



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

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.

Upcoming Events

The Trustees are meeting today, Wednesday, Jan 21st at 6 pm.



Ladies NIGHT OUT

The UMM will be meeting later this Month on Wednesday January 28 at 6:30 pm for their monthly meeting and meal.

The ladies are gathering later this week on Thursday, Jan. 29 at Robersons at 6 pm. Robersons is located at **10211 Chapman Hwy, Seymour, TN 37865**. Please contact Janice Zartman or the office if you plan to attend.

Worship Team Meeting

The Worship Team will meet immediately after church on **Sunday, February 1st**. All team members are encouraged to stay for a brief check-in and planning time.

Covered Dish Lunch

Join us on **Sunday, February 8th** for a covered-dish lunch as we celebrate Valentine's Day together. Bring a favorite dish to share and enjoy food, fellowship, and a little extra love in the air. Everyone is welcome!

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

Pastor Rhonda is keeping office hours on Tuesdays & Wednesdays.



Pastors Message

Got Hope?

Watching and reading the news can poke holes in our otherwise upbeat, happy, hope-filled lives and leave us fearful, depressed, and anxious. We hear of murders, intimidation tactics, protesting, vandalism, threats of war, and the list goes on and on adding complexity to an already chaotic situation is trying to know the truth and what is real. Artificial Intelligence (AI) is a great tool, but it as in all things humans do, has the power for good and evil, in such a way that we no longer can be sure if what we are seeing is reality or created by human beings with evil intentions.

What brings you hope today? In his letter to the Romans, Paul says, "suffering produces endurance, and endurance produces character, and character produces hope..." What does Paul mean that "character produces hope"? Below is the answer generated by AI... (using it for good)

"In Paul's context, "hope" (*elpis*) is not wishful thinking or a vague desire; it is a confident, certain expectation rooted in God's promises.

- **Unwavering Perspective: Character creates an "evenness" in the soul, preventing it from wavering between highs of inspiration and lows of despair.**
- **Future Certainty: It is a settled conviction that God, who has already proven faithful through past trials, will fulfill His future promises of glory and salvation."**

I found this very helpful, because when I understanding that hope is a confidence rooted in God and NOT human beings, then I can reframe circumstances and look at them with my eyes and heart on God and what I know to be true about God. As the hymn proclaims, "Our hope is built on nothing less, than Jesus' blood and righteousness." In other words, if you want to keep hope alive, place your trust in God. We aren't required to be Pollyanna, and believe everything is wonderful, when it clearly is not; however, we trust that God is at work making all things right.

What brings you hope?

Look for God at work in the midst of the chaos.

Shalom

Rhonda

"Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us."(Romans 5:1-8, 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 21 (5-6 pm) is Chili & Cornbread
- Wednesday, January 28 (5-6 pm) is Minestrone Soup
- Wednesday, February 4 (5-6 pm) is Pork Chop Dinner
- Wednesday, February 11 (5-6 pm) is Meatloaf Dinner
- Wednesday, February 18 (5-6 pm) is Chicken Pasta 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! ❤️



Each week, we are live streaming on YouTube.

Subscribe at [ColonialHeightsUMCKnoxville](https://www.youtube.com/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), Phill & 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

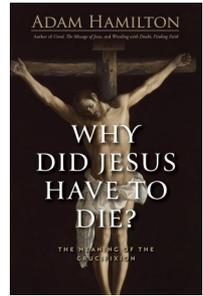
Military

Gabe Green (Lis Henry's nephew)

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.**

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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