



A Church With a Heart in the Heart of SoKno

Jan 07, 2026

Bi-monthly
Issue

<https://chumcknox.com/>



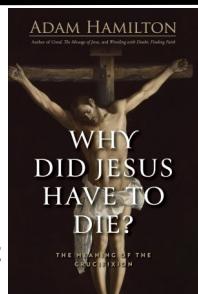
***Looking forward to seeing everyone at worship
on Sundays at 10:45 am
with Sunday school at 9:45 am.***

New Bible Study - Coming Feb. 1

Why Did Jesus Have to Die?

Bible study based on Adam Hamilton's book

Our Lenten Bible study will begin on **Sunday, Feb 1, at 3 pm** in the J Ray Stuart Sunday school room. We will wrestle with the question, "Why Did Jesus Have to Die?" using the book by the same title by Rev. Adam Hamilton. There will be six sessions, about 90 minutes each allowing time for Hamilton's video presentation and class discussion.



Books:

The cost of books has increased a great deal. We are asking that each participant **purchase their own book and read the first chapter** (if possible) by February 1st start of class. Amazon prime members may purchase the book **on sale for \$15.99 from January 14th to 24th, the regular price is \$23.** There is also a **Kindle version \$13.**

The regular office hours are Mondays to Thursdays from 9 AM to 2 PM.

Pastor Rhonda is keeping office hours on Tuesdays & Wednesdays.



Please accept this one-time donation in memory and in honor of all the people of Colonial Heights Church who played a significant role in my upbringing - the ladies who kept me in the nursery, my Sunday School and VBS teachers, and the youth leaders and ministers who taught me about Jesus and about how to love others.

May God Bless each of you and the work of the church should draw others closer to Jesus!

Julie Brown Ailshie and husband Greg Ailshie



Pastors Message

2026 The Year of UFO's

Do you have UFO's around your house? No. Not the kind of unidentified flying objects from outer space, but the un finished objects hidden under the bed or in your closet? As a crafter, I have lots of UFO's. Quilt tops that need to be quilted, crocheted poncho's that need to be completed, and blocks to an afghan that need to be pieced together. Lots and lots of projects that need to be completed. I have lots of reasons (i.e. excuses) for why these UFO's have accumulated; however, the truth is the real culprit is that I just lost interest in the project, something more interesting or exciting caught my eye and I laid the UFO aside to be done later. Well, 2026 is later, time to complete the uncompleted work.

The first UFO is an afghan I started for my daughter Angie, it's made of a golden yellow, velvety yarn, that's very soft and plush, so I decided to use a corner-to-corner basket weave pattern. I was about a third finished, but as I looked at my work, the loops of the double crochet were too loose, and some had not even caught into the loop the way they normally do. I thought about ripping it out and starting over with the same pattern, but as I studied on it, I realized the problem was that the pattern just wasn't right for this soft yarn. (Imagine trying to knit or crochet butter.) So rather than continue down the same road and persist with the wrong pattern for my yarn, I searched until I found the perfect pattern. It is still a corner-to-corner pattern; however it utilizes some single crochets to space between the double crochet that suits this yarn and I don't have loopy pieces hanging out.

I also have some spiritual UFO's, lying around. Not physically, but spiritual disciplines that I have started like meditation or fasting or journaling that I just don't do anymore. Sometimes I berate myself and say, "You ought to journal again or You should be reading more." But as I thought about my yarn and fabric UFO's I realized that sometimes we have the right material and the right pattern, but they just don't fit together. There are times when we must regroup and rethink what we want to accomplish and select a pattern that better suits what we are working with. For example, I journaled for over twenty years, but a couple of years ago, I found that instead of feeding my soul and nurturing my Christian walk, journaling had become a burden. I felt guilty. I tried to force myself to journal. I used all the tricks, like getting up early, setting a timer, and just writing. Although I wrote it just didn't bring life to my soul. It was when I stopped writing and just sat with my coffee and talked to God, that I felt that soul-level contentment and peace. I just had to change the pattern to better fit the material...the stage of life I'm in now.

Do you have spiritual UFO's? Give yourself grace! Try a new pattern. Don't be afraid to let go of the old and lay it aside for a while or for good. If you're stuck for ideas, ask! I love to color while I pray. Get creative! Ask God to join you for a walk. Just don't give up!

Happy New Year and Blessings in Christ!

Rhonda

I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow, I may attain the resurrection from the dead. Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ Jesus. (Philippians 3:10-14, NRSV)

Meals Made with Love

FREE Homemade Meals at Colonial Heights UMC! Join us every

Wednesday evening from 5–6 PM for a

delicious, homemade meal—prepared with love and served with a smile.



◆ No cost, no registration—just come as you are!

◆ Everyone in the community is welcome.

Let's share food, fellowship, and kindness together each week. ❤

Support Our Community Feeding Ministry

Together, we are making a difference!

- **Volunteer your time** or **give a donation** to help us continue feeding our neighbors in need.
- We are deeply grateful for the generous hearts and helping hands that have sustained this ministry.
- Please keep this ministry in your prayers and share it with friends so more people can join in.

◆ All volunteers are welcome! ◆

Upcoming Feed the Hungry Meals

- Wednesday, January 7 (5-6 pm), Hearty Vegetable Beef soup with Cheese Toast and Lemon Scones
- Wednesday, January 14 (5-6pm), Lasagna
- Wednesday, January 21 (5-6 pm) is Chilli & Cornbread
- Wednesday, January 28 (5-6 pm) is Minestrone Soup
- Wednesday, February 4 (5-6 pm) is Pork Chop Dinner
- Wednesday, February 25 (5-6 pm) is Swedish Meatball Dinner

2026 Red Wagon Needs

This month of January we are focusing on: **Jam & Jelly**

Please place your donations in the **Red Wagon**. Your generosity helps us care for our community in meaningful ways—thank you for giving! ❤

Dogwood Elementary Food Bags

Presently we are donating 110+ food bags each week to Dogwood Elementary. Thank you to our volunteers who assemble and our volunteers who deliver these bags.



Each week, we are live streaming on YouTube.

[Subscribe at ColonialHeightsUMCKnoxville](#)

If you do not have internet, and would like a print copy of the message, please contact Pastor Rhonda.

Please utilize our Post Office Box address when mailing correspondence. The post office provides safety for all of our correspondence received until we are able to retrieve it. The post office box has its own zip code of 37940. Please mail to:

Colonial Heights UMC, P O Box 9876, Knoxville TN 37940

Additionally, we now offer a new online method of Giving. From our website, you can GIVE directly to the church via our partnership with Vanco. It is safe & quick and allows you to contribute to multiple funds at one time.



Colonial Heights has enjoyed a diverse music program with a choir, praise band and handbells.

Inclement Weather Policy:

If Knox County Schools are closed, Colonial Heights UMC will cancel or postpone all services and activities for the safety of our congregation, guests, and staff.

Phone System & Voicemail:

All voice messages left on the church phone system are emailed to the church email account: officechumcknox@gmail.com. Lisa will review messages and either forward them to the appropriate parties or return your call if necessary.

Regular Church office hours:

Mondays thru Thursdays from 9 am to 2 pm

Lisa can be reached by Church email or Facebook messenger. All Voice messages will be answered when the office is scheduled open but if urgent, please call the pastor or email Lisa.

Reserving the Church Pavilion & Fellowship Hall

If you'd like to reserve the **Church Pavilion** for a private function, please contact the church office—**email is preferred**, but phone calls are welcome.

- Please note: The Pavilion is **reserved exclusively on Wednesdays and Sundays** for church use or church members.

To reserve the **Fellowship Hall, Sanctuary, or other church rooms**, reach out to the church office via **email (preferred)** or phone.

- Reservations are limited to **members or affiliated non-members** (regular attendees).
- A **Property Use Form** must be completed for each event.
- The Fellowship Hall is **regularly reserved** for:
 - **Yoga classes** on Tuesdays & Thursdays mornings
 - **Feed the Hungry Meals** on Wednesdays from 12:00–7:00 PM

All private events must:

- Remove trash after the event
- Return the space to its original condition (including setup or takedown of tables and chairs)

Prayer and Praise



If you have an update—or if someone needs to be added to or removed from the prayer list—please let the church office know.

Prayers

Al & Brenda Horn, Don & Carolyn Albert, Mike & Jean LaForest, Barbara Haven, Beverly White (Henderlight's neighbor), Julia Dyker, Blanche Clifton, Bob Williams, Carol Porcher, Chuck & Glenna Reynolds, Jean Fornwalt (David Eilart's mom), Sonny & Judy Henderlight, Charles Hamby, Ken Porch, Brian Harding, Lorenda Wolfe (Brenda's sister), Marty Elmer, Sharon Eilart (David's sister), Phillip & Lis Henry, Regina "Gail" Royston (Brenda Horn's cousin), Karen Ballard Motzer (Laura Brake's friend) Lis Henry's Daughter, Jennifer Holley

Cancer Treatment

Brian & Jean Reagan, Lisa Greer, Faye Stafford, Rev. Rhonda Hobbs, Denise Fitzpatrick, Bobbie Bernard, Phil Johnson (friend of Dyker's), Ron CROSS (friend of the Dyker's), Tillery and the Phillips family, Stacey Powell, Nancy La Rocco's granddaughter, David Eilart's cousin

Nursing, Retirement & Assisted Living

Wanda Ketron, Hubert Styles & Ann Cox

Military

Gabe Green (Lis Henry's nephew)

Lent & Easter Events at Colonial Heights – Mark Your Calendars!

We are excited to invite you to join us for a meaningful season of Lent and Easter! Please mark your calendars for these special events:

- Ash Wednesday Services: Wednesday, February 18th, 6 pm (Lent begins)
- Palm Sunday Service: Sunday, March 29th, 10:45 am
- Maundy Thursday Service: Thursday, April 2nd, 6 pm
- Easter Egg Hunt: Saturday, April 4th, 11 am – 1 pm
- Easter Sunday: Sunday, April 5th
 - 7:30 am Sunrise Worship
 - Breakfast following Sunrise Service in the Fellowship Hall
 - 10:45 am Easter Worship Service

We hope you and your loved ones will join us for these opportunities to worship, reflect, and celebrate together.

Connect with Colonial Heights online by just scanning the QR code or visiting us at: chumcknox.com



Watch our services online at Facebook or YouTube:

facebook

YouTube



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Office: (865) 577-2727 Web: [https://chumcknox.com/](http://chumcknox.com/)



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