



**PRAISING GOD
SERVING OTHERS
GROWING IN FAITH**

Good News Banner

AUGUST 2023

Farragut Presbyterian Church
209 Jamestowne Blvd.
Knoxville, TN 37934
865-966-9547
office@fpctn.org
www.fpctn.org

Office Hours

**Monday - Thursday 9-3
Friday 9-1**

Worship

**9:00 am
Casual Service**
Front Parking Lot
Bring a lawn chair

**11:00 am
Traditional Service**
Sanctuary

<https://tinyurl.com/fpclivestream>

We are a diverse and welcoming community of believers, called by God, graced by Jesus Christ, and empowered by the Holy Spirit to serve God through worship in the Reformed tradition, compassionate service to all, and the nurturing of each other so as to grow in faith together.

Hey friends!



It is hard to believe that the summer has come to an end. My family and I have had such a lovely time worshipping with you at Farragut Presbyterian Church these past couple months, and we are so grateful for your kindness, encouragement, support, and generosity.

It has been an honor to serve this congregation in ways that are often not experienced by a seminary student until after graduation, ordination, and receiving their first call. You have given me such a wonderful opportunity to grow in worship leadership, learn new pastoral skills, and all while being cared for by such a loving congregation. It has been a truly wonderful experience!

Thank you all for loving me and my family so well! Josh, Patton, Jack, and Noah have all felt welcomed and comfortable among you all. They have felt like they are part of the church family even though we have only been here for a short while, and I will forever be grateful for your efforts to enfold them in care and love. They are as sad as I am that our time at Farragut is ending, and though that is difficult, it is a blessing that they have all felt like they belong here at FPC in such a short time.

Thank you all for being such a caring community. Your kind words and gestures, your help and participation...all of these have been instrumental in making my work here at FPC feel effortless. You are a welcoming church family who reach out in love to those around you, who serve God by serving and loving others, and who know that ministry is not just a minister's job but the vocation of the whole church.

As our summer together comes to an end, I am excited for you as you welcome back Matt and support him as he returns to your fold. I know you are thrilled to have him back in the pulpit soon, and I know that he is greatly looking forward to returning to his loving church family. Your commitment to praying for him and the church throughout his sabbatical is quite a devoted feat, and I am so proud of you all for joining together in this way. My family and I will keep you in our prayers as you continue to do the work of the church and join in Christ's mission for this world.

This is not a farewell but more of a "see you later, alligator." My family and I hope to see you all in the future in some capacity, whether joining you for fellowship events or worshipping with you from time to time. You are all a part of our growing faith family, so please feel free to reach out and connect with me through calls, emails, or social media. We are forever indebted to you all for your kindness and care, and we pray that you will continue to be a light for others as you have been for us.

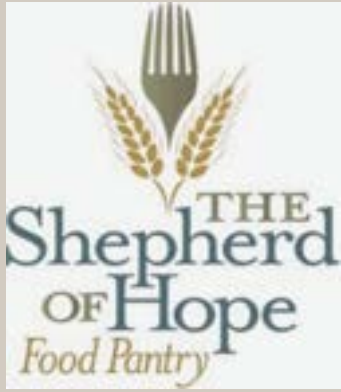
Peace & Light,
Jessica Lewis and Family



SAVE THE DATE! We will have **ONE WORSHIP SERVICE** on Sunday, August 20 with a Summer Fair to follow with hotdogs, side dishes, ice cream and watermelon! There will be lots of fun and games for kids of all ages! To be sure we have enough food on hand for the event, we ask that attendees sign-up at <https://tinyurl.com/FPCSummerFair> no later than August 15. This will also be Pastor Matt's first Sunday back from his sabbatical!

Outreach

BUILDING COMMUNITY THROUGH GIVING



Shepherd of Hope Food Pantry Update . . .

It has been a very busy summer at our Shepherd of Hope Food pantry! During the month of June, 447 individuals were served and volunteers worked 203 hours! In addition to serving pantry guests, volunteers were busy relocating the pantry rooms and reorganizing the pantry space to be more efficient for stocking and distribution. Thanks to a special grant, a new refrigerator/freezer was installed!

The outside donation carts located at both entrances at Faith Lutheran Church are being removed. Many donations have been unusable due to expiration dates and were items not stocked in the pantry. There will be signage stating what food/toiletry items are currently needed and how to leave a message for the pantry.

Plans are being made to provide guests with special holiday bags of food items for Thanksgiving and Christmas. We anticipate 400 special bags will be needed for each of these holidays and sponsoring churches will be asked to collect specific items for each holiday.

Some fun is brewing . . . a Fall Festival (Picnic for the Pantry) is planned for Sunday, October 22 from 2 - 5pm at Faith Lutheran Church parking lot. There will be food trucks, performances by musical talent from our local churches, kid's activities, etc. Save the date . . . more details on the way!

If your interested in helping at the pantry, please contact Betty Nicholls at bettynicholls@gmail.com to get scheduled for one of our training schedules.



Special thanks to volunteers Jean Peretz, Turner Neely, Mason Warren and Patton Lewis for serving meals to the hungry at Volunteer Ministry Center downtown in July. If you would like to be a part of this very important outreach program, contact August coordinators Terry and Robert Olberding to help serve on Tuesday, August 15th. A sign-up sheet is in the narthex.



Monday Connection
and Pastor Matt's Class

Room A

In the Footsteps of the Savior: Following Jesus Through the Holy Land by Max Lucado

Have you ever wondered what the Holy Land might have looked like through Jesus's eyes? Join pastor and New York Times bestselling author Max Lucado as he takes you on an unforgettable journey following Jesus through his life on earth, giving you a chance to see the Holy Land and God's heart for humanity in a brand-new light.

In the Footsteps of the Savior is an invitation to come alongside Max as he shares meaningful, insights on the people and places that shaped Jesus's life. In this special compilation, Max weaves together in-depth teaching from his bestsellers with poignant reflections on his time in the Holy Land, guiding you through three distinct aspects of Jesus' life:

The arrival of the Savior

Jesus's ministry

The crossroads and the cross

ADULT BIBLE STUDY

Led by Elizabeth Wilson

Parlor

This class will discuss the weekly Lectionary text. There's an optional lesson handout, but you can also join us for the conversation.

Lectionary Readings can be found here:

<https://lectionary.library.vanderbilt.edu>

Youth

Library

Led by Mason Warren

Join us each week for a look at a different book of the Old Testament.



Thursday Evening Bible Study

Having finished the longest book of the Bible last year, we're turning to the shortest Gospel this year. The Gospel of Mark is the second of the four canonical gospels and one of the three synoptic Gospels. It tells of the ministry of Jesus from his baptism by John the Baptist to his death, burial, and the discovery of his empty tomb. If you're interested in an in-depth look at the Gospel of Mark, we'd love to have you join us (even if you can't make every week). Our first meeting will be in person on September 7 at 7pm. Thereafter, we meet from 7-8pm, on Zoom except for parties. If you'd like more information, you can talk to Elizabeth Wilson, the church office, or any of the current members.



Music at FPC

Dr. Angela Batey, Director

I recently read an article in Psychology Today about the mental health benefits of singing in a choir. There is a significant body of research that finds singing in a group boosts mood, outlook, and health.

Some of the key points of the article noted this research shows that choral singing promotes wellness, choir singers report better relationships, a higher quality of life, and greater wellness than non-singers and significantly, a study of cancer caregivers and patients found choir singing reduced anxiety and boosted the immune system.

Singing is nearly ubiquitous in American society. From church choirs to America's Got Talent, people love hearing voices singing in unison. Nearly 54 million Americans – including one in six adults – participate in choral groups, according to research. It turns out, that's a good thing because singing with a group provides a wide range of mental health benefits. Adult singers report that participation in choral groups helps them feel less lonely. Choir members are also less likely to experience symptoms of depression and they are more likely to report they are content with their relationships compared to the general public.

Choral singers report having stronger relationships, spending more time with friends, and making a bigger effort to get to know others in their communities compared to the general public. Further, nearly three-quarters of singers say participating in a choir boosts their optimism; 80 percent of choir singers expect more good things than bad things to happen to them, compared to only 55 percent of the general public.

For older adults, singing in a choir provides additional benefits: Older choir members are more likely to report a "very good" quality of life and more likely to rate their health as "excellent" or "very good" compared to the general population. And older choir singers are also less likely to report difficulties with activities of daily living.

Another study followed a group of 193 London choir singers touched by cancer – whether as patients, caregivers, or health-care providers – for two years. Researchers surveyed the singers and collected saliva samples after choir practices. Study participants reported that singing significantly decreased their anxiety levels and improved their overall well-being. In addition, just one session of choir practice reduced stress hormones and increased cytokines, proteins that support the body's ability to fight serious illness – physical evidence that choir singing offers tangible health benefits.

An additional study collected qualitative data from 78 members of English choirs. Participants reported strong social bonding and powerful feelings of being "uplifted" by choir singing. Overall, the researchers concluded, their study supports an emerging theory of group singing as a resource for developing healthy relationships.

The take-home message: Singing as part of a group provides a wide variety of mental and physical health benefits. So, join a choir today.

Music to my ears!



During the sermon in the last worship of the spring semester, I invited the students to think about what was distracting them from paying attention to the beauty of the world around them. Because the reality is we are all so over-scheduled, over-planned, over-stretched, that we miss the grass beneath our feet and the welcome of our neighbor. During communion I had students draw what helps them pay attention. One student drew the UKirk house, because it is a place where they can center, rest, recalibrate, and be fully themselves. It was the reminder that I needed to pay attention to wood floors of this house, the old door frames and brick work. This house, and these students, are a great reminder that ministry is happening, in the simple action of welcoming one another, of offering a cup of coffee, or a "how are you". So as we fly through this summer, I hope you find space to be present, maybe draw with some chalk, or just take a deep breath and notice where God is already at work in this world and where we are invited to join in.

Peace,
Rev. Rachel Penmore

Want to know how to support our students?

SPONSOR A MEAL

Throughout each week we do our best to provide healthy accessible meals and snacks for our students to help fight food insecurity on campus.

There are many ways you can help support and feed our students. Here are a few ways!

\$150 will sponsor one Free Monday Lunch

\$250 will sponsor one Wednesday night dinner

KEEP US IN YOUR PRAYERS

We remind our students every chance we get that they are a part of the connectional church. IT is a community that lifts one another up , supports one another, and prays for one another. Know we are praying for you and we appreciate you keeping us in your prayers!

Fall UKirk Work Day
on Aug 19th!!



Join us from 9am-11am as we get UKirk ready for the fall semester!

**Fall Fundraiser &
Silent Auction!**



**Friday Sept 29th,
More Info to come**

MINISTRIES

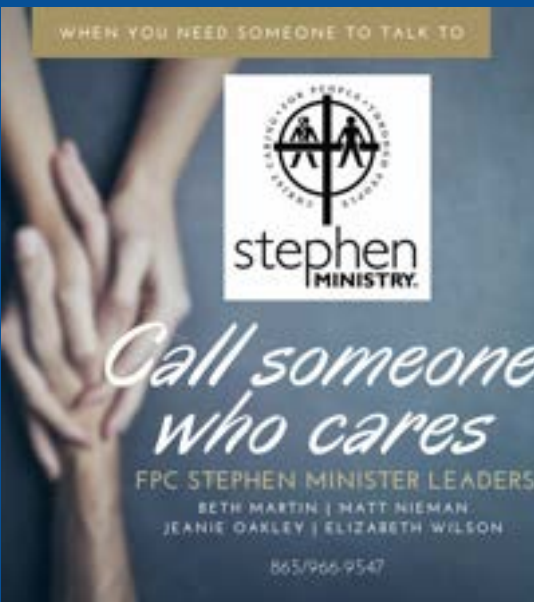


Prayer Shawl Ministry

August 22

11 am

Join this wonderful group of knitters and crocheters to make shawls for FPC members who need extra comfort during a difficult time. Patterns and yarn are provided.



Presbyterian Women

All circle meetings are held at the church

Circle #1

2nd Tuesday, 10 am

Leaders: Janet Tinder

865-556-8193

Kathy Emmerson

Circle #2

2nd Tuesday, 10 am

Leaders: Becky

Thomason

865-607-0727

Linda Nunley

Circle #3

2nd Wednesday, 10 am

Leaders: Mikie Lancaster

865-675-0360

Jo McElhaney

865-966-5424

Presbyterian Women in the Congregation (PWC) groups build community, affirm women's calls to leadership and spiritual growth, raise concerns and channel information to and from Presbyterian Women in the Presbytery.

Presbyterian Women is a loving community that can challenge and nurture you, and be a vehicle for making the world a better place for all of God's children. Consider joining an FPC Circle.

Men's Bible Study

August 10 and 24

8 a.m. / Narthex

The men of FPC gather twice a month for fellowship and a time of bible study. The group meets the 2nd and 4th Thursdays of each month in the narthex at 8am. If you would like to join us, please contact John Neighbors or the church office to get on the contact list. Breakfast, coffee, and great fellowship provided!

Chair Yoga

MONDAY AND FRIDAY

10:00 - 10:30 AM

NARTHEX

Class designed for those with limited mobility or balance concerns.

TGIF Gentle Yoga

FRIDAY 7:00 - 8:00 PM

FELLOWSHIP HALL

Gentle, slow flow class. Bring a mat and comfortable clothing. For beginner and experienced yogis.

Contact Jenny Trussell at CEDARSTUDIOS4@GMAIL.COM for additional information or a private introductory session!

August Anniversaries

8/02 Wayne and Mary Anne Walls
8/03 Leonard and Emily Loveday
8/08 Jimmy and Beth Loyless
8/09 Paul and Karen Johnson
8/12 Jack and Patricia Watson
8/12 Chuck and Norma Foriska
8/13 Jerry and Jan Seiler
8/19 Dale and Kathy Emmerson
8/20 Darrell and Chris Sparks
8/21 David and Debbie Long
8/23 Howard and Pat Hickman
8/24 Robert and Terry Olberding
8/26 Henry and Cheryl Cardwell
8/26 Mike and Janet Murphy
8/28 Wenjun Ge and Lixia Jin
8/28 Larry and Jane Byars
8/29 David and Linda Stutzenberger

**Remember in
your prayers...**



Candy Blake, Denise Damelio, Kathi Damelio, Billy Fain, Chuck Foriska, Frank Guess, Bill Lester, Bron Lewis, Debbie Long, Beth and Jimmy Loyless, Irma McGuffey, Mike Murphy, Tami Newsom, Dee Robinson, Kathryn Robinson, Wesson Schult, Jerry Seiler, Janet and Steve Tinder, Helen Weaver

Military

Joshua Meador, David Sparks, Mark Wurth

August Birthdays

8/02 Ken Ladrach
8/03 Donna Phillips
8/05 Merle Andrew
8/06 Karen Ellis
8/09 Krista Belding
8/11 Tim Mashue
8/12 Frank Guess
8/13 Lixia Jin
8/15 Linda Wert
8/19 Gary Marks
8/20 Brian Davison
8/21 Wenjun Ge
8/24 Jennifer Johnson
8/24 Gail Wallace
8/25 Henry Cardwell
8/27 Kris Van Allen
8/27 Leigh Ann Neely
8/28 Margaret Ann Christian
8/28 Scott McKinney
8/28 Sandi Keagy
8/29 Turner Neely
8/30 Fred Peretz
8/30 Jim Meador
8/30 Jerry Martin
8/30 Henry Matchen

**Carol Evans will be moving on August 25th to Norfolk, VA to be closer to her daughter. Her new address will be:
Carol Evans**

**Acclaim at East Beach
4801 Pretty Lake Ave., Apt. 314 Norfolk VA 23518**

Christine Britt has just moved to Florida to be closer to her son. Her new address is:

**The Villas Casa Celeste
9225 82nd Ave., Villa 307 (Note new updated Villa #)
Seminole, FL 33777**

David and Jane Bolus are moving closer to family in Kentucky. Their new address is:

**Jane and David Bolus 4
403 Jacob Glenn Way
Louisville KY 40241**



FPC, thank you all so much for the sweet card and kind words. It really meant a lot to us. Mom loved her church and all the staff and members. She always looked forward to receiving the newsletter and Matt's sermon. She read every word! Thank you for being so kind to Mom and to Ginny and I during her decline and passing. Blessings, Suzy & Ginny (family of Hazel West)

Dear Church Family, thank you so much for all the calls, texts, cards and concerns for our family during this difficult time. A special thanks to Jessica Lewis for keeping in touch with us those last few days and doing such a wonderful job with Mom's service. A big thank you to all who prepared such a wonderful lunch for us after the service. You went above and beyond and we certainly appreciated such a loving gesture. During a time like this we learn how much our family and friends really mean to us. Your expression of sympathy will always be remembered. Linda and Buddy Wert and the Gillenwater family

Dear Friends, thank you so much for the cards, prayers and support during my mother's illness and death. She loved spending time at her church worshipping our Lord, singing and fellowship with friends. She would love that our church family is so thoughtful. Mark and Beth Allen and Angela Gibson

Please extend our gratitude to all involved in the food drive and school supplies. These will make a huge difference in so many lives. The food drive will help us provide to so many families that are in need. The school supplies will benefit so many teachers and children. Thank you and God bless, Audrey, Sunset Gap

Thank you to everyone who donated to my eagle scout project. I have finished cleaning all of the rotarians graves, and I am now working on the paperwork. The project is one of the last requirements for me to become an eagle scout. I hope to be done by mid fall. I couldn't have done the project without you. Parker Morrell

Thank you to everyone who donated to my eagle scout project. It was a big help. I appreciate the support. Graham Morrell

Approximately a year ago I was in the search for a church for my Mom. She was living at NHC at the time. No sooner were we in the door we were made to feel welcome and new friends were made. I really appreciate wonderful Mikie and Elizabeth. They have made my Mom so happy with their company and warm personalities. They are truly there to make a difference and as a daughter have given me peace and comfort in knowing my Mom has made some very special and God loving friends. Thank you for making my Mom feel so very special. Sandi Brinlee and Joan Stransky

Session is on break for the summer

Financial Report as of June 2023

	Actual for June	YTD June	YTD June Budget
Operating Income	\$68,969	\$374,362	\$335,316
Big Fish Academy Income	\$1,500	\$9,000	\$9,000
Total Income	\$70,469	\$383,362	\$344,316
Operating Expenses	\$63,867	\$314,753	\$350,824
Total Expenses	\$63,867	\$314,753	\$350,824
Total Income less Expenses	\$6,602	\$68,609	(\$6,508)

STAFF

Pastor

Reverend Matt Nieman
matt@fpctn.org
402-660-2451 (call or text)

Dawn Zilles
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865-966-9547

Lori Corbett
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Mason Warren
Director of Family Ministry
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Director of Music
abatey@utk.edu

Tami Newsom
Associate Director of Music
tnewsom3@utk.edu

Sandra Porter Bohlken
Music Director, Casual Service
singsandrab@gmail.com

SESSION

Administration
Kirby Purjet
Kathy Emmerson

Christian Education

Denise Griffin
Beth Honey

Church Life
Jeff Thode
Gayle Williams

Outreach
Kirk Morris
Bill Nelson

Property
Mark Allen
Darrell Sparks

Worship and Music
Sharon Koch
Catherine Manning

Clerk of Session
Janet Tinder



Get Social!

Farragut Presbyterian is live on Facebook, Instagram, and Twitter.

Have something to post?

Send to our social media coordinator, Emily Sweetland,
at social@fpctn.org or text 865-567-7636



<https://www.instagram.com/farrgutpesbyterian>



@FarrPres



<https://www.facebook.com/FPCCKnox>



KARM STORES
The Thrift Store with a Mission

When donating used items to KARM tell the employee the name of the church. The church will receive gift cards to KARM Stores that can be given to someone in need.



Support FPC Christian Ed with Kroger Community Rewards Program. Link your Kroger reward card to FPC. Sign up at: Visit <https://www.kroger.com/account/enrollCommunityRewardsNow/> Our organization number is YU915.