



Sept 30, 2026

Bi-monthly
Issue

<https://chumcknox.com/>



GOODBYE
SEPTEMBER

WELCOME
OCTOBER

***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 tonight

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

Ladies Night Out

Ladies' Night Out will be tomorrow,
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!

Fellowship Meal

Time to break bread together, as we
invite all to join us for a potluck lunch
with soup & chili after worship, this
Sunday, Oct 4th.

Bible Study - Sundays at 5 pm

Our fall study continues 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.





🚩 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.

🍽️ Upcoming 2026 Feed the Hungry Meals 🍽️

- 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**
- Wednesday, Nov 4 is **Minestrone Soup & Meatball slider**
- Wednesday, Nov 11 is **Bacon Potato Soup & 1/2 sandwich**
- Wednesday, Nov 18 is **Petros with Chili**
- Thursday, Nov 26, **Thanksgiving Dinner** (11am-1pm)
- Wednesday, Dec 2 is **Salisbury Steak**
- Wednesday, Dec 9 is **Vegetable Soup & ½ sandwich**
- Wednesday, Dec 16 is **Christmas Ham Dinner**
- Wednesday, Dec 23 is **Chicken Noodle Soup & ½ sandwich**

🛒 2026 Red Wagon Needs 🛒

This month of October we are focusing on: **Chicken Noodle or Tomato Soup**

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 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.

PASTOR'S CORNER

Reflections, encouragement, and hope for your week



"For Thine is the Kingdom, the Power, and the Glory Amen"

The Lord's Prayer ends with a reminder. The Kingdom is God's. God has all the power. All credit, thanks, and glory belong to God who made everything. This reminder is not for God. We are the ones who need reminded. We pray for food, to not be tempted, and to be forgiven. All of these things are big things to pray for! A person who is hungry, dealing with temptation, and in need of forgiveness might be feeling low at the end of the Lord's Prayer. We pray "For Thine is the Kingdom, the Power, and the Glory" as a reminder to ourselves that God is over all. To God our problems are curable. Even as we ask for miracles, God hears us.

Then we get to the word "Amen".

Amen is an ancient Semitic word. It means "may it be so". This word is one additional way to put everything just prayed under God's authority.

Let's say I pray, "Lord clear this obstacle from my path!"

Imagine that this obstacle is meant to be there. That this is a path God doesn't want me to go down.

Then saying "Amen" or "may it be so", is a way of saying,

"Lord clear this obstacle from my path, if it is your will!"

It is important to understand that as children of God, we ask for God's help. The power remains God's power. The glory for miracles remains God's glory.

-Pastor Carmel Day

Help Our Church Shine Online

Our social media posts are more than announcements — they're ministry. Every like, share, and subscription helps our message reach people in Knoxville and beyond who may need encouragement, connection, or hope.

Your Engagement Matters

When you interact with our posts, you help:

- Extend our reach to new families and neighbors
- Strengthen our online presence
- Support every ministry we highlight
- Share God's love with people who may never walk through our doors

How You Can Help

- Like our posts when you see them
- Share videos or announcements to your page
- Subscribe to our [YouTube channel](#)
- Follow us on [Facebook](#) , [Instagram](#) and [TikTok](#)
- Comment when something inspires you

Thank you for helping our church's message shine brightly in every space — inside our building and out in the community.



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.



Thanksgiving NEWSLETTER

THANKSGIVING DAY
THURSDAY,
NOVEMBER 26TH
IS APPROACHING!

WE WILL HOST OUR ANNUAL THANKSGIVING
DAY MEAL BY DRIVE-THROUGH ON

THANKSGIVING DAY
FROM 11AM-1PM

IF YOU WOULD LIKE TO GIVE TOWARD THE
MEAL, PLEASE MARK YOUR DONATION
"THANKSGIVING MEAL."



WE NEED YOU!

The planning for our dinner is already underway. One of the most important parts of this ministry is the faithful service of our volunteers. We deeply appreciate everyone who has helped with previous dinners, and we hope you will join us again in making this year's Thanksgiving ministry a blessing to our community.

THANKSGIVING BASKETS
WE WILL BE PREPARING & DISTRIBUTING
25 THANKSGIVING BASKETS TO FAMILIES
IN OUR COMMUNITY ON SATURDAY,
NOVEMBER 14TH.

IF YOU WOULD LIKE TO GIVE TOWARD THIS MINISTRY,
PLEASE MARK YOUR DONATION "BASKETS."

Ways to serve

- SETTING UP FOR THE DINNER THE NIGHT BEFORE
- KITCHEN
- PACKING MEALS
- BRINGING MEALS OUT
- HANDING OUT MEALS
- CLEANING UP AFTER THE DINNER
- CLOTHES CLOSET
- SERVING AS A TEAM LEADER
- INVITING SOMEONE IN NEED
- SERVING WHEREVER I AM MOST NEEDED
- LOVE SPREADER
- PRAYING REGULARLY FOR THIS EVENT



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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