

First Things

Issue No. 36

A weekly publication of First United Methodist Church, Oak Ridge, Tennessee September 13, 2020

For I Was Hungry and You Gave Me Something to Eat A Food Pantry Update

Thank you to our Church and community members for your generous support and care of our hungry sisters and brothers. As of the first week of September, more than 20,000 food items have been collected, sorted, and distributed. Food pantries have been restocked at least four times since collection started in May.

Organizations and pantries we helped stock include:

TORCH, St. Mary's, First Baptist, Grace Lutheran, Universalist Unitarian Church, Norris Area Rescue, YWCA, Nurture the Next, Roane State food pantry, ORHS Rise pantry, Second Baptist-Clinton, Crazy Quilt food pantry in Campbell County, MIST (Mothers and Infants Sober Together), and Highland View Church of Christ.

Individual bags have been delivered to families in need via volunteer drivers, and special bags have been made up for homeless individuals include easy-open cans and foods that do not require cooking or refrigeration. Thank you, Church, and thank you, Naomi Asher, for coordinating this massive distribution.

Thanks be to God!

- Welcome & Connecting Committee



(Packing food for First Baptist and St. Mary's)

Grief Support Group

While losing those we love is an inevitable part of life, it can still be very painful and disruptive. Typically, we rely on being with others to help us cope and now many of us are experiencing social isolation, thus taking away that means of coping. In response to the challenges of experiencing grief during the current pandemic, FUMC will be offering its regular Grief Support Group via Zoom for roughly 90 minutes. The Grief Support Group will be co-led by Steve Herbes, certified grief counselor and Reverend Jenny Caughman. It will take place on Mondays from 5:00-6:30 p.m. for eight weeks, September 21 through November 9. The group will provide persons an opportunity to understand the grief experience and a safe, supportive community in which to express and explore their grief. Persons can share their sorrow, experiences, struggles, concerns, fears, anger, joy, victories, hopes, and dreams to the level of their own comfort. Short talks and printed materials will provide input for discussion and sharing. The needs of the group will always take precedence over any planned agenda. There is no cost for participation. For more information, contact Jenny Caughman (jcaughman@fumcor.org or 483-4357).

Attention College Students

This is a message for our college students! (I know most college students aren't reading the newsletter, so if you're a parent or grandparent of an FUMC college student please pass this along) Starting on September 21, we're going to gather for a virtual dinner on the third Monday of every month. We'll grab our food and hop on the call to share a virtual meal and fellowship! To sign up, have your students go to our website and click on 'college' under the 'ministries' tab.

Virtual Communion

To help everyone feel closer to God, grow in our faith, and trust that God is indeed with us, FUMC pastors will be offering a live, virtual communion service each Thursday at noon. Participants are encouraged to have some bread and juice or wine with them. Liturgy will be available on the screen. Please join us for this sacred time by going to the Virtual Chapel on our website (fumcor.org).

Contemplative Prayer

Contemplative Prayer is a means of opening ourselves up to God by creating a quiet opportunity where we invite God to speak to us. This group meets each Tuesday at 12:00 p.m. and practices two forms of contemplative prayer. At 12:15 p.m., we engage in Lectio Divina, which is a means of turning to scripture to hear God's voice. Following Lectio Divina, we engage in 20 minutes of Centering Prayer. For more information, contact Rev. Jenny Caughman (jcaughman@fumcor.org).

Needed: Passionate People About Recovery Ministries

Leaders of our congregation began discussing the possibility of beginning a 12-step "recovery" ministry similar to others in the region. These mid-week ministries usually offer participants an evening meal, a worship service, and support groups that focus on such areas as substance/alcohol abuse, anger issues, sexual integrity, anxiety, PTSD, co-dependency, and family support. The next step in our exploration is to find out if there is enough interest among church members and friends to supply the necessary number of volunteers required. If you are interested in learning more about this ministry or have a passion for recovery work, please contact Rev. Mark Flynn (mflynn@fumcor.org).

Changes to Our Phone System

The church staff has had the opportunity to upgrade parts of our communications network. This process is currently taking place and will be ongoing this month. Occasionally, our phone system may be down or acting irregularly in the coming weeks. If you have an urgent need for the church staff, go to fumcor.org and click on the Leaders tab. Click on the picture of the staff member you want to contact to send an e-mail. Thank you for your patience as we implement these essential changes.

In Loving Memory

Charlotte Keyes

who joined FUMC on May 28, 2006, and died on September 1. We extend love and sympathy to her family and friends.

Suzanne Bilbrey

who joined FUMC on October 21, 1973, and died on September 7. We extend love and sympathy to her family and friends.

Our Prayers

None that we know of

Our Gifts

Offering this Week	\$34,154
2020 Year to Date	\$941,191
2019 Year to Date	\$943,336
September Special Offering	\$130

Pastors

Mark Flynn, lead pastor
Chris Black, associate pastor
Jenny Caughman, spiritual care

Contact Information

865.483.4357
www.fumcor.org
Pastor on call: 865.272.9862

United Methodist Volunteer in Mission Team Leader Training (UMVIM)

The UMVIM Team Leader Training originally scheduled to be held at FUMCOR now will be held Saturday, October 17, 2020, 10:00 a.m.—2:00 p.m. via Zoom. There is *no* charge for the course, but participants will need to download/purchase an "UMVIM Team Leader Handbook". To download or purchase the handbook or to register visit the missions tab on the church website. For more information on training, contact Maxine or Bob Schultz (maxbob38@comcast.net, 719-3230).

Between Heaven and Mirth Class

The COVID-19 siege got you down? Join Steve Reddick for a special four-week virtual book discussion of James Martin's *Between Heaven and Mirth: Why Joy, Humor, and Laughter Are at the Heart of the Spiritual Life*. The discussion group will meet four consecutive Mondays from 7:00-8:00 p.m., beginning Monday, September 14. Sessions will be held via Zoom. Details for each session will be emailed to participants. Contact Steve Reddick to register (sreddick1@bellsouth.net, 898.5068).



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Disaster Relief Help and Support Needed

We are in hurricane season, and with hurricanes brewing, relief will be needed to support disasters. The FUMC Sager Brown mission trip was canceled due to COVID-19. We will not be asking the congregation to purchase goods and assemble disaster relief kits for the team to take to the Sager Brown Depot as usual. That doesn't mean disaster relief supplies and kits are not needed. The kits are being sent out from Sager Brown, on a daily basis, by the local staff. Instead of asking the congregation to purchase goods and assemble kits, we are requesting that funds normally invested in kits be contributed to the designated fund for "Disaster Relief Kits." To help with this relief support, send a check to FUMCOR (memo: Sager Brown disaster supplies).

A Reimagined Christmas Shoppe Experience this Year: Two Events Instead of One!

We know it is only September, but we are thinking about how to best serve our community for the coming fall and winter holidays. We expect an ongoing, increasing need for food and basic necessities, so we will not offer the traditional Christmas Shoppe experience. Instead, we will have two drive-thru events. We plan to serve 50 different families at each drive-thru. As in the past, these families are referred by outside social agencies.

In November, we will have Thanksgiving-themed food and paper product/hygiene baskets. Additionally, families will have the choice of a coat, shoes, or blanket for each child.

In December, we will have the same offerings but with a Christmas-theme. Each family will have a small selection of toys, games, and other yet-to-be-determined items for their children.

Following are two lists of needed items - one to be brought to the church and one to be kept at your house.

Things to bring to the church now:

(place in basket outside Welcome Center entrance)

1. New, quality manual can openers.
2. New kitchen towels/cloths.
3. New Christmas or Thanksgiving-themed napkins.

Things to buy now and KEEP AT YOUR HOUSE until later:

1. New socks and underwear #all sizes.
2. New blankets (all sizes).
3. New family board or card games.

For a complete list of items needed, check the church website (fumcor.org). For questions, email Nancy Kile (fnpkile@comcast.net).