

# The Open Door

BETHEL PRESBYTERIAN CHURCH / NOV > 2009



## Bethel Presbyterian Church

203 S. Kentucky Street  
Kingston, TN 37763

### To contact us:

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On the web:

[www.bethelpcusa.org](http://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.*

## *A Note from the Sherrod Family...*

Dear Bethel Family,

I do not have the ability or words to express my gratitude for all you have done for our family. I have never seen a church pray, support, cook, give, laugh, cry, transport, labor, and embrace a pastor and his family like you have for the past 8 years. We are astounded by the outpouring of memorial gifts many of you have given to honor Marc. It is clear to me that Marc came to Kingston because God knew the Bethel family would take care of him (and his family). I cannot imagine our cancer journey without Bethel's arms around us. Pat, Bill and Debbie worked so hard during Marc's illness that there is no way to thank them enough. I think back on the times when Marc was well and remember how much time he spent with many of you. This makes me realize that you too are grieving the loss of a friend in addition to the loss of your pastor. We will certainly grieve together and miss him terribly. Thank you for showing us all - through your many prayers and acts of kindness - how to minister and love our neighbors. You are a blessing and gift to our family and we thank you from the depths of our hearts.

With Many Fond Memories of Your  
Christian Outpouring of Love  
and Support,

Melanie, Caleb, Hannah, Jordan, Eden,  
Sherrod Clan and Buchanan Clan



## *This Weekend:*

Please come on Sunday, November 1<sup>st</sup> for a special happening. During worship, we will welcome our new interim pastor, Craig Hendrix. Craig is no stranger to this area; he has been serving ably as interim pastor at Powell Presbyterian Church as they have searched for a new pastor. Now that their search is at an end, Craig has graciously agreed to come alongside and help us as we begin that process here at Bethel. We'll also take the opportunity to wish a very special farewell to our Parish Associate, Pat Harvey as she prepares to leave us for awhile and join her husband Jerry in Mexico. Please join us for worship and stay afterward for a "Hola, Craig & Adios, Pat Fiesta." See you Sunday!

## STEWARDSHIP SUNDAY— STEP UP TO THE FUTURE

November 8, 2009

We will celebrate the stewardship of our church family on Stewardship Sunday, November 8<sup>th</sup>. With gratitude for the gifts given in the preceding year, we are each called to reflect on how we will dedicate our time, talents and treasures to God's work in the coming year.

*Event 1:* The Stewardship Fair will begin at 9:30 in the morning in the Gathering Area. The middle school youth will provide refreshments. The fair is focused on committee involvement. Find the "Start Here" table and pick up your commitment folder. Then visit the committee booths. Talk with committee members. Learn about each committee's ministries and share your visions of new ministries we could do. Tell us how you want to involve yourself with the work of Bethel by completing a Stewardship Fair form.

*Event 2:* Continue to celebrate stewardship in the worship service. Worship begins at our regular time, 11:00 A.M. Be with God as you decide how you will give of yourself and your finances next year. Bethel has operated for many years on a faith budget; that is, we have not asked for financial pledges from the congregation. We continue this tradition with a new request, that you complete a financial form that tells us about your offering plan for the coming year. Signatures are not re-

quired, but the results will help us build the 2010 operating budget and tell the mortgage lender we how we will pay for the mortgage. Commit to a plan of regular giving from the first fruits of your labor.



*Event 3:* Lunch will be served by Meals on Wheels, a program that feeds hundreds of Roane County shut-ins. On Stewardship Sunday the Meals on Wheels board members will personally donate soup, sandwiches, and dessert to the Bethel congregation. Please make a free will donation to Meals on Wheels during lunch. There are over 100 people on the waiting list and not enough funds to feed them. Join the luncheon fellowship following worship.

Your covenant forms for committee involvement and financial giving can be turned in during the fair, during worship or during lunch. Faithful stewardship is a responsibility, an act of worship and evidence of our faith. Step up to the future of Bethel on Stewardship Sunday.



### Did You Know?



#### **IRA Information for 2009**

For anyone 70 ½ years old (or older) with an IRA account the following is true for this year only:

1. Normally you must take a distribution based on your age every year; the amount depends on the monies invested and your age. The Federal Government has made a change; due to the economy you are **not** required to take a distribution during 2009.
2. The Government has also made another change for 2009 only; namely, you can make a contribution to a charitable organization (Bethel qualifies) and **not** have to pay any income tax on said contribution. The check must be made out to the recipient, not to you personally; failure to do so will make the contribution taxable.
3. For those eligible, this is an excellent way to contribute to our building fund and not pay any income tax on the contribution. If you choose to do this it must be done prior to 12/31/09.
4. As always, we recommend discussing this with your tax advisor and or your investment counselor before proceeding.

*From the Parish Nurse*

If it is not the candy corn of Halloween, it is the turkey and dressing of Thanksgiving. Holiday food is calling my name. I love this season and all its trimmings! Some of my fondest memories have been around the family table as we have munched and laughed. Even though I have to plan my sugar intake now because I am a diabetic, I do have an occasional meal that I end with a small dessert.

Planning food and drink choices before holiday dining will help you keep those "party pounds" off. Before a holiday event, eating a snack or light meal helps to keep you from indulging in the heavier holiday meal. Foods high in protein, like chicken or cottage cheese, help you to eat less later. Fasting ahead of time to leave room for a big meal may lead you to overeat. I find it is better to drink unsweetened tea or water. At one time I was addicted to Diet Coke. I drank hardly any water at all. Soda has little or no nutritional value and is loaded with caffeine. Caffeine can lead to water retention. Alcoholic beverages and mixes contain a lot of sugar, so they are not good choices for drinks. Here are some tips for holiday eating:

Eat smaller portions of food.

This is especially important at a buffet, where you may want to try everything. Choose the items you want to try the most, and eat a small portion of each.

Eat slowly. We rush through eating many times so fast that our stomachs don't have time to register that they are full. Take time to savor each bite as if it were a hot fudge cake dripping with chocolate sauce.....(sorry, I got carried away).

After a meal, go for a walk with your family to see holiday dis-

plays in your neighborhood. Offer to bring a low-calorie (or sugar-free!) dish to holiday parties. That way you will know there will be at least ONE healthy choice.

Don't park yourself in front of the buffet at a party. Mingle! If you stand by the buffet, you'll eat more than you would if it was across the room.

Avoid fast food that is often high in fat content. Prepare and freeze quick, healthy meals ahead of time.

Be realistic. Don't try to diet during the holidays; just aim to maintain your present weight. To your very good health — Deb

*Committee News:**Parish Life*

November 8: Stewardship Fair. The Parish Life Committee would like to invite you to visit our display and find out what we do! Our committee is the center of church fellowship and is a rewarding way to serve Bethel families. In addition to planning food for church activities we also organize visits to cultural events, maintain a church scrapbook, and provide food to bereaved families. Come be a part of the planning and participation that make church fellowship fun, delicious and rewarding. Get involved. Share your talents by being an active member of Parish Life.

November 10: Fun Lunch, 12:00 in Fellowship Hall

November 17: Parish Life Committee meets at 6:00

November 18: Fellowship Supper

*Bethel's Book Group*

will meet Friday, November 20 at 1:00 in the Library. This month we will be discussing Randy Pausch's *The Last Lecture*.

*Christian Education:**Camel Makeover is Big Success!*

Thanks you to all the folks who helped (and are continuing to help) refurbish the outdoor nativity figures. The camels are looking great. The wisemen, shepherds, Mary and Joseph are getting facelifts. Some of them are getting new wardrobes. If you sew and would like to help with the wardrobe upgrade, please contact Jan Rybka at 882-8836 or [jgrybka@hotmail.com](mailto:jgrybka@hotmail.com).

*This 'n That...*

Want to get more involved with the Presbyterian Daily Mission Yearbook for Prayer and Study? Now you have the option to receive the daily devotional by e-mail or in a podcast. For e-mail, go to [www.pcusa.org/subscriptions/](http://www.pcusa.org/subscriptions/) and look for the Mission Yearbook paragraph. The podcast subscription can be found at [www.pcusa.org/missionyearbook/podcast.htm](http://www.pcusa.org/missionyearbook/podcast.htm)

Looking for a great gift as the holiday season inches closer? Find a youth and purchase a "Gods Creation" calendar. The calendars contain beautiful pictures and make great gifts. All proceeds go to the youth fund for the youth of Bethel.

*Hats for Homeless**Children ... Click, click, click ...*

I hear the pleasant rhythm of those knitting needles working away. Crochet hooks are working too I'm sure, but they don't make noise. Thank you for your ongoing efforts. Please give me your hats at anytime. Those I have by 6 December will be distributed this holiday season. -- Jill McMaster

*Mission Outreach*

NOVEMBER ACTIVITIES

- 11/1: 1<sup>st</sup> Sunday canned good collection for Hands of Mercy  
Contact: Teresa Hettrick
- 11/6: Angel Food orders due to United Way  
Contact: Jane Walsh
- 11/8: Minute For Mission – Angel Food Ministries
- 11/14: Angel Food distribution Luminary UMC / Roane County United Way  
Contact: Jane Walsh
- 11/14: Love Kitchen Supper 1<sup>st</sup> Presbyterian Church, Rockwood  
Contact: Marge Hettrick
- 11/15: Buddy's Race Against Cancer w/ KUMC in Knoxville-  
Contact: Joe Coen or Sue Lynn Johnson
- 11/18: Cents-Ability offering during Fellowship Supper  
Contact: Joe Coen
- 11/19: MO Committee Meeting 6:30 pm at church  
Contact: Joe Coen
- 11/29: 5<sup>th</sup> Sunday Evening Worship @ MCRCF  
Contact: Karen Schall

*Focus for November-  
ANGEL FOOD MINISTRIES*

Very early one Saturday morning each month, a dedicated group of volunteers from Bethel Presbyterian, First Baptist in Kingston and Potter's Grove gather at the United Way Building in Midtown to help distribute food from Angel Food Ministries.

This is a county-wide ministry that makes food available at very reasonable prices to anyone who wishes to participate. There are no qualifications or applications – anyone can purchase as much food as they like. Each month there is a different regular menu with a variety of specialty boxes of meats, veggies, and fruits. Recently, senior and convenience meals and allergen-free food boxes have been added. Thanksgiving and Christmas Holiday Boxes are also available for November and December.

The Open Door calendar has the sign up dates and pick up

dates and the menu for the month can be found in the church office or online at Angel Food Ministries.

The volunteers from Bethel are: Ruth Ann Ludwig, Carolyn Tulley, Jill McMaster, Bill Shenk, Jeanette McElhinney, Melanie and Bob Harmon, Delores Sandmel and Jane and Phil Walsh. Mike McElhinney deserves special recognition and thanks for the very, very early trip to Luminary Methodist Church to pick up the food.

The dates have been set for our Bethel /KUMC mission trip to Ganado, Arizona: June 18-27, 2010.

The date for distribution of our Christmas Baskets has been set for Saturday, Dec 19.

*Sunset Gap*

A trip to Sunset Gap is tentatively planned for Thursday, Dec. 10<sup>th</sup>. Anyone willing to help drive needs to contact Joni Morgan at [ipmorgan06@comcast.net](mailto:ipmorgan06@comcast.net). Joni will be out of town for most of the month of November but she will be checking her e-mail.

*Christmas Baskets  
and Angel Tree*

Many thanks for the generous response to the Mission Outreach Plant and Bake Sale to raise funds for Christmas baskets. We raised approximately \$500.00. This money will be used to purchase eggs, bread, margarine, turkeys or hams and fresh fruit for thirty families.

Several people have already brought in items for the baskets but many more nonperishable items are still needed. As you

shop, watch for specials and consider picking up some of these items.

- 5 lb bags of plain four
- 5 lb bags of cornmeal
- 5 lb bags of sugar
- 2 lb bags brown sugar
- 2 lb bags of rice
- 48 oz bottles of vegetable oil
- 1 lb boxes saltine crackers
- yellow cake mix
- macaroni and cheese
- cookies
- 12 oz cans evaporated milk
- 64 oz orange juice
- dried pinto beans



The following canned goods can be purchased from Piggly Wiggly for \$9.00 per case (24 cans). Teresa Hettrick would be the person to contact.

- whole kernel corn
- green beans
- peas
- diced tomatoes
- peach/pear halves
- fruit cocktail
- mixed greens
- tomato soup
- mushroom soup

# Youth News

## *A note from Will...*

A long time ago.....A very long time ago. I was working at the church in Cullman, AL. Friday afternoon I was buying items for a middle school kidnap breakfast. You know the regular items, eggs, pancake mix, loaves of bread and.....sausage. Sausage you say? I will get to that in a minute. I was in a hurry to get back to the church and put things away in the kitchen because I had to be somewhere that night. I was not thinking and I put the sausage in the freezer. I know what you are thinking right now....."Oh William you are kidding", (this is something my mom says whenever I do something that does not have a good ending). I left and ran a few more errands. Fast forward to Saturday morning and the kidnap breakfast. I had several parent volunteers ready to help cook breakfast. They took the sausage out of the freezer and gave me a hard time about putting sausage in the freezer. We could not even use the sausage because it was so frozen.

I tell you this story because as we look at ourselves, do we forget about our faith? Is our ability to share our faith in the freezer? Maybe it is left on the second shelf from the bottom tucked in the back. Are we in such a rush that we forget about the importance of sharing our faith or serving others? As we get closer to Advent and Christmas I hope that our faith and lives are not like the frozen sausage. Invite a friend to church that does not come, serve someone in the name of Christ, smile at people, and maybe even start reading a devotional.

I hope that you can take time out of the busy holiday season to be thankful, to serve, and to share.

## *Note:*

If you are a youth or parent of a youth. You can raise money for your trip to Resurrection or Summit. The "Gods Creation" calendars are a fundraiser for our group. Call or email Will to get your calendars and start selling!

## *November Activities:*

**Sunday School-** 6<sup>th</sup>-7<sup>th</sup> Grade- Youth Room at Bethel, 9<sup>th</sup>-12<sup>th</sup> Grade- KUMC Youth Room  
**Wednesday Night-** Meeting at Doug and Carol Brown's house for discussion and Bible Study  
**Sunday November 1-** Youth 6 PM will be led by Sue Lynn Johnson. Jared McGill will lead games. (Will and Regina will be in Cincinnati at the Youth Specialties Conference.)  
**Sunday November 8<sup>th</sup>-**Almost There- Head to Knoxville for lunch 12 PM  
 5 PM Youth Council  
 Youth 6 PM  
**Saturday November 14<sup>th</sup>-** Sunday November 15<sup>th</sup>- PCUSA Senior High Retreat at Fall Creek Falls.  
**Sunday November 15<sup>th</sup>-** Buddy's Race against cancer  
**NO YOUTH**  
**Sunday November 22<sup>nd</sup> -**5 PM Almost There Parent meeting (Junior and Senior Parents)  
 KUMC Youth Room-Future Activity(s)  
 6 PM Youth  
**Wednesday November 25<sup>th</sup>-**No Wednesday Bible Study  
**Thursday November 26<sup>th</sup>-** Turkey Day  
**November 29<sup>th</sup>-**Bethel/KUMC Joint Service at KUMC (Youth sit together)  
 6 PM Wreck (Rec.) Night

**Watch Facebook and your email for other announcements.**

Contact Will with questions or concerns.

376-6337 ext. 105 /

willpuru@comcast.net



## Memorial Gifts

*In memory of Bob Ludwig from:*  
Ruth Ann Ludwig

*In memory of Henry Tulley:*  
Peter and Veronica Shepherd  
Joni Morgan

*In memory of Marc Sherrod:*  
Gerald and Kathy Hatley  
Rev. Burton and Betty Sherrod  
Charles and Lee Hart  
Jessica and Lee Van Eaton  
Preston and Yvonne Brown  
First Presbyterian Church,  
Harriman

D. Scott and Beth Ross  
Lillian Walton  
Nelda Toon  
Andrew and Patsy Buchanan  
Jack and Sue Muecke  
Liz Singley  
Joni Morgan  
Robert and Jan Akers  
Michael and Margaret Hendley  
Fourth Presbyterian Church of  
Chicago  
W. David and Anne Lamb  
Jill Bray  
Rebecca Richardson  
Laura Lee Matthews  
Ann Cobb  
Mary Lunney  
J.F. and R.L. Wicker

Amanda Hickman  
Ellen Tynes  
Sherman and Susan Denison  
Arlene Garrett  
Jerry and Jennie Morris  
Jim and Karen Schall  
Chris Badger  
Dave and Janet Nippert  
Mr. and Mrs. Lee Garrett  
Hugh and Lucy Webb  
Clem and Kathy Medley  
Bill and Betty Ulrich  
Dick and Marge Hettrick  
The family of Bob Martin  
Newton Presbyterian Church  
Clay and Nancy Landers  
Robert and Cathy Gilleland

## 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.

\*non-member  
^shut-in  
+inactive  
~baptized roll



### GARY GRIFFITH (2009)

Banker, Mark & Kathy  
~Banker, Tollie (out of state)  
  
Cuneo, Dave & Libby (out of state)  
+Everett, Glenda  
  
+Griffith, Joanna  
  
^Hunter, Ruby  
  
\*Pearman, Paul  
  
\*Skinner, Mike & Sharon  
  
Thomas, Laura (out of state)  
  
^True, Margaret  
  
^Vandever, Jennifer  
  
Warlick, George & Ginny

### JONI MORGAN (2009)

882.6139  
**Ralph, Frederick,**  
**Susannah [out-of-state]**  
Applegate, \*Kevin & +Cindi  
  
^Cash, Roberta  
  
\*Carter, John  
  
Cross, Donald & Shara  
  
Kirby, Eddie  
  
Kirby,\*Leonard & Bina  
  
Landers, Clay & Nancy  
  
Maki, Tauno & ^Marge  
  
Parker, Jan  
  
Parker, \*Robert & Elaine  
Toon  
Poland, \*Ben & Veronica  
Kirby, \*Lucas  
Ricker, Helene  
  
Sandmel, Dolores  
  
^Shields, Marnie  
  
Stackpole, Jack & Fern  
  
^True, Margaret  
  
Toon, Nelda  
  
Ulrich, \*Bill & Betty

## *Please remember...*

Please keep these folks in your prayers, and on your hearts and minds. Whenever you can, drop them a line, give them a call, pay them a visit...you'll be glad you did!

### *Assisted Living and Nursing Homes::*

#### *Jamestowne*

851 Lawnville Road  
Kingston 37763

Nelle Griffith, Room 206  
Louise Pickel, Room 209  
Mac Robbins, Room 305  
Sophie Simon, Room 302  
Anne Smith, Room 312

#### *Wellington Place*

1098 Bradford Way  
Kingston 37763

Jan Parker, Room 107

#### *Arbor Terrace*

9051 Cross Park Drive  
Knoxville 37923

Marge Maki, Room 312L

#### *Baptist Healthcare*

700 Williams Ferry Rd 45  
Lenoir City 37771

Evelyn Waldrup, Room 42A

#### *The Bridge at Rockwood*

5580 Roane State Hwy  
Rockwood 37854

Roberta Cash, Room 201B  
Gene Pierce, Room 209  
Margaret True, Room 110

#### *Harriman Healthcare*

240 Hannah Rd  
Harriman 37748

Ruby Hunter, Room 305A  
Joan Pemberton Room 205B

#### *NHC Healthcare Oak Ridge*

300 Laboratory Rd  
Oak Ridge 37830

Wanda Carter, Room 212A

#### *Greenfield at Oak Ridge*

360 Laboratory Rd.  
Oak Ridge 37830

Doris Barber, Room 231

#### *Renaissance Terrace*

257 Patton Lane,  
Harriman 37748

James Griffith, Room 206

#### *Patricia Neal Rehab*

1901 W. Clinch Ave.  
Knoxville 37916

Sue Muecke, Room 484

#### *At Home:* Sue Muecke, Julie

Bunch, Betty Foy, Lacey Jones, Justin Trivett, Diane Russell, Ron Rossi, Pat Hale, Marci Smith, Rev. David Craig, Helene Ricker, Doris Ann Parkinson, Dot and Al Davis, Kay Michener, Madeline Houston, and the family members of recently-departed friends Elizabeth Mohr, mother of Maggie Dungan (Ken), and George Standridge, father of Dave Standridge and Kathy Francis.

## *Why?*

"On the street I saw a small girl cold and shivering in a thin dress, with little hope of a decent meal.

I became angry and said to God:

'Why did you permit this? Why don't you do something about it?'

For awhile God said nothing. That night he replied, quite suddenly:

'I certainly did something about it.

I made you.'"

—Author Unknown

(submitted by Marianne Shadden)

## *Environmental Report*

If you have an indoor cat(s) and are using expensive kitty litter, try using layer crumbles (for hens) which can be purchased at the Co-Op. A 50 lb bag sells for around \$8.00. This is environmentally friendly. Thanks to Marge Hettrick.

If you get one of those pesky coughs that keep you up all night, try rubbing the bottom of your feet with Vicks Vapo-Rub and then covering them with socks before going to bed. Thanks to Lucy Webb for this suggestion.

# November 2009

<b>1</b> Hello, Craig, Goodbye Pat Luncheon Communion Sunday H.O.M.E. Food Collection	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Evangelism Comm. 7:00	<b>6</b> Angel Food Orders due @ United Way	<b>7</b>
<b>8</b> Stewardship Fair	<b>9</b> CE Comm. 5:30 S&F 5:30	<b>10</b> Fun Lunch, 12:00	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Angel Food Distribution Love Kitchen Supper, 1st PC, Rockwood SR. Hi Retreat
<b>15</b> Congregational Meeting 12:00 Buddy's Race for the Cure Sr. Hi Retreat	<b>16</b>	<b>17</b> Parish Life Comm. 6:00	<b>18</b> P&P 5:30 Fellowship Supper 6:30	<b>19</b> MO Commit- tee 6:30	<b>20</b> Book Discussion Group 1:00	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Thanksgiving Day	<b>27</b>	<b>28</b>
<b>29</b> Fifth Sunday: Joint Worship @KUMC 10:30 Prison Minis- try @ 6:30	<b>30</b>					

## 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

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

### Advanced Spanish

Wednesday  
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

## November Birthdays

- 1 Josh Brown
- Diego Vanegas
- 2 Paul Law
- Jack McNew
- 3 Julie Hart
- Helen Roostee
- 7 Doris Barber
- 8 Ellen Wood
- 9 Chelsea Richmond
- 10 Nancy Landers
- Charlie King
- 11 Lyric Rivera
- 12 Leonard Kirby
- 19 Hannah Foy
- 20 Bill Shadden
- 21 Jason Thompson
- 25 Jimmy Walker
- 26 Betty Baird Brown
- 28 Andy Avel
- 30 Patricia Law Grant
- Jerry Harvey

