

January 12, 2025



# From Your Pastor

Sometimes, taking a moment to sit down and prop up our feet provides the rest we need. Other times, we find rest by getting a good night's sleep or by taking a few days off.

However, there is another type of rest mentioned in the Scriptures: sabbath rest, which is a gift from God.

Over the years, I have read several books that have deepened my understanding of God's intention for the Sabbath. One of these books is [The Sabbath](#) by Abraham Joshua Heschel. Here are a couple of valuable insights I have gained from those readings.

"Six days a week we wrestle with the world, wringing profit from the earth; on the Sabbath we especially care for the seed of eternity planted in the soul. The world has our hands, but our soul belongs to Someone Else."

"The higher goal of spiritual living is not to amass a wealth of information, but to face sacred moments."

During our morning worship, we continue the sermon series "Un-Hurried." Last week, we recognized the dangers of hurry. This week, we will explore the implications of God's gift of Sabbath rest as part of the solution.

Blessings,

Ande

## Ministry Team

Rev. Ande Myers. . . . . Senior Pastor  
amyers@cbcfc.org. . . . . 606-620-8158  
Rev. Bob Robinson. . . . Associate Pastor of Music and Worship  
brobinson@cbcfc.org. . . . . 865-748-7930  
Caleb Turner. . . . . Associate Pastor of College and Youth  
cturner@cbcfc.org . . . . . 615-477-0287  
Bill McConnell. . . . . Church Administrator  
bmccConnell@cbcfc.org. . . . . 865-607-5370  
Cheyenne Duffy. . . . . Children's Ministry Coordinator  
cduffy@cbcfc.org. . . . . 865-368-6740  
Church Office. . . . . 865-688-2421

# Weekly Opportunities

## Sunday School

Sundays at 9:15 am

There are Bible study classes for all ages!

Visit [cbcfc.org/about/sunday-school/](http://cbcfc.org/about/sunday-school/) for a list of classes.

## Media Center

Come take advantage of the resources your church library has to offer! Open Sundays 8:30am - 10:20am

Wednesdays 9:30 am - 12pm; 2pm - 4pm; and 5:30-6pm

## Family Life Center

Monday, Tuesday and Thursday | 8am – 8pm

Wednesday | 8am – 2pm and Friday | 8am – noon

The fitness calendar can be found on our website at

[cbcfc.org/calendar/fitness/](http://cbcfc.org/calendar/fitness/)

## Sunday Night for College & Young Adults

Small Group . . . . . 7-8pm. . . . . [cturner@cbcfc.org](mailto:cturner@cbcfc.org) for info

## Wednesday Night LIFE

Pre-K thru 5th grade. . . . . 6-7:30pm. . . . . Children's Space

6th-12th grade. . . . . 7-8:30pm. . . . . Youth Space

## Wednesday Night for Adults

Handbells. . . . . 5:30-6:30pm . . . . Lynnwood 3rd Floor

Adult Choir Rehearsal . . . . . 6:45-8pm . . . . . Music Suite

Devotion with Ande Myers. . . . . 7pm. . . . . Facebook



## Preschool Worship Workers

**January 12** Jonathan & Kristen Jackson,  
Sheila Davis, Bethany Bates

**January 19** Amy Wilburn, Avery Wilburn,  
Tait Roach, Roek Greenleaf





# Family Info

## In the hospital

Tyler Clapp - Parkwest

## In Hospice Care

Judy Palmer

Bud Cottrell

## Online Connections

[www.cbfc.org](http://www.cbfc.org)

[www.Vimeo.com/cbfc](http://www.Vimeo.com/cbfc) for our online service

Upcoming events, conversation photos  
on Facebook and Instagram @cbcfountaincity

## Weekly Record

	<u>Required</u>	<u>Received</u>	<u>Last Year</u>
1/5/25	\$31,038.46	\$71,359.76	\$58,784.66
YTD	\$434,538.46	\$490,745.33	\$440,656.80
Morning Worship . . . . .		235	
Sunday School . . . . .		129	
Christmas Missions Offering Goal:		\$20,000	
Given:		\$30,864.30	



**NORTH KNOXVILLE  
WARMING CENTER**

**DEC 15 - FEB 15**



**Help care for our vulnerable neighbors on bitterly cold nights!**

To help prevent death and frostbite, Fountain City United Methodist Church will be an emergency warming station when the temperature is predicted to drop below 25 degrees. Sign up to be a volunteer using the QR code or by contacting FCUMC at 865-689-5175 or [spirit@fountaincityumc.org](mailto:spirit@fountaincityumc.org)

# Sermon Notes

And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

**Genesis 2:2-3**

# Upcoming Events



# Sunday Morning Worship

*January 12, 2025 10:30 a.m.*

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**Prelude** *How Beautiful* Paris/Greer

Zane Ballenger, Bassoon & David Flick, Piano

**Welcome to Worshipers** Rev. Ande Myers

**Hymn No. 307** *All Creatures of Our God and King*

Stanzas 1, 2, 4 & 5

**Disaster Relief Update** Martha Robinson

**Hymn No. 163** *Wonderful Words of Life*

**Offertory Prayer** Jimmy Joseph

**Offertory** *Come, Thou Fount* arr. Robinson

**Choral Worship** *You Are Known* Sorenson

**Message** *Unhurried* Rev. Ande Myers

*Sabbath - The Bible's Word for Rest*

Genesis 2:2-3

**Hymn No. 497** *I Have Decided to Follow Jesus*

**Benediction**

**Postlude** *Finale* Wilson



*Praying Giving Going*

**Disaster  
Relief Items  
Needed:**



Stay abreast of service opportunities by emailing  
your name and phone number to  
[disasterrelief@cbcfc.org](mailto:disasterrelief@cbcfc.org)