



Oct 15, 2025

Bi-Monthly
Issue

<https://chumcknox.com/>



**Temperatures are dipping slowly,
enjoy your pumpkin and firepits!!**

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

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

Pastor Rhonda is keeping office hours on Tuesdays & Wednesdays.



We are live streaming on YouTube now, Subscribe at ColonialHeightsUMCKnoxville.

Here's the link: <https://www.youtube.com/channel/UCU8Hn4QC8sjCPXSn5Ft2BUA> and subscribe today!

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

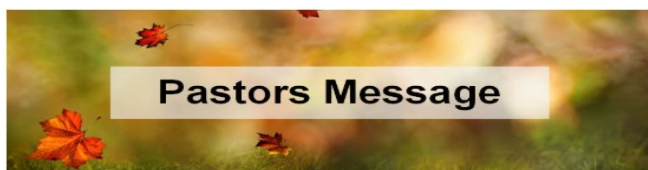
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MARK YOUR CALENDAR

- Trunk or Treat at Dogwood (October 24, 4-6 pm) *Volunteers needed to help handout candy, please contact Don Albert.*
- All Saints Sunday (November 2) *We will remember those we lost in the last year and invite the families of the deceased to attend.*
- Colonial Heights' Charge Conference (November 2) at 3:30 pm at the district office
- Doug and Rhonda's wedding (November 8)
- Laity Sunday with Patrick Minton preaching (November 9)
- Thanksgiving Day Meal (November 27) *Please see insert in bulletin on how you can help.*
- The Word Players (November 30) will be sharing their play, *"In These Dark Streets"*
- Christmas Cantata (December 14) *With light refreshments to follow service.*
- Christmas Eve Service (December 24) at 5 pm
- Carol Sing Sunday (December 28)

District Day With the Bishop - Tuesday November 18th at 6:00 p.m. at Seymour UMC. Bishop Wallace-Padgett wants to hear from all of you about the following three questions:

1. In the past year, where have you seen hopeful signs of God's presence in your local church - through worship, ministries, relationships, or outreach?
2. Looking at your wider community, what is one unmet need or opportunity where you believe the church could be a witness for Christ's love in a fresh or deeper way?
3. How can Conference leadership walk alongside you- resourcing, encouraging, and supporting your congregation - as you live into God's mission in your setting?



Got Worrywarts?

Did you ever avoid touching a frog because you worried about getting warts? Well, you might just be a worrywart. Being a worrywart is worrying about lots of things, most of which will never or can never happen. Like getting warts from a frog. Worrywarts may also be genetic because we have a lot of worriers in my family. For instance, I've been known to worry if I don't have anything to worry about. DNA causing worrywarts is just my hypothesis, but I do think we can teach / learn to fret and get anxious from the people around us.

Inquiring minds want to know where did the term "worrywart" originate? "Beginning in the late 1920s, a character called the "Worry Wart," drawn by J.R. Williams, appeared in Dell comics. This child was not a worrier at all: He was a nuisance, an annoyance. He caused *others* to worry. By 1930's the expression had taken on its current meaning, it derives, of course, from the allusion to warts being a worrying skin affliction." (Source: <https://idiomorigins.org/origin/worry-wart>) Well there you have it back to the frogs.

Seriously, what causes you to worry? Are you a worrywart, fretting excessively? What can those of us who worry do to avoid wasting our energy worrying? I asked my friend, Google which provided the following AI answer. I think this is sound advice even if you aren't a worrywart. I hope you find it helpful as well.

"God's cure for worry involves trusting God, casting anxieties through prayer, and focusing on the present. This is supported by biblical teachings that emphasize replacing worry with prayer and supplication, trusting in God's care, and seeking His kingdom first. By surrendering concerns to God, one can find peace and strength through faith.

Trust and prayer

Cast your cares: The central tenet is to surrender your worries and anxieties to God, trusting that He cares for you (1 Peter 5:7).

Pray without ceasing: Instead of worrying, pray about everything. In every situation, use prayer and petition, with thanksgiving, to make your requests known to God (Philippians 4:6).

Acknowledge God's love: Remember God's love and protection, which is proven through actions like Christ's sacrifice, to build trust.

Seek God's presence: Recognize that God is with you and will strengthen and help you, so you don't have to fear or be dismayed (Isaiah 41:10).

Action and perspective

Seek first the kingdom of God: Commit your life to God and focus on seeking His righteousness, which helps alleviate anxiety about other matters (Matthew 6:33).

Live one day at a time: Concentrate your energy on the present day, as each day has its own challenges. Avoid dwelling on the future or past, trusting that your strength will be sufficient for today's needs.

Meditate on God's word: Focus your mind on the teachings and promises found in scripture to combat anxious thoughts. "

Oh, and just to completely ease your mind today, warts are a virus and are not caused by touching a frog, although some of them can be poisonous so be careful when you handle them.

Shalom,
Rhonda

"God opposes the proud, but gives grace to the humble. Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. (1 Peter 5:5b-7, NRSV)



Colonial Heights UMC
is giving away FREE homemade meals!
Every Wednesday evening
from 5 to 6 pm!

Please support this ministry with volunteering or with a donation to help continue to feed our community. *Our gratitude to everyone who through their generous donations & volunteer spirit have kept this ministry going! We ask that everyone pray for this ministry and tell their friends.*

All VOLUNTEERS are welcome!

Upcoming Schedule for our Feed the Hungry Meals:

- The Meal for Wednesday, **October 15** (5-6 pm) is Lisa's **Creamy Cheesy Chicken Pasta** with spinach & sun-dried tomatoes, garlic toast and Gourmet Cookie
- The Meal for Wednesday, **October 22** (5-6 pm) is **Beef & Bean Nachos** and a slice of spiced pound cake
- The Meal for Wednesday, **October 29** (5-6 pm) is **Chicken Noodle Soup** with crusty French Baguette with a Halloween treat bag
- The Meal for Wednesday, **November 5** (5-6 pm) is **Minestrone Soup** with crusty French Baguette
- The Meal for Wednesday, **November 12** (5-6 pm) is **Hearty Beef & Bean Chili** with Sweet Cornbread mini loaf
- The Meal for Wednesday, **November 19** (5-6 pm) is **Salisbury Steak** with mushroom gravy with mashed potatoes, veggies and dinner rolls
- There will be **No Meal on Wednesday, November 26** since we will have our annual Thanksgiving meal for Thursday, November 27 (11:30a-1 pm).
- The Meal for Wednesday, **December 3** (5-6 pm) is **Potato Bacon Soup** with Crusty French Baguette and slice of pie
- The Meal for **Wednesday, December 10** (5-6 pm) is Baked Chicken Dinner with cornbread stuffing with mixed vegetables, a Dinner Roll and a slice of pound cake
- The Meal for **Wednesday, December 17** (5-6 pm) is Christmas Ham Dinner with apple compote with red potatoes & green beans, a Dinner roll and a gift box of Christmas goodies & candy canes
- No Meals for **Wednesday, December 24 and Wednesday, December 31**

Red Wagon: We will concentrate on items like **Canned Soup: Chicken Noodle or Tomato**. And we are also collecting **deodorant for school kids**. Please place items in the red wagon.

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.

Thanksgiving is approaching, so we will be gathering & giving out **Thanksgiving Baskets** in our community on Saturday, Nov. 15th. Please mark donation for "**Baskets**".

We will be hosting our **Annual Thanksgiving Day Meal** via Drive Through again on Thanksgiving Day. Please mark donation for "**Thanksgiving Meal**".



Please see insert in bulletin on how you can help.

Ladies'
Night out

**Next dinner
is Nov 13th.**



UMM will be holding a meeting next Wednesday, October 29, 2025 at 6:30 pm.



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

Drive
Thru

FREE COMMUNITY THANKSGIVING DINNER

Drive
Thru



Thursday, November 27th | 11am to 1 pm



WordPlayers
Theatre
Company

We welcome The Word Players
on Sunday, Nov. 30th at 10:45
am. All are invited!

Sun, Dec. 14 at 10:45 am

CHRISTMAS CANTATA

With light refreshments to follow service.

CHRISTMAS EVE



December 24 at 5 pm

Prayer and Praise



If you have an update or see that someone needs to be removed or added to the prayer list please share with the office.

Al & Brenda Horn	Jean Fornwalt, David Eilart's mom
Don & Carolyn Albert	Sonny & Judy Henderlight
Mike & Jean LaForest	Charles Hamby
Becky Sewell	Ken Porch
Beverly White, Henderlight's neighbor	Jenny Holley
Julia Dyker	Lorenda Wolfe (Brenda's sister)
Blanche Clifton	Marty Elmer
Bob Williams	Sharon Eilart (David's sister)
Carol Porcher	Phill & Lis Henry
Chuck & Glenna Reynolds	Regina "Gail" Royston, Brenda Horn's cousin

CANCER TREATMENT

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

NURSING, RETIREMENT & ASSISTED LIVING:

Wanda Ketron, Hubert Styles & Ann Cox

HOSPICE CARE: Carolyn Wills

MILITARY: Gabe Green (Lis Henry's nephew)

Give to CHUMC online at: <https://chumcknox.com/>

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 & staff.

With our phone system, all voice messages are emailed to the church email account, officechumcknox@gmail.com. Lisa will be able to review messages and forward them to the necessary parties or give you a call back if necessary.

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.

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:

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