

The Open Door

BETHEL PRESBYTERIAN CHURCH / JAN. 2010



Bethel Presbyterian Church

203 S. Kentucky Street
Kingston, TN 37763

To contact us:

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Email: 1bethel@bellsouth.net

On the web:

www.bethelpcusa.org

Office Hours: 9-3:00 M-F

Sunday Schedule:

9:30 a.m. Combined Bethel/
KUMC Youth SS

9:45 a.m. Sunday School for

all ages

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.*

REFLECTIONS

Increasingly in my life, I am aware of the passage of time and how important relationships are to me. My relationship with God is primary, but that is lived out through my love for Dana, our children, and you.

My parents are with the Lord. But one of the great blessings of coming to Bethel is picking up on relationships that were established 50 years ago.

Many of the aged members of this congregation were my Sunday School teachers, members of the choir, etc. When I see them, they are like members of my own family because they helped shape who I am. You never know how the simple intersections of faith can develop fruits of the spirit.

When I visited Doris Barber in the Oak Ridge Methodist Hospital last week, I looked in her eyes and remembered her voice. She had a wonderful voice and sang in the choir, often performing solos. There is a comfort in these relationships, a comfort that transcends time.

I know that many of you had a special relation with Marc and his ministry with you. He was a wise, loving, and gifted human being and provided visionary leadership to this congregation. And he loved you.

I don't know God's timetable or why some are taken while others remain. But I do know that God loves us. He gives us family and friends to comfort us in the anxious hours of the night, and gives us hope for the dawn and a new beginning. I think that is a lot of what Marc's ministry was all about: memory and hope. Remembering those shoulders we stand on and hoping for those who will stand on ours.

It is in hope for the coming year that I reference Hebrews 12:1-2:

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorn- ing its shame, and sat down at the right hand of the throne of God."

Let us run the race that Marc encouraged and God, in His grace, will enable us to complete. All things are possible in faith!

Blessings!
Craig

FROM THE PARISH NURSE

For those of us bothered by any form of arthritis, winter weather can be tough. Have you ever noticed that in the morning or after sitting in one position for a while that your joints are stiff? Have you ever wondered why? While doing my research for this article, I read a publication by Dr. Mark S. Lachs, director of the Center for Aging Research and Clinical Care at the Weill Medical College of Cornell University. Apparently there are quite a few reasons our joints stiffen with inactivity; I will address two of them. Age-related changes in joint cartilage, combined with a decrease in the amount of lubricating joint fluid it produces, causes osteoarthritis and the stiffness it engenders. While we sleep or sit for extended periods, joint fluid is



spread unevenly in the joint space. When we stand up, the cartilage surfaces at first rub against each other without ideal lubrication. As activity continues and lubrication improves, the structures glide with less friction. As I think of this "oiling of the joints", it reminds me of the *Wizard of Oz* where the tin man has rusted and needs his rusty joints oiled to help him move again.

Another factor is changes in bone architecture as we age. When we are babies, supporting structures like ligaments, tendons and the muscles attached to joints are relaxed and flexible. Aging causes these structures to be less *fluid* (all puns intended). Sitting for long periods keeps ligaments, tendon and muscles maximally contracted, but as the day wears on, the stretching associ-

ated with normal activity or exercise can provide some relief.

Speaking of exercise, this is very good to keep you limber. The Arthritis Foundation recommends regular exercise to those affected by arthritis. Three good forms of exercise are swimming and aquatic exercise, Tai Chi and walking. Water exercise provides movement while not placing too much weight on any one joint. Tai Chi consists of a number of slow, easy movements for all ages. I will do a "plug" here and remind everyone that Julie Bunch leads Tai Chi classes if you would like to become involved, please call Julie. The third type of exercise is walking....its free and the lake provides some great scenery to keep your mind occupied.

As the new year starts, I wish everyone a very happy and healthy 2010.

—Deb

YOUTH NEWS

A Note from Will

January is always a favorite month of mine. I admit that I do see it as a new beginning but I like to look at the past year and see how God has blessed me. If I can take a small amount of time I would like to share with you how God has blessed me this year. I am part of two wonderful congregations. I look at the blessing of serving two denominations and I know that this is a once in a lifetime experience. I work at a work at a great bookstore! I am blessed with new friends that I have met in Kingston and Knoxville. When I moved here during the summer of 2008 I had no idea I would come into contact with so many wonderful youth and families.

I hope that we can all look at our

year of blessings. New Years resolutions are nice but take time to look at your blessings. Your youth group cares for you, the churches care for you, and I care for you. God Bless and have a great 2010!

Email me and let me know how God has blessed you in 2009.

January Schedule-

Sundays- Youth Sunday School 9:30

Wednesdays- Bible Study at the Browns' House 7 PM

January 3 -6 PM- Youth

January 6- Youth Bible Study at the Browns' 7 PM.

January 10- Resurrection Parents Meeting 12PM

1 PM Mystery Trip (We will need drivers/chaperones for our Mystery Trip) we are going to.....and.....and.....It will be awesome!

January 17-Resurrection NO YOUTH

January 24-Youth 6 PM

January 31-Almost There 12 PM

Youth 6 PM

If you have not been to youth in awhile I encourage you to come. We meet at 6 PM in the Youth Room at the KUMC Annex.



Come hang out in the Text Tree!

Text Will at (423) 506-9584 to be added to the tree so that you can receive the latest information on youth events etc.

MISSION OUTREACH
Christmas Baskets
and Angel Tree

This has been the best year ever for this project. Through the generous contributions of produce from many of you this summer and early fall and the purchasing of this produce by others of you, through donations and purchases from the plant and bake sale and through the purchase of the generous contribution by Viviana of various items from Guatemala and your purchases of these items as well as the contributions of food and money, the Mission Outreach Committee was able to supply very generous baskets of food to 35 families and 7 elderly people. Not only did these baskets provide food for a very nice Christmas dinner but also enough food for several days since many of

the families have children out of school for two weeks or more.

As always, your generosity as sponsors for angels gave 55 children a Christmas this year. I know, since I helped take applications, that many of these families have never had to ask for help before. The economy and the job market put them into a situation they never dreamed they would be in. It is just not enough to say thank you Bethel.

Many people helped this project this year but special thanks need to go to certain ones. Jean Dice knitted more than 50 hats, which along with other knitted hats were put into each of the children's baskets as well as those for the elderly. Jan Parker, Marianne and Anneke Oonk knitted/crocheted afghans and hats which were given to the elderly.

As always, Peggy Sheppard did an outstanding job of coordi-

nating and procuring food for the baskets. Teresa Hettrick worked with Piggly Wiggly to get food and boxes. Joan Davis provided an excellent breakfast for those of us early birds who came in to help distribute baskets Saturday morning. Vernon Law and Pat Hale spent much of the day Friday picking up food and anything else we needed as well as helping Saturday. And special thanks to Ruth Ann Ludwig for helping me sort and organize the gifts.

Many people donated and stored turkeys and we want to thank all of them. Special thanks go to those who helped set up on Friday and/or Saturday morning - Deb and Dan Hyder, Jack McNew, Chelsea and Anita Richmond, Laura Dailey, Phil Walsh, Carolyn Tulley, Liz Singley, Nancy King, and Teresa Hettrick.

**GREEN TEAM/
ENVIRONMENTAL
STEWARDSHIP**

What are you going to do with all that Christmas wrapping and boxes?

What about calling Melanie Harmon at Michael Dunn (865-376-1337, ext. 230) and have them pick up all of your recycla-

bles for a low \$5.00 every two weeks. What a great gift for yourself, Michael Dunn and the local economy. Yes, for \$5.00 every two weeks, you are giving people at Michael Dunn work picking up and sorting the material, Michael Dunn facility gets money from selling the material and the recyclables are sent to facilities in or near Roane County

for processing into a wide number of products giving additional jobs locally. This is a win – win situation for everyone. Bethel Presbyterian has been recycling paper and cardboard from the office for many months and we are now recycling plastic and all cans from the kitchen area.

January Mission Outreach Activities

- 1/3 1st Sunday canned good collection for Hands of Mercy; contact: Teresa Hettrick
- 1/8 Minute for Mission: Roane County Cooperative Ministries
- 1/13 Angel Food orders due to United Way; contact: Mike McElhinney
- 1/20 Cents-Ability offering during Fellowship Supper; contact: Joe Coen
- 1/21 MO Committee Meeting; 6:30 pm at Bethel; contact: Joe Coen
- 1/23 Angel Food distribution @ Luminary UMC / Roane County United Way; contact: Mike McElhinney
- 1/30 5th Sunday Evening Worship Service @ Morgan County Regional. Contact: Karen Schall

Mission Focus for January – Roane County Cooperative Ministries

Notes:

The dates have been set for our Bethel /KUMC mission trip to Ganado, Arizona: June 18-27, 2010. If you get a chance, ask Bobbie Martin about Bethel's participation in the PCUSA's fair trade Presbyterian Coffee Project.

Committee News

Parish Life

Fun Lunch will now meet on the 2nd WEDNESDAY of each month beginning January 13. Fellowship Supper is the 3rd Wednesday which falls on Jan. 20.

Parish Life Committee will meet on Tuesday, Jan. 12 at 6:00.

Stewardship and Finance

Thanks to all the people who responded to the fall stewardship "Step Up" campaign! Forty folks signed up to work with committees in the coming year. In addition, we know that there were individual sign ups at many of the committee booths during the Stewardship Fair. Committees are the life blood of the church. If you are interested in doing something and don't know who to contact, grab someone and ask or call the church office (376-6340).

We received 26 general fund commitments which totaled almost \$8,000 per month. Ninety-two other families have contributed to the General Fund this year an average of \$9,000 / month. Cash offerings average \$543 / month. We project General Fund offerings in 2010 to be \$200,000

We think we are still \$600 a month short to meet the mortgage payments of \$8,350. We have 16 commitments toward mortgage payments for \$3,298 / month, a 37% increase for those families who contributed in 2009. Forty four other families have been making regular contributions that average \$4,453 for a total projected mortgage offering of \$7,751.

Remember to wait to file your income tax until you receive your

contribution statements from the church. We hope to have them out by the middle of the month.

Landscape Committee

Things continue to happen in the Bethel landscape. ReCal Nursery planted three large sugar maples the second week of December. These trees were donated by Ruth Ann Ludwig in memory of Bob Ludwig and by Ken Dungan in memory of Henry Tulley and Tom Roostee. Three birdhouses are now in place. Many thanks to Danny Holloway for digging the holes.

We also thank the city for planting two redbuds in the labyrinth area. Many thanks go to Joni Morgan for donating the bench in the Memorial Garden.

Many of the annuals and perennials have been donated by Williams Greenhouses in Harriman. As you get ready to purchase your flowers this spring and summer, please remember the generosity of this local business and consider making your purchases from them.



Gifts were received in December:
In memory of Marc Sherrod from:
Rev. and Mrs. Burton Sherrod
Greg and Margaret Murr
Joe and Susan Ramseur
Susan Jean Bradley
G. Wilson and Chris Lowry
Melanie Sherrod

Bethel Presbyterian Church Memorial Garden

Bethel Presbyterian Church is in its final phase of the construction of the Memorial Garden, which is located on the sloped hill below the main entrance on the Sanctuary level. The Memorial Garden was established for the interment of ashes of members (past and present) of Bethel Presbyterian Church and their immediate families, friends of the Church who have been part of the congregation, and pastors (including former clergy) of the Bethel Presbyterian Church and their immediate families. Ashes will be buried in linen bags in assigned plots. The location of occupied or reserved plots will be kept in the Church Office. The names of persons interred in the Garden, and individuals requesting to be memorialized, will be inscribed on a granite monument, which will soon be installed inside the Memorial Garden. Later this new year, the Garden will be enclosed with metal fencing to insure privacy. To obtain more information about the Memorial Garden, a manual is available in the Church Office.

In memory of James Griffith:
Dick Evans and Celia Simon
Jim and Mary B. Hines
Jerry and Jennie Morris
Christy Nason
Frank and Marilyn Harris
In memory of Joyce Law:
Vernon Law
In honor of:
Members of Bethel
Presbyterian Church
All PCUSA churches,
Worldwide, from
Melanie Sherrod

We Get Letters...

To my Bethel family:

I am so grateful for all the comfort, hospital visits, food, flowers and concern extended to me over these past many weeks. God bless you all and thank you.
Helene Ricker

To the congregation of Bethel--
Thank you for all the warmth, kindness, and generosity you've extended to me during my first year at Bethel. I feel blessed to be part of your community, and look forward to the upcoming year.

With heartfelt thanks,
Mary Hook



Dear Bethel Family,

How can I ever thank you for the wonderful send off and gifts? You are an amazing congregation - and Jerry and I are so blessed to be a part of Bethel! We are having a great time - yesterday we were out fishing and the dolphins surrounded our boat and we had the most amazing ride of our lives! We are keeping you all in our prayers during this time of transition - we pray for you daily and wish you all a wonderful Thanksgiving and Christmas!

With our love and thanks,
Pat and Jerry Harvey

Our First Christmas Back Home!!

My sincere THANKS to each of you who had a part in making our church so beautiful for this Holy Season. From the wreaths on the doors, the new banners, the indoor manger scene, the decorated Christmas trees, the poinsettias, the newly refurbished manger scene, wisemen, the shepherd and sheep at the fence - it is all so very elegant and creates such a Peaceful, Hopeful feeling. We surely have some talented folks at Bethel who have invested a considerable amount of time to make this, our first Christmas back in our church home, so very memorable. I feel very Blessed to be a part of this church family.

From Jill McMaster:

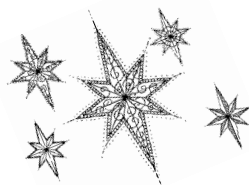
Bethel knitters and friends rejoice. You have outdone yourselves this year in giving of your time and talent. Thank you. We included more than 40 hats for children in the Christmas food baskets. An additional 78 hats and 30 scarves (WOW) were donated to Enrichment Federal Credit Union's "Gloves of Love" campaign. The credit union, with guidance from Dr. Toni McGriff, Director of Roane Co. Schools, divided the donated items among the county's five least privileged elementary schools. Principals in those schools ensured that children in need were given hats, scarves and gloves prior to the holiday break. Many of these children are truly warm only during the school day. A special thanks to Linda Brown's colleagues and the Linus Project participants who joined Bethel Church in the collection. See the thank you note below from Becky Woody, Enrichment Federal Credit Union.

Dear Jill and Members & Friends of Bethel Church

On behalf of our credit union, I want to thank you so much for the donation of scarves, gloves and hats to our "Gloves of Love" campaign. It has been a remarkable experience to see how the community provides when there is a need. We were so happy to participate in some small way for the benefit of those less fortunate, especially the "little ones." We will be good stewards of your generosity and see that these items get to the little hands that need them the most.

Thank you again and God bless you!

Becky Woody and Staff
Roane County Branch, Enrichment Federal Credit Union



Dear Bethel Family,

The Mid-East Community Action Agency Senior Nutrition

tion program would like to take this opportunity to thank you for your overwhelming generosity in support of our fundraising lunch held on Stewardship Sunday. A total of \$653.00 was contributed to the home delivered meals program. Please know that you are helping to support the most frail, isolated, and vulnerable adults in our community to stay at home for as long as possible in a safe manner, through the delivery of services like mobile meals. We enjoyed spending time with you in fellowship and sharing information about our services.

Sincerely,
The Staff of the Mid-East Community Action Agency Senior Services Program
(Shirley Eaton, Amber Jacks, Diane Pancoe, and Jo Westmoreland)



michael dunn center

Secure Document Destruction

Tired of it taking forever to shred your documents using a small shredder and cutting fingers when trying to unjam it? Have a small business or a relative's estate you are in charge of? Michael Dunn Center Work Programs will destroy your records safely, securely and confidentially.

Bring them to our convenient location at 609 Gallaher Road in Kingston, Tennessee Monday through Friday 8:00 am to 4:00 pm or make an appointment. We will unload your vehicle. Price is \$3.00 for a standard size plastic grocery bag or a box of comparable size.

—One bag or 100. The quantity doesn't matter.

—Watch your documents being shredded.

—A Certificate of Destruction is provided.



For more information, call (865) 376-1337 extension 230 or contact melanie.harmon@michaeldunncenter.org.

Book Group:

Bethel's book discussion group meets at 1:00 on the third Friday of each month. In January we will discuss *Harry Truman's Excellent Adventure* by Matthew Algeo. The Kingston Public Library has a copy – check it out, and plan to meet with us on January 15 at 1:00 in Bethel's library.

Correction:

In our December issue, the "Meet & Greet Our New Members" article should have included the following information about Sophie Simon:

Sophie grew up in Chattanooga where she finished high school and graduated from Peace Junior College (then a two year college). She completed her education at the University of Tennessee at Knoxville where she graduated with her Bachelor of Science Degree in Home Economics.

Bethel Suggestion Box

Suggestion received: Can we have a light installed outside the entrance closest to the office? It is very dark out there ...

Response: There are lights under the canopy at this entrance. The lights are on a timer, and the timer was not working properly. Gary Griffith has worked on the timer, and the lights under the canopy now come on around 6 p.m. and stay on until around 6 a.m. Thanks to Gary for working on the timer and thanks to the person who alerted us about the darkness at the lower entrance.

--Submitted by Cathy McDowell

Wooden Ornaments

If you would like to purchase a wooden ornament of Bethel (see photo), please contact the church office. The ornaments are \$10 each with all the money going to the Bethel Building Fund.



Bethel Swap Shop

1. Wanted - Windows XP

If you have upgraded your computer from Windows XP to use either Windows Vista or Windows 7 and are no longer going to be using your licensed copy of Windows XP, then Bethel's web development guy, Dan McDowell, is interested in it. Please contact him at zphos@lightgate.com.

2. Free Mac Software

If you are a Mac computer user and are using OS 10.5 or higher on your machine, then Dan McDowell has a licensed copy of MacPilot Lite to give away. MacPilot allows you to activate hidden features of your Mac and to control various aspects of its operation. Contact Dan at zphos@lightgate.com.

A note from the Website Editor:

As many of you have noticed, our website, which was originally put together in 2003, needs updating. Website guru Dan McDowell is hard at work on a new improved website for Bethel, and I am lucky enough to be "going along for the ride," as they say. I'll be sending Dan updated information and photos in the next few weeks, and I'd like your help! Please take a few minutes to go to the current website (www.bethelpcusa.org), and take note of the things that need updating; then send any new information and suggestions to me at schallk@highland.net. Thanks!

Happy
New
Year!

January 2010

					1	2
3 Communion Sunday Canned Good Coll. For H.O.M.E.	4 Boy Scout Troop 101 7:00	5	6	7	8	9 Session Retreat
10 Fellowship Sunday Elder Ordin. Youth Mystery Trip @1:00	11 CE Comm. 5:30	12 Parish Life Comm. 6:00	13 Fun Lunch* Noon Angel Food Orders due	14	15	16
17 Youth @ Res- urrection/No Youth Meeting in evening	18	19	20 P&P Comm. 5:30 Fellowship Supper 6:30	21 Mission Comm. 6:30	22	23 Angel Food Distribution
24	25	26	27	28	29	30
31 5th Sunday Worship @KUMC 10:30 @MCCR 6:30	Weekly Youth Activities: (Joint Activities with Youth from Kingston UMC) Sundays: Sunday School @9:30 a.m. at Bethel Youth Group 6:00 p.m. at KUMC Wednesday Bible Study: 7:00 at Doug & Carol Brown's home Children's Choir practice 8:30 @ KUMC					

Weekly Happenings

Seniorize

(Low-impact exercise class for seniors)
Monday, Wednesday, Friday 9:00 a.m.

Taoist Tai Chi

Tuesday & Thursday, 6:00 p.m.
(both exercise classes in Fellowship Hall)

Beginning Spanish

Tues. 5:00-6:00 p.m. in the library

Advanced Spanish

Monday 6:30-p.m. in the Library

Handbell Rehearsal

5:30 –7:00 p.m. in the Music Room

Choir Rehearsal

7:00 p.m. in the Sanctuary

January Birthdays

- 2 Ruby Hunter
Thomas McGill
- 4 Kay Michener
- 8 Al Davis
- 9 Matt Hines
Marlene Woodard
- 11 Dave Cuneo
Eric Kornegay
- 13 Neva Daniel
- 15 Jennie Morris
- 16 Tollie Banker
- 17 Jack Stackpole
Frank Jones
- 19 Ryan Preston
- 21 Henry Coen
- 22 Laura Walker
- 23 Jan Wall
- 24 Anita Richmond
- 25 Katie Dungan
- 26 Pat Hale

