



Happy Labor Day!

This weekend, we honor the dedication, service, and hard work of all who strengthen our community — in their jobs, their homes, and their acts of kindness.

As we pause to rest and reflect, please note that the church office will be closed on Labor Day (closed Wednesday Sep 2 through Monday Sep 7). We look forward to serving you again when we reopen on Tuesday.

Wishing everyone a safe and refreshing holiday. 🧡

Looking forward to seeing everyone at worship on Sundays at 10:45 am (live streaming begins at 11 am) with Sunday school at 9:45 am.

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

Upcoming Events

The United Methodist Men

The men will meet next on

Wednesday Sep 30th at 6:30 pm for their monthly meeting.

Ladies Night Out

Our next Ladies' Night Out will be

Thursday, Oct 1st at 6pm at **Aubrey's in Strawplains**. 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!

Bible Study Returns - Sept 13, 5 pm

Our fall study begins with a Journey through the **Book of Acts**. We'll explore how the early Church grew and flourished while learning to be more and more Christ-like. All are welcome.

Upcoming Dates

Monday, Sep 7 - Labor Day

Dogwood Elementary Food Bags

The school year has returned for our students so we are making Food bags.

Help Needed:

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



🍴 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, Sep 2 is a **Club Hoagie** (ham, turkey, cheese, tomato, red onion & lettuce), bag of chips and a gourmet cookie.

🍽 Upcoming Feed the Hungry Meals 🍽

- Wednesday, Sep 9 is Lisa's **Creamy Cheesy Chicken Pasta**
- Wednesday, Sep 16 is **BBQ Pork Sandwich**
- Wednesday, Sep 23 is **Spaghetti & Meatballs**
- Wednesday, Sep 30 is **Pork chop Dinner**
- Wednesday, Oct 7 is **Carolina Southern Bird Dogs**
- Wednesday, Oct 14 is **Meatloaf Dinner**
- Wednesday, Oct 21 is **Grilled Chicken**
- Wednesday, Oct 28 is **Beef & Bean Burrito**

🛒 2026 Red Wagon Needs 🛒

This month of September we are focusing on: **Toilet Tissue**

Please place your donations in the **Red Wagon**. Your generosity helps us care for our community in meaningful ways—thank you for giving! ❤️

PASTOR'S CORNER

Reflections, encouragement, and hope for your week



Forgive Us Our Trespasses As We Forgive Those Who Trespass against Us

Jesus was very clear. We must forgive if we would be forgiven. He also said in Luke 6: 37-38, "Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap, for the measure you give will be the measure you get back."

This is not an easy thing to do.

Forgiveness at times can be harmful if it enables harm. Imagine a boy one day takes cookies and eats them without permission. He then goes to the parents and asks for forgiveness. The parents are gracious and forgiving. The next day the boy does the same thing. Then the next day again! Each time the boy says he is sorry, but has no intention of changing his ways. The boy even says "You have to forgive me! I said I'm sorry."

This boy may understand he has to say he is sorry, but he is not willing to work to restore the trust he has lost with the parents. Forgiveness means to become reconciled and it means both parties working to restore the relationship. In this case all the boy has to do is stop eating the cookies!

Too many people in this world never stop eating other people's cookies.

If you have been sinned against, you must be ready to forgive. (In a case where you have had your life put in danger, this does not mean you must continue to put your life in danger.)

If you have sinned, don't just say you are sorry and expect to go on

If you have sinned, don't just say you are sorry and expect to go on sinning! If you want real forgiveness, you must be willing to work towards earning trust from the forgiver and making it up to them. In some cases this will be impossible. In those cases you must turn to God as the forgiver.

Real forgiveness is rarely easy. It requires work.

The issues around forgiveness are complex and difficult. Please contact me if you want to discuss.

-Pastor Carmel



Carmel's Corner



Scan to watch Carmel's Corner

Our pastor Rev. Carmel Day weekly shares a mid week message on Thursdays. Check out our message via our social media.



Communications

Holston Conference

THE UNITED METHODIST CHURCH



WILD & WONDERFUL Annual Festival for SENIOR ADULT

Senior Adult Ministries in the Smoky Mountain District of The United Methodist Church

Thursday, October 22, 2026 ~ 9 am - 12:30 pm

*First United Methodist Church
101 East 1st North Street, Morristown, TN 37814*

Older Adult Team

Register now for Wild & Wonderful Senior Adult Festival at First UMC

Morristown! All are invited to attend. We hope to see you there!



Scan to Register

**SAVE
THE DATE**

2026 DISTRICT DAYS

*with Bishop
Wallace-Padgett*

**Mark your calendar
now for the
upcoming 2026
District Days:**

Thursday, Nov 19 – Smoky Mtn

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, Rita Malinauskas

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), Charlie Hamby's sister Libby

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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