

Bethel Presbyterian Church

203 S. Kentucky Street
Kingston, TN 37763

To Contact Us:

Phone: 865.376.6340

Fax: 865.376.6390

Email: 1bethel@bellsouth.net

Website: www.bethelpcusa.org

You are the
God who works
wonders.

PSALM 77:14

The Open Door

Volume 14 No. 10

October 2017

Dear Friends,

The last month has seen three major hurricanes come through the Caribbean and USA as well as a huge earthquake that struck Mexico City. Those natural disasters have destroyed infrastructure, taken lives and left communities in ruin. Livelihoods for thousands of people have been severely impacted. There is much to pray about to be sure. And there is much work to be done to rebuild communities and support vulnerable populations.

The Presbyterian Disaster Assistance of the PCUSA is already on the ground in Houston, Florida, Puerto Rico and through partners in Mexico. PDA offers immediate assistance in the form of grants and volunteers but stays in affected areas long after other volunteer organizations have left. One of the strengths of PDA is that its mission includes providing assistance for the long haul

of disaster recovery.

If you are wanting share your time and talents on a mission work group in Florida or Texas, be patient. PDA will organize volunteer groups in the coming weeks and months. As soon as we have information for individuals or about a group trip from our presbytery, we will get it to you. In the meantime know that PDA is actively engaging with others to meet the immediate needs of the peoples affected by these disasters. Thank you for your generosity in supporting the ministry of Presbyterian Disaster Assistance with your donations.

To learn more about the stories of the people both affected by disasters and by the support of PDA go to <http://pda.pcusa.org/>.

Grace and peace,
Wendy

Presbyterian Disaster Assistance

To support emergency response and recovery efforts for families adversely affected by the recent & ongoing catastrophic weather events, **notate "PDA" in the check memo or on the giving envelope.**



DISASTER RELIEF

October is "Depression Awareness Month".

Depression is a real and serious medical condition. Depression is more than having occasional sad thoughts. Depression can have both physical and emotional symptoms and can make life difficult for those who have it. Major depression is one of the most common mental illnesses affecting 16 million American adults each year.

Depression can occur to anyone, at any age and to people of any race or ethnic group. Depression is never a "normal" part of life, no matter what your age, gender or health situation.

Many things can contribute to clinical depression. For some people, a number of factors seem to be involved while for others a single factor can cause the illness. Oftentimes, people become depressed for no apparent reason.

Common Symptoms Include:

- Persistent sad, anxious or empty mood
- Loss of pleasure and interest in activities
- Sleeping too much or too little. Reduced appetite and weight loss.
- Increased appetite and weight gain.
- Restlessness and Irritability
- Fatigue or loss of energy
- Difficulty concentrating/ making decisions
- Feeling guilty or worthless
- Thoughts of death or suicide

The Bethel library has some excellent resources on mental health.



A few helpful links:

Mental Health East TN @t 865-584-9125 or www.mhaet.com
www.mentalhealthscreening.org
www.mentalhealthamerica.net
 National Suicide Prevention Life-line @ 800-273-TALK

Local Support Group

A support group for those caring for loved ones dealing with Alzheimer's disease and other types of dementia will begin bi-monthly meetings. The next meeting is **Thurs Oct. 5 @ 6:00 PM** at First Baptist Church (FBC) in the conference Room. Bethel will be partnering with FBC & Kathy Parks who leads the group. Regular meetings at Bethel are 3rd Monday @ 1:30 and at First Baptist 1st Thursday @ 6:00 PM. For more info contact Susan Garner or Rev. Neff. Kathy Parks' email address is KPBSSW@bellsouth.net

Heifer International - READ-TO-FEED

We are happy to report that our Heifer International Read-to-Feed Project earned over \$1600.00. Bethel youth read over 70 books. Their work and your generosity will allow Heifer to purchase the following animals selected by our Bethel kids: cow, llama, 2 goats, sheep, a trio of rabbits, and a flock of ducks. There was enough additional money to purchase an Enterpriser Gift Basket. This basket of rabbits, silk worms and fish fingerlings, along with training in business management and animal care, will give a woman a head start on starting her small business.

If you would like to know more about how Heifer International is helping communities move out of poverty, check website: www.heifer.org.



Heifer International | Charity Ending Hunger And Poverty

www.heifer.org

Heifer International is a charity organization working to end hunger and poverty around the world by providing livestock and training to struggling communities.

Thank you to everyone who participated in this project.

Got stuff?

October is a wonderful time for cleaning and getting ready for the holidays. If you have excess "stuff" that is usable, please consider bringing it to the little closet under the stairs. I'm planning a trip to the Sunset Gap Mission, and they are always so grateful for whatever we can bring. NO BIG STUFF like furniture. We don't have room to store it, and they don't have room to display it. (Small end table or a computer chair would be OK.) There will be a note in the bulletin when I get a date arranged. Late October is my goal, and other drivers are always welcome. Any questions please contact Joni Morgan at jpmorgan06@comcast.net.

memorials & gifts

In memory of Teresa Hettrick from
Liz Singley
In memory of Rev. Dick Hettrick from
Mark and Kathy Banker
In memory of Rev. Marc Sherrod from
Mark and Kathy Banker
In memory of Nelda Toon from
Liz Singley
In memory of Carl, June and Carlyle Henley from
Anita J. Nerhus
In memory of James Woodard from
Liz Singley



**Bethel Presbyterian Church
Invites you to an
Open House
on Saturday, Nov 11
10am to 2pm.**

Come experience 200 years of Bethel's history in the city of Kingston – see how people dressed in 1818, how they worshipped and discover that some things, like church suppers, haven't changed all that much.

Tours of the Church Buildings and Bethel Cemetery
10am to 12pm
Old Fashioned "Dinner on the Grounds"
Lunch 12pm to 1pm
Presbyterian Revival Style
Worship 1pm

Come celebrate with us!

Please call the church office at 376-6347 to reserve your lunch.

Prison Ministry

TN Department of Corrections needs volunteers with skills in the following areas: Tutoring, Parenting, Health and Wellness, Financial Planning, Staff Assistance, Higher Education, Vocational. If you are interested or hold certification in any of these areas, please contact Karen Schall for more details.

Christmas Basket Sign-Ups

The dates for this year's Christmas Basket sign-ups have been set. Once again there will be several churches working together to help families with food and gifts for Christmas. These sign-ups will be held at Bethel Presbyterian church on the following dates:

Monday, Oct. 16: 11 a.m.-1 p.m.
Thursday, Oct. 19: 11 a.m.-1 p.m.
Monday, Oct. 23 : 11 a.m.-1 p.m.
Wednesday, Oct. 25: 6-8 p.m.
Saturday, Oct. 28: 1-3 p.m.
Monday, Oct. 30: 11 a.m.-1 p.m.
Tuesday, Oct. 31: 11 a.m.-1 p.m.
Wednesday, Nov. 1:
11 a.m.-1 p.m.

Several folks will be needed each day to take information from those who are sign-ing up. Anne Debord, member at Kingston United Methodist Church, will coordinate the volunteer schedule. Please contact her at [865-719-2828](tel:865-719-2828)
Or
adebord43@comcast.net to be included in the schedule. If you have questions, please contact Rev. Sue Lynn Johnson at Kingston United Methodist Church, [865-250-6494](tel:865-250-6494) or slykumc@comcast.net.

Flu Shots

Attend a flu shot clinic at the medical store front next to Baggett's Pharmacy **Wed. Oct. 18 - Noon - 1:00 PM.** Insurance billing available. For an appt. email Deb Hyder at dhyd8@aol.com Deadline to register is Sun. Oct 8

Women's Bible Study 2nd and 4th Thursdays, 10:30 - Noon in the Library

The study will focus on challenging scripture texts from the Epistles. Frances Taylor Gench's book, *Encountering God in Tyrannical Texts: Reflections on Paul, Women and the Authority of Scripture*, will guide our conversations.

If you haven't come to the Bible study now is a great time to try it out as we begin a new study. Women's Bible Study meets the second and fourth Thursday of each month.

Band Fruit

The Roane County High School Band is taking orders for apples, grapefruit, mandarins, and a variety of oranges **until October 2** with delivery on December 6. The proceeds help the band pay for uniforms, music, travel, and instruments. Fruit donations designated for Hands of Mercy, Jamestowne, Brookdale, or Alexander House will be taken the next weekend following delivery from Florida. Please see a member of the band if you are interested.

We got mail:

A note was received from Midway Elementary School staff and students expressing appreciation to the Bethel congregation for being so generous with gifts of undies and hygiene items.



PRAYERS of the CHURCH

Assisted Living and Nursing Homes

Wellington Place

1098 Bradford Way, Kingston 37763
Chris Badger, Room 107

Alexander Guest House

83 Kentucky Ave., Oak Ridge 37830
Dick Evans

Cornerstone Village-North

2-1 Oak St., Johnson City 37601
Tauno Maki

Prayer Requests:

Shirley Swindler
Donna Schall (*Jim Schall's sister*)
Marianne Shadden

Birthdays for October

- 2 Don Pierce
- 3 Chris Badger
Linda Preston
Jamie Woodard
- 4 Rick Durham, Jr.
Hannah Sherrod
- 5 Gisela Condon
Eden Sherrod
- 10 Adam Gallaher
Joe Pierce
- 13 Gary Lemasters
Tom Pickel, Jr.
- 15 Carrie Vickers
- 16 Mike Cutts
- 17 Jared McGill
- 19 Scott McGill
Jill McMaster
- 20 Eddie Kirby
Caleb Sherrod
- 25 Eric Windhausen
- 29 Rebecca Dailey Pierce
Will Purushotham
- 31 Julie McGill
Roger Richmond



October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 World Communion Sunday Faith Team 12:15 PM	2	3	4	5 Ten 10 Book Group 10 AM	6	7
8	9 Finance Team 6 PM	10	11	12 Women's Bible Study 10:30 AM Alzheimer's Support Group @ 1st Baptist 6 PM	13	14
15 Hands of Mercy Offering	16 World Food Day	17	18 Flu Shot Clinic 12-1 PM Fellowship Team 5:30 PM Property Team 5:30 PM Fellowship Supper 6:30 PM	19	20	21
22 Session 12:15	23	24	25	26 Women's Bible Study 10:30 AM	27	28
29 Reformation Sunday Youth Activity 12:30 Prison Ministry at MCCX	30 Generosity Team 7 PM	31	<div style="border: 2px solid blue; padding: 5px;"> <p>Weekly Events: Bethel Arts Ministry: Art Club—Adults: Mon. 10-Noon & Mon 6:30-8:30 PM Taoist Tai Chi: Tues. 6-7:30 PM, Fri. 10-11:30 AM, Sat. 10-11:30 AM Choir Practice: Wednesdays 7:00 PM Yoga: Thursdays, 5:30 PM</p> </div>			