



Jul 08, 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 thru Thursdays from 9 AM to 2 PM.

Summer 2026!

Next Step Ministries is still with us this summer and will be with us for the next few weeks. Please pray for their ministries and the well-being of their staff & campers.

An exciting Summer for Colonial Heights awaits!!

PASTOR'S CORNER

Reflections, encouragement, and hope for your week



Our Father....

The two words "Our Father" are the opening to The Lord's Prayer. Just two words in and Jesus had already said something radical. The word Jesus used was "Abba." Abba is not a formal word.

I heard a story about the word Abba. One time a pastor was walking through an airport. He saw a family waiting to board an airplane. There was child about 2 or 3 years old who kept wandering off. At one point the child went behind a pillar. Unable to see their family anymore, the child began to cry out "Abba! Abba!" The father heard this and came around the pillar and picked the child up.

Abba is the word a young child uses, like Dad.

Jesus showed a familiarity with God by calling Him Dad.

And let's not forget the first word which is "Our". God is OUR ABBA. The one we should cry out to when lost. God sees us because God is our Abba in heaven.

In life, I have sometimes felt like I was lost behind a pillar. I couldn't see where God was. When this happens I know to cry out for Our Abba or Our Dad. This can be a bit uncomfortable at first. We are used to using the more formal word Father. Abba might seem disrespectful. Jesus though intended us to use the closer term.

I think Jesus wanted us to claim a relationship with God that was as close as a family member in a good family. This is the first step to praying. We are not just throwing our thoughts into the sky! Instead we are having a conversation with our good Abba who is standing nearby just waiting to be called on.

-Pastor Carmel Day

P.S. This starts a series on Deepening Prayer, so please look forward to each Church Newsletter.



🇺🇸 Meals Made with Love 🇺🇸

FREE Homemade Meals at Colonial Heights UMC! Join us every **Wednesday evening from 4:30–5:30 PM** for a delicious, homemade meal—prepared with love and served with a smile.

Tonight, Wednesday, July 8th, our meal will be a **Club Hoagie (ham, turkey, cheese, lettuce & tomato), chips, fruit cup & pudding cup.**

🍽️ Upcoming Feed the Hungry Meals 🍽️

- Wednesday, July 15 is **Meatball Sub**
- Wednesday, July 22 is **Southern Bird Dog**
- Wednesday, July 29 is **Beef & Bean Burrito**
- Wednesday, August 5 is hometown favorite **Petros**
- Wednesday, August 12 is Grilled **Chicken Breast with salads**
- Wednesday, August 19 is **BBQ Pork Sandwich**

🛒 2026 Red Wagon Needs 🛒

This month of July we are focusing on: **Cereal**

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

The school year is over for our students but we will return in August to this program. Please keep these children in your prayers.

Help Needed:

Grocery Bag Donations for Our Feed the Hungry Meals & Dogwood's Backpack Program are still needed and appreciated.

FREEDOM THAT SERVES

 HOLSTON CONFERENCE
of The United Methodist Church



Dear Friends,

As communities across our nation celebrate Independence Day, this year carries particular significance. We mark 250 years since the signing of the Declaration of Independence, a milestone that invites both reflection and celebration.

For many people, it can be hard to know how to approach our 250-year anniversary. This is because the realities that it represents are a mixed bag.

On one hand there is deep pain over the displacement of Native Americans from their homelands. The broken promises, violence, forced relocations, and intentional efforts to eradicate the Native American culture are a blight on our nation's history. Add to that the tragic and unjust fact that many Black Americans were slaves when the Declaration of Independence was signed on July 4, 1776. Chattel slavery was not formally abolished in the United States until the ratification of the Thirteenth Amendment on December 6, 1865 - nearly ninety years after Independence Day! There is still much reconciliation and healing work to do in the area of dismantling racism.

On the other hand, we have much to celebrate about the freedoms we enjoy. We remember those who made honorable sacrifices to establish this nation and others who have continued to defend its liberties through service. We are grateful for the opportunity to worship freely, to participate in civic life, and to work together for the common good.

As Christians, our understanding of freedom reaches even deeper. Jesus tells us, "If the Son makes you free, you will be free indeed" (John 8:36). The freedom Christ offers is more than political liberty. It is freedom from sin, fear, hatred, and anything that separates us from God and one another. It is a freedom that transforms hearts and societies.

The Apostle Paul reminds us that freedom is never simply about doing whatever we please. Instead, he writes: "You, my brothers and sisters, were called to be free... [so] serve one another humbly in love." (Galatians 5:13).

Christian freedom always moves us outward. It calls us to love our neighbors, to seek justice, to care for those who are vulnerable, and to pursue peace. Freedom becomes a gift when it is used in service to others.

The Scriptures consistently remind God's people that nations are measured not only by their strength, but by their compassion. In Deuteronomy, God's people are called to love the stranger, defend the orphan and widow, and practice justice. Psalm 72 offers a beautiful prayer that those entrusted with leadership would govern with righteousness and protect those in need.

As we celebrate our nation's birthday, we acknowledge that the United States of America, like every nation, has tragic parts to our past. We also have much for which to give thanks. May we seek forgiveness for the sinful, wrong, hurtful and self-serving aspects of our national past. May we also celebrate the positive facets of who we have been and are as we continue the work of becoming a people who more fully embody justice, mercy, humility, and love. Honest reflection and celebration of our nation are not opposites; repentance and gratitude can live together. Our love for country is most faithful when it remains accountable to our greater allegiance to Jesus Christ and his call to justice, mercy, and love.

As United Methodists, we seek to love God and neighbor in ways that strengthen our communities and bear witness to Christ's transforming grace. Our calling is not simply to celebrate freedom but to use it faithfully.

As the Holston Conference continues our mission of developing passionate spiritual leaders who reflect Jesus, may this Independence Day remind us that the greatest freedoms are those that lead us toward lives of faithful service, Christlike compassion, courageous justice, and enduring hope.

I invite you to join me in praying for our nation:

God of the universe, you rule all the peoples of the earth. We ask that you inspire the minds of all women and men to whom you have committed the responsibility of government and leadership in the nations of the world. Give to them the vision of truth and justice, that by their counsel all nations and people may work together. Give to the people of our country zeal for justice and strength of forbearance, that we may use our liberty in accordance with your gracious will. Forgive our shortcomings as a nation. Thank you for the freedoms we have in our country. Purify our hearts to see and love you and your ways. We pray all these things through Jesus Christ. Amen.

May God bless you, your family, our communities, and our nation as together we work for the peace, justice, and hope found in Jesus Christ. As always, it is a joy to serve as your bishop.

Blessings,

Debra Wallace-Padgett

Resident Bishop

Holston and West Virginia Conferences

Upcoming Events

The United Methodist Men

The men will meet next on
Wednesday July 29 at 6:30 pm for
their monthly meeting.

Ladies Night Out

Our next Ladies' Night Out will be
Thursday, July 23 at 6pm at **Little Tokyo**. If you plan to attend, please
contact **Janice** so we can reserve
enough seating. We hope you'll join
us for great food and fellowship!

2026 Church Directory

2026 church directory copies are available in the narthex. If
corrections are necessary, please submit them to the office.

Thank you to everyone for helping update their information.
Hopefully, next year we can do a pictorial directory.

Thanks

We received a thank you card from the staff at Dogwood Elementary School
for all that we do for the school this last year.

Thank you so much!
Mrs. Williams

Thank you!
Mr. Jones

Thank you!
~Dana E. (circled)

We appreciate
you!
Ms. Shanklin

Thank you so
much for all
you do.
Ms. Pickett

Colonial Heights Church Family,

May 2026

Thank you for your generous
donations for our 5th graders.

We appreciate it.
With gratitude,
School nurse Coleman
Dogwood Elementary

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, 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, Charlie Hamby's sister Libby, Karen Ballard, Rhonda & Doug - on their new adventures, new pastor & husband - Carmel & Casey Day

Cancer Treatment

Brian & Jean Reagan, Lisa Greer, Faye Stafford, 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)

Each week, we are live streaming on YouTube.

Subscribe at [ColonialHeightsUMCKnoxville](#)

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**

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