself answering a call to pursue the Lord's work thus enrolling in the Seminary. His studies and thus "We Three Kings" was made possible by the generosity of Moore and another Christmas poem, "T'was the Night Before Christmas."

(Source: *Then Sings My Soul, Book 2*, Robert J. Morgan, 2004)

January Birthdays

1/3	Bea Hite
1/5	Dawn Adcox
1/6	Helen Brooks
1/8	Ed Cleek
1/11	Freedra Garland
1/13	Jordan Light
1/19	Jacob Hite
1/23	Stanley Hite
1/24	Denise Demore
1/29	Mack MacDougall

January Anniversaries

1/4	Bert & Linda Carter
1/11	Johnny & Sandra Grills

Serving this Month	
Acolytes	Date
Archer & Jakkcee Compton	1/12
Scarlett & Victor Hite	1/19
Lily Carroll	1/26
Children's Chat	Date
Debbie Wilson	1/12
Tracy Dishner	1/19
Pastor Carole	1/26

Welcome...

Visitors and Guests !

If you're reading our newsletter for the first time...and you don't have a church home, we invite you to make Rock Springs UMC your home.

For more information, visit our website, Facebook page... or simply ask the person seated next to you for assistance.

Pastor Carole

Last month we were privileged to serve 92 needy families God is Good...

FOOD
pantry

Shopping
Friday 1/24
at 1:00pm
Food Pantry
OPEN
1/28



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Resurrection 2020

Pigeon Forge, Tn.

January 24-26

Please pray for our youth and their
leaders and mentors.