



Feb 04, 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.*

The regular office hours are Mondays to Thursdays, 9 AM to 2 PM.
Pastor Rhonda is keeping office hours on Tuesdays & Wednesdays.

Upcoming Events

The UMM will be meeting later this Month on Wednesday February 25 at 6:30 pm for their monthly meeting and meal.

The **Bible study** will meet this Sunday, Feb 8 and to read the Introduction and Chapter 1 before class.

The next gathering for the ladies will be on Thursday, Feb 19 at Tres Amigos at 6 pm. Tres amigos is located in front of Walmart. Please contact Janice Zartman or the office if you plan to attend.

Worship Team Meeting

The Worship Team will meet immediately after church this **Sunday, February 8th**. All team members are encouraged to stay for a brief check-in and planning time.

Help Needed:

Grocery Bag Donations for Our Feed the Hungry Meals & Dogwood's Backpack Program

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
This is the day Lent begins.

[What is Lent? >](#)



Palm Sunday Service:

Sunday, March 29th at 10:45 am

Maundy Thursday:

Holy Thursday Service
April 2nd at 6 pm

[What is Maundy Thursday? >](#)





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.



Does God Laugh?

I'm almost certain God laughs, if for no other reason than the way we humans think and act, especially me. I've said many times that I serve as a court jester in the Kingdom of God. For example, a friend and I were talking about prayer, specifically my ongoing prayer that Doug's house in Greenback will sell, so that we can buy a house that better fits our family's needs. I said, "I'm like that nagging widow in the Bible, I just keep on praying and praying." Not only am I like a broken record, I also am very good at making suggestions to God on how God can answer my prayer. Then it hit me how absolutely silly I must sound and look to God. God, the Creator of the universe, the Designer of all that exists, the All-Knowing, Always Present, and All-Powerful God ...and I am giving God suggestions on the best solution for my life. And as the Psalmist ends so many psalms, *selah*. (Hebrew for "pause and think about that.") Well, my friend and I had a good belly laugh, as we paused to think about the number of times that our prayers are really giving advice to God on how to solve our problems. How about you? Are you a consultant to God on your life?

Another less humorous characteristic of my personal prayer is when I tell God, “Thy Will be done. I trust you. I lay this down. I give it to you. I know that You will make all things right as I surrender to Your will.” And then within five minutes I pick the matter back up and play with it in my mind, the way my cats play with that laser beam. I don’t think I’m the only person that does this. We truly want to trust God and God has proven to be trustworthy. Most of us have had enough life experiences to know that God is not a vending machine dispensing goodies, when we deposit our coins of prayer, but God is ALWAYS present, always at work for our good, even when we don’t see it, acknowledge it, or appreciate it.

But the amazing thing about God’s grace, is that while we may make Him chuckle, God is patient with us. God allows us to grow at our own pace. God understands the sudden growth spurts, as well as the memory loss when we forget what we learned years ago. God is always at work, patiently teaching, coaching, guiding, correcting and NEVER condemning.

How is your prayer life today? Give yourself the same grace that God does. Don’t give up, keep talking and listening for God’s Holy Spirit. Keep your eyes and ears open for the glimpses of God at work in your life. Remember when God pulled you through in the past. God is faithful. We humans are fickle. And that’s okay, to quote Dory from the Disney movie Finding Nemo – “Just keep swimming.”

Shalom, Rhonda

“Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. We know that all things work together for good for those who love God, who are called according to his purpose.” (Romans 8:26-28, NRSV)

Due to inclement weather, we have not had in-person services
for the last two Sundays.

Attendance

In 2025, our average in-person attendance was 45
and our online views were 139.



🇺🇸 Meals Made with Love 🇺🇸

FREE Homemade Meals at Colonial Heights UMC! Join us every **Wednesday evening from 5:00–6:00 PM** for a delicious, homemade meal—prepared with love and served with a smile.

🍽️ Upcoming Feed the Hungry Meals 🍽️

- Wednesday, February 11 (5-6 pm) is Pork Chop Dinner
- Wednesday, February 18 (5-6 pm) is Meatloaf Dinner
- Wednesday, February 25 (5-6 pm) is Soup & Sliders
- Wednesday, March 4 (5-6 pm) is Chicken with Broccoli Casserole

🛒 2026 Red Wagon Needs 🛒

This month of February we are focusing on: **Diapers**

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.

New Bible Study- Begins Feb 8th

Why Did Jesus Have to Die?

Bible study based on Adam Hamilton's book

Our Lenten Bible study will begin on **Sunday, February 8, at 3:00 p.m.** 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. **The syllabus is below.**

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 8th start of class. [Amazon prime](#) members may purchase the book for \$19.90. There is also a **Kindle version \$13.19.**



Tennessee Valley District Leadership Training Rescheduled

Please mark your calendars for **March 1, same time (2:00 p.m. – 4:00 p.m.), same place (Bearden UMC)**, and we are thrilled to announce that the majority of our workshop leaders are available to be with us on March 1.



Celebrating Whitney Winston's New Role in Camp & Retreat Ministries

Whitney Winston has been named Interim Director of Holston Camp and Retreat Ministries.



A Sacred Assignment | Bishop Debra Wallace-Padgett

A Sacred Assignment: One of the most sacred assignments of bishops and district superintendents is making appointments. Though a year-round process, determination about appointments of moving clergy to receiving churches typically takes place in the first four months of the year.



Camp Bays Mountain | New Director, Nathan Dugger

The Holston Conference is pleased to announce that Nathan Dugger has been appointed as the next Director of Camp Bays Mountain.

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, Sydney (Julie's boyfriend's daughter, expecting)

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, John (Julie's Friend)

Nursing, Retirement & Assisted Living

Wanda Ketron, Hubert Styles & Ann Cox

Military

Gabe Green (Lis Henry's nephew)

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.

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

chumcknox.com



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