



Apr 29, 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.

Church office will be closed Wednesday, May 20 thru Monday, May 25.



This Sunday May 3rd,

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.



Pastors Message

Trinkets, Trash and Treasures

Wow. Who knew combining two households could be such a challenge? LOL. As Doug and I prepare to move into our new house, we have been doing a lot of sorting and it seems that our things fall into one of three categories – trinkets, trash or treasures. The challenge is having to choose between keeping this cute stuffed dog or letting it go? And then the memories flood in, we can't possibly throw this stuffed dog away! I think it is stuffed with horsehair, it is old and shabby and well worn, certainly nothing our family would want to inherit, but ... it's the memory. I have had this stuffed dog since I was four years old, it was a gift from the older couple that owned the old Victorian house my parents were renting. They had come to visit me in the hospital when I had pneumonia, and the dog was to keep me company and bring me comfort when I felt lonely. This old dog has made over thirty moves with me; it has brought comfort and company for over sixty years and "yes" it is traveling to Soddy Daisy even though it may look like trash it is a priceless treasure to me.

What came to my mind during one of these sorting days is that our memories are really like our stuff – we can choose to keep the treasures and throw out the trash or admire the trinkets awhile longer. Our treasured memories of being with people we love to celebrate Christmas – priceless treasures. Our memory of a harsh word or a forgotten birthday ... throw that in the trash, let it go! As for our trinkets of simple drives in the country, linger with those for a while, who knows those may actually be treasures.

This past Sunday morning just before the benediction, the wave of reality that I will soon be leaving Colonial Heights washed over me. Just eight more sermons, before I retire, four more times to share in communion and write a devotion for the newsletter, and a couple more fellowship meals. I am ready but not ready. I am so grateful for our

years together. I am taking with me a storehouse of treasured memories with each one of you. We have been on quite a journey together...COVID, funerals, drive-thru meals, Trunk or Treats, tents in the church backyard, weddings, baptisms, these are all treasured memories. I am blessed to be your pastor, and you are each one a treasure I am taking with me into the next phase of my life's journey.

So as for your memories – take time to do some sorting. Which memories are your greatest treasures? What are some trinkets that you might spend some time thinking about, and discover that while they might have been insignificant at the time are a treasure in disguise? And just as important as the treasures, are there some trash memories it's time to let go of? Spend time with God as you reflect on your life this week.

Shalom,

Rhonda

“So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. (Ephesians 4:25-32; 5:1-2)

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 May 28 at Fireside BBQ and Cheesecake. Please contact Janice if you plan to attend.

Time to Update the Church Directory

As we prepare to welcome our new pastor and continue growing as a church family, we want to ensure our directory is accurate and up to date.

This Sunday, you'll find a directory update insert in the bulletin. Please take a moment to complete it and return it to the church office. Your updated information helps us stay connected and care for one another.



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".

Help Needed:

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



🍴 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 29 is Chicken Pasta Dinner
- Wednesday, May 6 is Burrito & Nachos Dinner
- Wednesday, May 13 is Meatloaf Dinner
- Wednesday, May 20 is Chicken with broccoli cheese rice casserole
- Wednesday, May 27 is Hamburger Dinner
- Wednesday, June 3 is Ham & Cheese Sandwich

🛒 2026 Red Wagon Needs 🛒

This month of May we are focusing on: **Juice**

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.



Dog church welcomes people and pets



Scan to read



Run Robert Run, Kenya Mission

Ripples of Faith Kenya Mission exists to rescue, restore, and equip orphaned and vulnerable children in Embu, Kenya through holistic care and long-term opportunity.



Scan to watch video

Annual Conference

The Holston Annual Conference will take place May 31 – June 3, 2026, at the Lake Junaluska Conference and Retreat Center.



Scan to read

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)

