

The Open Door

BETHEL PRESBYTERIAN CHURCH / APRIL 2009



Greetings!

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

On the web:

www.bethelpcusa.org

Office Hours: 9-3:00 M-F

Sunday Schedule:

9:30 a.m. Sunday School for
all ages

10:30 a.m. Fellowship/Coffee

11:00 a.m. Worship

6:00 p.m. Youth

Sacrament of Holy Communion is celebrated on the first Sunday of each month.



*Bethel
Presbyterian Church —
a community of faith, fellow-
ship, study and service ...
seeking God's peace,
justice and love.*

Ah, April! The month it actually begins to feel like Spring, ushered in on Maundy Thursday of Holy Week. As we proceed through Lent and into Palm Sunday, Maundy Thursday, Good Friday, and celebrate the Resurrection on Easter Sunday, let us always be mindful of the joy we can share because of the great price that was paid by our Savior.

We are the beneficiaries of hope, faith, and love through God's grace in the gift of salvation. Since we are surrounded by that great cloud of witnesses who have proclaimed the Good News over the centuries, we should take heart and seize the opportunities to make a difference in our families, our church, our community, and in the workplace.

There's a lot that will go on through the month of April at Bethel. We will begin Sunday school at 9:30 am, finish at 10:30 am so we can extend our coffee social to welcome guests, etc. We will all start wearing name tags. Yes, I know we all know each other but when guests come through the door, we all need to greet them and introduce them to others. It's not only my responsibility: it is a shared responsibility and honor.

On Maundy Thursday, 6:30 pm, we will worship at KUMC, and on Good Friday, we will Worship at Bethel (6:30 pm). On Easter Sunday, we will celebrate Confirmation and Holy Communion at 11:00 am.

On April 18th, we are hosting an exhibit by Brad Hood, a gifted photographer and poet. The exhibit's focus is on Cades Cove, and will remain on display for the rest of that week. Ray Lipps, a wonderful friend, raconteur, and international art dealer, graciously donated the framing of

the photographs for the exhibit. Proceeds will go to the artist who will generously donate to our building fund. The exhibit will be arranged and displayed on the 17th on easels custom made by our own Andy Avel (25 easels!!) Please plan on attending and inviting your friends. You might find yourself owning a wonderful, framed photograph of Cades Cove!

Also this month, we will begin BAM (Bethel Arts Ministry), the purpose of which is to grow our ministry by reaching out to children and adults through the arts. (See Julie's article.) We will begin with the visual arts and later add the performing arts, meeting on Wednesday afternoons, followed by supper-beginning on April 21st.

Sunday, April 25th will be an important experience in the life of Bethel Church. That Sunday, we will dedicate the Memorial Garden and, right after the service commit Mark's ashes to its hallowed ground.

Alas, some sad news. Don Morris announced this past Sunday that he will be leaving KUMC for a new assignment in June. Don has been here four years and what a blessing he and all the members of KUMC have been for Bethel Church. We will always cherish his friendship and the legacy of Christian love and support he and the members of KUMC have provided us.

Please pray for our Pastoral Nominating Committee as they present the finalized version of the Church Information Form to the Committee on Ministry of the Presbytery on April 13. This is a very important step in the process of finding a new pastor.

Blessings! Craig



FROM THE PARISH NURSE

You have probably heard the expression; "You are what you eat". For years, the medical field has looked at the relationship between diet and disease process. In a recent study in *Journal of American Medicine*, Dr. N. Scarmeas found that the Mediterranean diet can lower one's risk of Alzheimer's disease by 32- 40%. Also cited was that high levels of physical activity were associated with a 33 -48% lower risk of Alzheimer's disease, as compared with no activity. Medical experts have known for years that the Mediterranean diet can reduce one's risk of cardiovascular disease, cancer and depression as well as substantial protection from type-2 (Adult-Onset) diabetes. What is in a Mediterranean diet? This diet includes an abundance of food from plant sources, including fruits and vegetables, potatoes, breads (whole grain), beans, nuts and seeds. There is a emphasis on non-processed,

fresh, locally grown foods. In addition, if you are going to use oil....use olive oil which replaces butter and margarine. A daily consumption of low fat, low-moderate amounts of cheese and yogurt is preferable. Use of eggs is ruled as once daily, which includes cooking and baking. Twice-weekly consumption of fish and poultry is included with this diet, with lean, red meat being relegated to a *few times per month*. Now we are up to my favorite topic...dessert. Fresh fruit is a typical daily dessert with honey-based sweets being allowed not more than a few times a week. Red wine (due to flavonoids) can be drunk with meals. Men should drink no more than 2 glasses per day and women no more than 1 a day. Not to be excluded is an increase in exercise and physical activity.

In industrialized countries, about 75% of deaths in persons older than the age of 65 are now from cardiovascular diseases and cancer. However, a 10 year study published in the *Journal of American Medicine* found that adherence to a Mediterranean diet and healthful lifestyle was associated with more than a 50% lowering of early death rates. To your health.....
 Deb, Your Parish Nurse

PARISH LIFE

April's Fun Lunch will be April 14 at noon in the Fellowship Hall. Bring a dish to share while you meet and visit with others.

The Fellowship Supper is April 21. Your hosts are Liz Singley and Mary B. Hines. Remember to bring your own dishes if possible to support Bethel's recycling effort.

The Mother-Daughter Luncheon will again be at Roane State Community College on May 8 at 12:30 p.m. This get together is not only for mothers and daughters but for all ladies of the church. The cost is \$12 for a delicious meal. So invite your mother, daughter, grandmother, aunt, cousin or best friend and enjoy a tasty meal. Reservations and payment may be made in the church office. Make your reservation early!

The update of Bethel's Directory continues. Please see Jeanette McIlhinney or Nelda Toon and check to make sure that your address, phone number, and email address are correct.

The Parish Life Committee is putting together a list of our graduates (high school, college, graduate school). If you have names to add to the list, please contact Deb Hyder.

FROM THE LANDSCAPE COMMITTEE

We could use some additional newspapers if you would like to bring yours to the church and place them in the right corner of the library.

The labyrinth is "on hold" again as we wait for the City to finish the replacement of some old water lines in a Kingston subdivision. Our landscaping around Bethel is an ongoing project - the Landscape Committee will take care of the planting, weeding, watering, mulching, etc. (if you see what you think is a weed, please don't pull it up or spray it - it may be a flower that we've planted!). Thanks so much to Parish Life for recognizing us at the March 17th Fellowship Supper and for giving us the little pots of daffodils. Thanks also to everyone for your support as we work to make our landscape complement our beautiful building.

Don't forget Presbytery's Loaves and Fishes Event, held this year on April 16 & 17 at Sequoyah Hills Presbyterian Church.

There will be inspiring worship and messages from nationally prominent speakers, and workshops led by a number of fine folks (including our own Gary Griffith, Laura Dailey, and Nancy King!) Brochures are available in the church office.

MISSION OUTREACH

*Mission Outreach focus
for April:
John Knox Center*

The John Knox Center celebrates its 50th anniversary of ministry this year. Many from Bethel have enjoyed the camps, programs and other activities John Knox offers. The very active environmental program is a major focus of the Center as it reaches out to everyone through environmental education. Our Minute for Mission this month will be presented by Chris Ford, Program Director, at the John Knox Center.

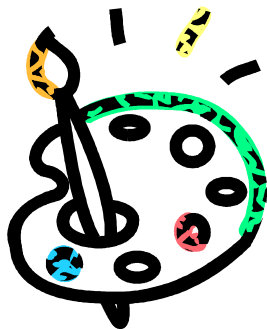
A Note from the Presbytery of East TN:

In response to word from Rev. Martha Anne Fairchild that over 250 workers will lose their jobs at Armstrong Hardwood Flooring on April 9th, a new hunger initiative has been created: the Pinto Bean Project. The immediate goal is to purchase fifty-one 50 pound bags of dried pinto beans. Scott County Emergency Food Assistance will be the recipient of as many bags as they need to prepare for the surge in numbers they are about to experience, but the need doesn't stop there; I just received an urgent request for help from Loudon County's Good Samaritan Center. Individuals and congregations can become part of the Pinto Bean Project by sending donations to: The Presbytery of East Tennessee, P.O.

Box 5436, Knoxville, TN 37928-0436 (memo section: Pinto Bean Project). The cost of one bag is \$25, but if someone would like to donate \$12.50 for half a bag or \$6.25 for a quarter of a bag, that would be wonderful, too. I will purchase the 50 pound bags from Sysco and make arrangements to deliver them to Scott County, Loudon County, and other pantries within the Presbytery as needs are brought to my attention. I will keep you posted on the Pinto Bean Project's progress.

As always, Cents-Ability grants continue to be another response to hunger in our region and beyond and are made possible by our congregations' Cents-Ability offerings.

In Christ,
Deborah Phillips,
Hunger Action Enabler



B•A•M BETHEL ARTS MINISTRY

DISCOVER YOUR GOD-GIVEN TALENTS!

Bethel is creating an art program designed to reach out to the community to offer art classes to children and adults. Due to a lack of funding, there is not a system-wide art program in Roane County Schools. BAM will offer an art program for children

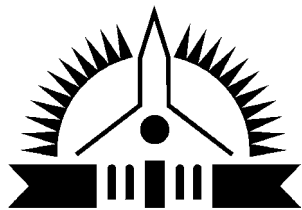
comparable to a school-based curriculum. The program will be directed by a certified art educator and will offer classes on a weekly basis, available to the Roane County community, as well as the Bethel congregation. Micki Anderson will be teaching the first 8-week session for the children and Rev. Craig Hendrix will be teaching the sessions for adults.

BAM will be designed to nurture and develop the student's God-given desire to create and appreciate the aesthetic beauty in God's universe. Students will experience and gain skill with the various art processes to gain confidence in their ability and grow in their aesthetic sense. Through the use of various mediums, art history, technology, literature, and God's Word, students will examine the human experience through their own creativity. BAM will prepare students to acknowledge their God-given talents and to

pursue with confidence opportunities and challenges set before them.

Students will learn the basics of drawing, using pastels, pencils, and markers, and will be introduced to shading techniques; painting, using tempera paint and acrylics, and will explore color theory with values, complementary colors, and warm/cool colors; sculpture, using paper-mache; sculpting with clay and using glazes for design; fiber arts and weaving, design exercises using symmetry/asymmetry, bookmaking techniques, paper-making, and computer graphics. Stained glass creations and painting with watercolor classes will be offered for adults.

Students will exhibit their creations and artwork in the BAM Art Show. The first 8-week session will begin Wednesday, April 21st from 4:00-6:00 PM and will meet on consecutive Wednesdays. The fee is \$5.00 per class (includes dinner and materials).



SESSION HIGHLIGHTS FROM FEBRUARY AND MARCH, 2010

Cathy McDowell, Clerk

1. The older plaque on our Baptismal Font was in memory of Clyde Benfield. Bishop Larry Benfield has paid for a new plaque for our Baptismal font. The new plaque is in remembrance of both parents - Clyde and Madge Benfield. There will be a re-dedication of the Baptismal Font on June 6, 2010.

2. "Open Communion Proposal to the Session" - Should the invitation to the Lord's Supper be open to all who wish to confess sin and brokenness, seek reconciliation with God and neighbor, and trust in Jesus for cleansing and renewal even if those persons have not yet been baptized to the Christian faith? See Book of Order W-2.4011 - Who May Receive. The initial intent of an elder's proposal was not to be against the Book of Order, but to see whether the session wanted to move forward with a proposal to change the Book of Order. The Session had several lengthy discussions about the proposal - an elder discovered that years ago several presbyteries had made Overtures to the General Assembly (GA) and the vote by the GA on "Open Communion" failed. The Bethel Session passed a motion to continue with the Communion polity as stated in the Book of Order and that during the Service the minister should continue to educate every-

one on the true meaning of Communion and invite them to Christ.

3. In the interest of being able to have an extended coffee break between Sunday School (SS) and the Worship Service - a motion was passed to begin SS at 9:30 rather than 9:45. So beginning on April 4th, Sunday School will be from 9:30 to 10:30 with Coffee and Conversation from 10:30 until 11:00.

4. Please visit the Bethel web site (www.bethelpcusa.org) to listen to the most recently recorded Sunday sermon.

5. Several of our youth have been participating in Confirmation Classes. Confirmation will be on May 23rd.

6. The session has highly endorsed the Bethel Arts Ministry (BAM) - See an article about BAM elsewhere in this newsletter.

7. Karen Schall has finished the 'moving/memorial' quilt that she started as we were moving the church building. The quilt was a fundraiser. Folks made donations to the building fund and signed a small block with their own names, or the name of someone they wanted to honor or remember. Karen put all the blocks together and made a beautiful 6 foot by 9 foot quilt. It will be hung soon.

8. The Landscape and Memorial Garden Committees are now sub-committees of the Property Committee.

Complete Session Minutes are stored in the Bethel Office and are available for anyone to read - PLEASE do not remove the Session Book from the office.

COMING SOON...



The Evangelism Committee is delighted to support Bethel Arts Ministry and is excited to announce our first, of many, art exhibits to be held at the church—primarily in the Gathering Area and Fellowship Hall. The Evangelism Committee will be hosting a ***Meet the Artist Reception*** on Sunday, April 18th from 4 to 7PM. Our artist is Brad Hood, Photographer and Poet. Brad is also a chaplain with the Mercy Hospital System and a friend of Rev. Craig Hendrix.

The exhibit, ***Be Still...Cades Cove, Reflections of the Creator***, will be on display Monday, April 19th to Friday, April 23rd from 9:00 AM to 3:00 PM daily. The art work will be available for purchase; a portion of the purchase price will go toward the Bethel Building Fund.

COMING IN MAY:

The Monroe Area Opera presents Gilbert & Sullivan's famed comic opera, *The Mikado*, starring Bethel's own Dianne Griffith as *Katasha*. Performances are Saturday, May 1 at 7:30 and Sunday, May 2 at 3:00, at the Brown Intermediate School, 135 Starrett St., Sweetwater, TN. Admission is \$10 for adults, \$5 for students under 18. Additional information is available at (423) 351-9013 or www.masparts.org.

**STEWARDSHIP AND FINANCE
DEBT FREE
BICENTENNIAL
CAMPAIGN – PHASE I**

Celebrate!!! In April we are using \$20,000 of our building memorials to pay down our mortgage principal, as required by our mortgage lender. This action saves us \$38,000 in interest and has us paying off our mortgage 8 months early.

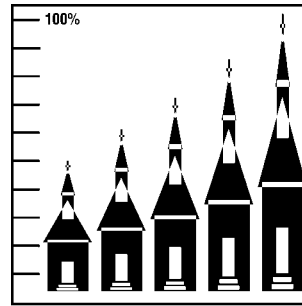
Are we crazy to think we can be debt free by June 6, 2018, our 200th birthday? These are tough economic times. We have \$19,000 a month budgeted for operating expenses and over \$8,000 a month for mortgage payments. We have members who lost their jobs, who lost their spouses, who lost their Social Se-

curity increases. The markets crashed and investments fizzled. Our ambitious goal will save us almost a half million dollars in interest and pay off our mortgage in 100 months instead of 240 months. We have to try.

We don't want to scale back any of our current ministry to reach the debt free bicentennial goal. No, we want to increase our ministries! We look for a fine balance where the money we save in interest for future work does not take away from our current work. This is a thorny place to stand. We do not stand alone. We hold God's hand.

So what do we do? We make paying off our mortgage as rapidly as possible a congregational

priority and we work creatively to make this happen. April 18th is our kick off date for our capital



CAPITAL CAMPAIGN

campaign's first three year effort. The campaign ends with a 192nd birthday celebration on June 6th. Here are things you can do to make the campaign a success:

Welcome friends and visitors, giving Christian support for all.

Think creatively on how we eat this debt elephant. Share your thoughts with elders.

Commit to the Debt Free Bicentennial; Decide what you can do in the next 3 years.

Respond to the campaign letter when it comes your way.

Rejoice—Jesus is Lord and is in charge of our journey. Thanks be to God.

PRAYER REMINDERS

The members and regularly attending friends of Bethel are assigned to elder care groups. Each month, we publish the list of one or more elder care groups in the newsletter for your prayers. The elder's name and phone at the top of the list are listed as a reminder of their role in nurturing and supporting those who belong to Bethel. You should feel free to contact your elder or the pastor if you have a particular spiritual need or other matter that needs to be brought to our attention.

**LARRY STRICKLING (2012)
376.2880 Brenda**

- Badger, Chris
- Brown, *Doug & Carol
- Dungan, Ken and *Maggie
- King, Nancy & Vic
- King, +Charlie, *Mary Catherine Willet & *Jolie
- Ludwig, Ruth Ann
- *Marsh, Brad & Elizabeth
- *Miller, Jim & Carrie
- +Patton, Buddy
- +Patton, John Billings
- Patton, Mark & *Janet, *Annie May, *Will
- Plummer, Bill & Jean,
- *Trivette, Justin
- Sheppard, Peggy & *Sam
- Tulley, Carolyn
- Vanegas, Orlando & Viviana,
- Diego, *Maria & Orlando

In Need of Prayer: Kristin Wagner, Justin Trivette, Ron Rossi, Aneka Oonk, Kay Michener, Anne Smith, Dianne Russell, Pat Hale, Marci Smith, Helene Ricker, Doris Ann Parkinson, Dot Davis, Madeline Houston, Lucy Webb, Lisa Pickel, Jean Dice, Barbara Baird, Jennifer Choate, Carolyn Tulley, Margia Lowery.

Assisted Living and Nursing Homes

- Jamestowne** / 851 Lawnville Rd., Kingston 37763
- Nelle Griffith, Rm 206, Louise Pickel, Rm 209, Mac Robbins, Rm 305, Sophie Simon, Rm 302, Anne Smith, Rm 304
- Wellington Place** / 1098 Bradford Way, Kingston 37763
- Jan Parker, Rm 107

Assisted Living and Nursing Homes (cont.)

- Arbor Terrace** / 9051 Cross Park Drive, Knoxville 37923
- Marge Maki. Rm 312L
- Baptist Healthcare** / 700 Williams Ferry Rd 45 Lenior City 37771
- Evelyn Waldrup, Rm 42A
- The Bridge at Rockwood** 5580 Roane State Hwy Rockwood 37854
- Roberta Cash, Rm 201B, Gene Pierce, Rm 209, Margaret True, Rm 110
- Harriman Healthcare** 240 Hannah Rd Harriman 37748
- Ruby Hunter Room 305A
- NHC Healthcare Oak Ridge** 300 Laboratory Rd Oak Ridge 37830
- Wanda Carter Room 212A

YOUTH NEWS

Spring is here and we are gearing up for Summer with our Student Ministry! Come check out the busy month of April:

Friday April 2 - Good Friday Service at Bethel 6:30 PM

Saturday April 3 - Children's Easter Celebration, sponsored by Bethel/ KUMC youth

9:00-Pancake Breakfast

9:20 Craft Tables Open

9:30 Easter Bunny

9:50 Easter Story/Music

10:00 Egg Hunt

Youth will work from 8-

11. You can make

money for your youth account!

The money you earn can be applied towards youth trips and activities!

April 3 - Bake In- Make sure that you are rested for this event! We will be baking the night away! Come to Bethel at 6 PM to start baking and baking and baking! We will be baking until 2 AM. We will all go to bed and wake up for the Sunrise Service. We will head home after the service to get ready for church and return to sell our baked goods at both churches. We will have a cookie decorating contest, games, movies and more! Bring an item that we can bake; like brownies, cakes etc. All money raised will go to One Great Hour of Sharing!

No youth **Sunday April 4th.**

April 9-11 - Youth Retreat at Wesley Woods- Do you need to



get away? Are you looking for some peace and quiet and time with God? Come and join us for a trip to Wesley Woods which is one several United Methodist camps located in East Tennessee. All 6th-12th graders are invited to this event! We will be leaving Friday at 4:30 and returning Sunday at Noon. The cost is only \$45 and some of you have money in your youth accounts that you can apply to this trip! Registration forms are available on the KUMC homepage at www.kumc.us under the youth page. The forms need to be back to Will by April 4th!

April 18 - Almost There Lunch-Juniors and Seniors meet in the KUMC youth room to head out for lunch and discussion at 12 PM.

April 23&24 - 30 Hour Famine - Are you looking to make an impact in our community and the world? Come join for the 30 Hour Famine! We are having our kick-off April 11. We will be teaming up with Luminary UMC in Ten Mile for this year's event. Watch your newsletter for more details!

April 25 - Come to learn more about the Ganado Mission Trip at the Lunch and Learn at 12 PM.

Watch for more details of activities on Facebook and your email! Contact Will at (423) 506-9584 or by email at willpuru@comcast.net

Come to youth through the month of April and join our small group series Room Raiders!

MEMORIAL GIFTS

In memory of Betty Baird Brown from:

Gary and Dianne Griffith

Deborah Baird and Andy Ries

In memory of Rev. Marc Sherrod from:

Mark and Cathy Banker

NOTES AND LETTERS

Carolyn's Tulley has gone to spend time at son Jim's home in Florida. Her address is:

1305 Rancho Avenue

Titusville, Florida 32780

SUGGESTION BOX

Suggestion Received: "Since when is the Quiet Room a play room for children who don't want to go to church? A young mother with a baby had to use the Quiet Room, but had to sit in there with other children."

Response: A Sunday School teacher is monitoring the Quiet Room.

GREEN TEAM

Don't forget that Thursday, April 22 is EARTH DAY.

Please remember as you work in the kitchen at the church that Bethel is now recycling plastics, paper and clean cardboard through the Michael Dunn Center. Please place these items in the bins provided and not in the trash.

There are still some No Streaks Microfiber Cloths available in the church office. Go GREEN in your spring cleaning efforts and see the great results you get. No additional cleaning solutions are needed. Suggested donations are \$6 for 1 or 2 for \$10.

VOLUNTEER OPPORTUNITY

Una Coffman of KUMC is coordinating the Wednesday Night Bible Study treats for the youth. Treat providers are needed. Please call Una at 376-5842 to sign up. Store bought goodies are A-OK.

Calendar

- 1 Maundy Thursday at KUMC 6:30 PM
- 2 Good Friday Service at Bethel 6:30 PM
- 3 Children's Easter Celebration 9 AM at KUMC
Bake-In 6 PM at Bethel
- 4 EASTER SUNDAY
No Youth Group
- 5
- 6
- 7
- 8 Evang. & Comm. Mtg. 7 PM
- 9 Angel Food Order deadline 2 PM
Youth Retreat at Wesley Woods
- 10 Youth Retreat at Wesley Woods
- 11 Minute for Mission: John Knox Center
CE Comm. 12 PM
Worship Comm. 12 PM
- 12
- 13
- 14 Fun Lunch 12 PM in the Fellowship Hall.
- 15 Mission Outreach Committee Meeting 6:30 PM
- 16 Loaves & Fishes at Sequoyah Hills
- 17 Angel Food Distribution 7:30 AM
Loaves & Fishes at Sequoyah Hills
- 18 Minute for Mission: Stewardship and Finance
Almost There Lunch
Meet the Artist Reception from 4 to 7 PM.
- 19 *Be Still...*Exhibit 9 AM to 3 PM
- 20 *Be Still...*Exhibit 9 AM to 3 PM
- 21 *Be Still...*Exhibit 9 AM to 3 PM
Bethel Art Ministry classes 4 PM
Fellowship Supper 6:30 PM
- 22 *Be Still...*Exhibit 9 AM to 3 PM
Session Mtg. 5 PM
- 23 *Be Still...*Exhibit 9 AM to 3 PM
- 24
- 25 Ganado Lunch and Learn at 12 PM
- 26
- 27
- 28 Bethel Art Ministry classes 4 PM
- 29
- 30