

Apr 15, 2026

The logo features a black silhouette of a church with a steeple and a red heart on its side. To the right of the church is a red heart with the word "SoKNO" written across it in yellow and brown letters.

**SoKNO**  
A Church With a Heart in the Heart of SoKno

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.

**Church office will be closed  
Tuesday, April 21 thru Thursday, April 23.**



**On Sunday May 3,** we will have a  
Cinco de Mayo luncheon in our  
fellowship Hall. Liz Wheeler has  
placed sign-up sheets in the  
Narthex. Please make plans to join  
us for fun & fellowship.

# Upcoming Events

## The United Methodist Men

The men will be meeting on Wednesday April 29 at 6:30 pm for their monthly meeting.

## Ladies Night Out

Next ladies' night out will be April 23 at Robersons at 6 pm. If

**New Mission Project** Thru April, we will be collecting Men's belts and pants size 32-36 and Men's shoes specifically athletic shoes size 9-12. Boxes are set at the back of Sanctuary.

## Help Needed:

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

## A Thank You For Our Ministries

... "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

Matthew 25:40

We want you to know how much we appreciate your generosity to South Knoxville Fish Pantry. Your many donations have helped so many people in our community, and surrounding area. Thank you for choosing us to donate the trucks of canned goods - what a blessing!

Sincerely,

Ed Mchundro  
Coordinator South Knoxville Fish Pantry



## 🍴 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, April 15 is Grilled Chicken Dinner with Mac'n Cheese, 3 bean Salad, dinner Roll and Banana Pudding with vanilla wafers
- Wednesday, April 22 is BBQ Sandwich Dinner
- Wednesday, April 29 is Chicken Pasta Dinner
- Wednesday, May 6 is Beef & Bean Burrito Dinner
- Wednesday, May 13 is Meatloaf Dinner

### 🛒 2026 Red Wagon Needs 🛒

This month of April we are focusing on: **Canned Fruit**

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.



### Hands on Missions

This year Smoky Mountain District will be doing HEALTH KITS. Each kit will cost around \$30 a kit (this includes the \$5 shipping fee). **The deadline will be May 3rd.** All kits will be delivered on May 6th. For donations, please mark with "KITS".



# Pastors Message

## Side Effects

We don't have cable TV service, instead we stream all our programs, and I've noticed that when you watch the local news via streaming service almost all the ads are for pharmaceutical drugs. The other observation is that they repeat the same ad at least three to four times back-to-back, so I am hearing about all these wonderful drugs that can help with every disease from COPD to obesity to eczema. If you watch the ad all the way to the end, you will hear all the side effects the drug causes, and as I listened, I told Doug, so many of these cures cause things worse than the disease they are treating. Why is that? Having an inquisitive mind can lead down all kinds of bunny trails while you're watching the news. The "why is that" is that while these drugs are wonderful treatments for parts of the body affected by a disease, it has negative impacts on other parts of the body, after all the body is a system that is connectional, what affect one part also affects the whole.

And of course, that though then led to a "Hmmm...isn't that exactly what happens in our world?" Something good for one part of our nation (world or community) has a negative impact on another part. We now have an amazing ability to ask Google a question and, in a nanosecond, obtain answers to questions that would have taken weeks or months to research in trips to libraries. That's an amazingly good thing...except for the side effects. We now have huge data centers that require more and more energy and resources, and if you have one located in your community, there are many negative side effects. What has a positive effect on one area negatively impacts another area. Side effects.

This dilemma can be as near as the medicines we ingest in our own bodies to as far reaching as the entire solar system. It's as simple as skipping a rock on a still lake and watching the ripples stretch across the once still waters. What we do, every action, every word, impacts the people, things and places around us. Side effects.

In the case of medicines, we must decide are the risks of side effects worth the improvement in a particular disease. Maybe all this deep thought from a pharmaceutical ad this morning is simply a God nudge to remind me that what I / we do today can have further reaching consequences than we realize. Maybe words should be chosen more carefully. Maybe actions should be considered more thoughtfully. Maybe we need to think about the side effects of what we are about to do or say.

Shalom, Rhonda

**Take time to read all of 1 Corinthians 12 and 13, for a biblical view of “Side Effects” and being connected. Below are select passages:**

“For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. <sup>13</sup>For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit. <sup>14</sup>Indeed, the body does not consist of one member but of many. <sup>15</sup>If the foot would say, “Because I am not a hand, I do not belong to the body,” that would not make it any less a part of the body. <sup>16</sup>And if the ear would say, “Because I am not an eye, I do not belong to the body,” that would not make it any less a part of the body. <sup>17</sup>If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? <sup>18</sup>But as it is, God arranged the members in the body, each one of them, as he chose. <sup>19</sup>If all were a single member, where would the body be? <sup>20</sup>As it is, there are many members, yet one body. <sup>21</sup>The eye cannot say to the hand, “I have no need of you,” nor again the head to the feet, “I have no need of you.”.... <sup>26</sup>If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it. <sup>27</sup>Now you are the body of Christ and individually members of it. ... <sup>31</sup>But strive for the greater gifts. And I will show you a still more excellent way.

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. <sup>2</sup>And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. <sup>3</sup>If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.”



United Methodists confront Iran war's impact



**Rolling  
Stones,  
Telling  
Stories |  
Bishop Debra  
Wallace-Padgett**

Scan & Read More



**Kingsport Times  
News: 60 participate  
in annual 'walk with  
the cross'**

# 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

Charlotte Cain, Hubert Styles, Family of Mike Lawson, 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, Val Johnson

## 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, Nancy La Rocco's granddaughter, David Eilart's cousin, John (Julie's Friend)

## Nursing, Retirement & Assisted Living

Wanda Ketron, Hubert Styles (Ben Atchley Veterans Home) & Ann COX

## Military

Gabe Green (Lis Henry's nephew)

