



Mid-Week Manna

A Weekly Newsletter from the First Cumberland Presbyterian Church

*Wednesday,
August 16, 2023*

From Your Minister - Christian Smith

“The earth is the Lord’s and all that is in it, the world, and those who live in it, for he has founded it on the seas and established it on the rivers.”– Psalm 24:1

I really want to lose weight. I have wanted to lose weight for years. However, no matter how much I have wanted that to happen, it never has. Perhaps, that is because I have put in very little consistent effort.

Recently, I have decided that I want to begin that consistent effort. So, Maggie and I joined the gym. Of course, joining the gym is not enough. We have to actually go. That is not always easy. Sometimes, it doesn’t work easily into my schedule. Sometimes, there are other things that I would rather do. Sometimes, I am just tired. But, since weight loss and health has become a priority for me, I make it to the gym at least 5 days a week.

When you walk into a gym for the first time it can be very intimidating. There are so many machines and weight stations. So, before you make your way to the gym it is necessary to have a plan for what you want to accomplish and how you are going to do it each day.

Of course, going to the gym is not enough to reach my goal. If I really want to lose weight and get healthier, I have to make better decisions with what I eat, how much I sleep, and how I live when I am not in the gym. If I want to be successful in my goal of losing weight, I must be willing to make that a priority in all that I do.

As the people of Christ, we want to make a difference in this world by honoring God and pointing people to God through our words and our service. However, that cannot be done by simply wishing for it. That cannot be done by simply going to church. That cannot be done by simply giving money to a good cause. All of those things are great and needed, but we cannot change the world unless we are willing to make our service to God and others a priority. We must plan for what we can do each day to share God with others. Then we must put in consistent effort. If we want to point people to the kingdom of God, we must make that a priority in all that we do. We must be good stewards of everything and every moment. While that sounds difficult, it becomes easier if we remember that God has so generously blessed us with EVERYTHING that is ours.

First Cumberland Presbyterian Church
565 E. 10th Street - Cookeville, TN 38501

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www.cookevillecpchurch.org



Sunday Worship Information

Sunday, August 20th, will be the 12th Sunday after Pentecost. The chancel color will be green. The scripture for the sermon will be Matthew 16:13-20. We hope that you will plan to join us at 8:45 and 11:00am as we worship God and celebrate the 156th anniversary of the founding of Cookeville First Cumberland Presbyterian Church.

Wednesday Connection

Wednesday Connection has resumed! As usual, we begin our evening with a meal. We would love to have you and your family join us for this fellowship opportunity. Meals cost \$6.00/person and no one household is expected to pay more than \$20.00. You do need to make a reservation on a weekly basis or make a standing reservation by completing a reservation card (located on the narthex table), registering online or by contacting the church office. The meal for tonight is "Breakfast for Dinner" and the **Building & Grounds Ministry** will be in charge of preparing, serving and cleaning up after the meal. Next week's meal will include Cheesy Chicken Spaghetti and the **Worship & Music Ministry** will be in charge of that meal.



At 6:00pm, our youth and children will meet downstairs for Bible Study and recreation. Our Twisted Stitchers Group meets in the Session Room to crochet and knit together as they work on projects for various service organizations in the community.

At 6:15pm, our adults meet in the Upper Commons for Bible Study. This semester, Christian will be leading the group in a study about the history and meaning of the Apostles' Creed. The group will also look at some other creeds the Church has used throughout its history. We encourage you to come and be a part of our Wednesday Connection program!

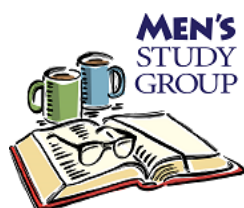
FCPC Sanctuary Choir



It is never too late to join in singing in the Sanctuary Choir! We invite you to join us on Sunday evenings from 5:30 to 6:30 in the choir loft. While we certainly welcome all voices, we are sending out a special call for sopranos!

We have an exciting lineup of music for the fall semester and will be presenting the anthem for Homecoming services this Sunday. We are excited for a semester of not only great music, but for the community and fellowship that this opportunity affords our members. Come join us!

Men's Bible Study



The Tuesday Noon Men's Bible Study continues and we invite all the men in the church to attend the study with us each week in the Session Room of the church. Feel free to bring along your lunch. Tim Fournet is leading a discussion of Max Lucado's book on James.



Open House

JESSE & HALEY CHAPMAN

*Join us for food and fellowship at
Cookeville First Cumberland Presbyterian
Church Fellowship Hall*

Sunday, September 3, 2023
from 12:15 to 3:00pm

RSVP: 931-260-7011

*No Gifts Please
Hosted by the ladies of the church
and the Chapman family*



Church Anniversary Celebration This Weekend



THIS SUNDAY, the 20th, Cookeville First Cumberland Presbyterian Church will be celebrating the anniversary of the founding of this church. We will celebrate 156 years of service to this community during our morning worship services. That evening, at 5pm, we will gather to celebrate our church family with a barbeque dinner. The church will provide the main course, beans, buns, and drinks. We invite you to bring desserts as we enjoy an evening of fellowship.

STEWARDSHIP REPORT for Sunday, August 13, 2023

Commitments - \$9,420.00 Undesignated - \$1,562.00 Other - \$361.00

This week's offering includes a \$60.00 donation to Recovery Kitchen
and \$301.00 for Connection meals.

Total Deposit - \$11,343.00



Each week our services are broadcast online for those who are unable to join us in person. Our services are streamed live at 8:45am every Sunday. Those services remain online and can be watched at any time. There are two ways to view our service online:

Facebook- <http://www.facebook.com/cookevillecpc/>
YouTube- <https://www.youtube.com/c/CookevilleCPCChurch>





In Our Prayers

The church expresses sympathy to Freeman Smith and family on the death of his sister, Lucille Ford. Mrs. Ford passed away on Monday of this week at the age of 96. She was a life-long resident of Cookeville. Please remember Freeman and the family in your thoughts and prayers.

Individuals: Frankie Dickerson (CRMC); the family of Lucille Ford (Freeman Smith's sister); Martha Clift (broken shoulder); Ella Haynes (hospice); Dick & Pat Brumfield; Lorene Holland (Willene Gentry's sister - Blue Roof); Len & Julie Edelstein (multiple health issues - friends of Brenda Johnson); Don Holloway (NHC); Ramona Tilghman (hospice); Wesley Sanders - Kiana Gentry's brother-in-law - car accident); Jeff Comer (brain tumor); Georgia Hensley (home); Amelia Kate Moore (premature daughter of Liz & Ryan Moore); Rand & Allison McDonald; James Lacy (Signature Healthcare); Reagan Bacgi (tumor); Jim Baggett (surgery); Cody Liddle (boating accident); Sherrie Smith; Cindy Furcean.



Cancer Treatment: Bill Snyder (Virginia Lovellette's brother); Kim Daniels; Ginger Tevault (Julie Stepp's mother - chemo); Susie Hyder (Evelyn's daughter - breast cancer; brain tumor surgery); Steven Middleton; Kendall Fogleman (3-yr-old with leukemia - Christy Huddleston's great-niece).

Assisted Living: Lynn Dunham (Signature Healthcare); Jo Gentry (Charter Senior Living); Ruth Sapp (Heritage Pointe); Dave & Jackie Van der Cook (Charter Senior Living); Bob Zolg (Heritage Pointe).