



Mid-Week Manna

A Weekly Newsletter from the First Cumberland Presbyterian Church

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*Wednesday,
September 10, 2025*

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From Your Minister - Christian Smith

“Rejoice in hope, be patient in suffering, persevere in prayer.” – Romans 12:12

It feels like prayer ought to be easy. It is just a conversation with God. But, often, we feel overwhelmed as we wonder what to pray for and how to best approach God. One of the most beautiful things about prayer is that it isn't one-size-fits-all. Prayer can take many shapes depending on the moment, our mood, and our need.

Some days, prayer looks like words spoken aloud in a long prayer. Other days, all we know to say is, “Lord, help me.” At other times, prayer is silent as we sit still and listen for God's voice. Prayer can be written in a journal, said while we are driving down the road, sung through a hymn, or even lived out in an act of kindness.

There are also a multitude of practices that we can use to help us in our conversations with God. Here are a few practices you might try this week:

- **Praying with Psalms** – Open to a psalm and read it slowly, letting the words become your own prayer.
- **Prayer Walk** – As you walk through your neighborhood, pray for the people, homes, and places you pass by.
- **Hands Open, Hands Closed** – Pray first with hands closed, naming the worries or burdens you're holding. Then pray with hands open, offering them to God.
- **Gratitude Prayer** – At the end of the day, name three things you're thankful for and offer them back to God.

As long as you are seeking relationship with God, there is no wrong way to pray. Prayer is less about technique and more about drawing closer to the God who loves us. However you pray, whether with words, silence, song, or service, know that God hears and receives your prayers with love.

First Cumberland Presbyterian Church
565 E. 10th Street - Cookeville, TN 38501

931-526-6585
www.cookevillecpchurch.org

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Sunday Worship Information



Sunday, September 14th, will be the 14th Sunday after Pentecost. The chancel color will be green. Our pastor, Rev. Christian Smith, will continue a series of sermons "Teach Us to Pray." This week's sermon will use Matthew 6:25-34 as the scripture. The sermon's title is "Praying for the Kingdom." Everyone is invited to join us in the sanctuary at 8:45am or 11am as we gather to worship God and celebrate the Sacrament of Holy Communion. If you cannot join us in person, the 8:45am service will be streamed on our church's YouTube channel.

We are excited to welcome Tim and Debbie Noonkester as the newest members of Cookeville First Cumberland Presbyterian Church. They joined the church on September 7th during our 8:45am service.





Recovery Kitchen

Recovery Kitchen is a program that helps provide hot meals for the homeless in our community. We are still in need of the following items for our next meal. Contact Alice at 239-5513 if you are able to give to the project. Please have items to the church by **NOON on Friday, September 12th**.

(96) hoagie buns (Aldi has best price)

(96) individual chips

Please let Alice know if you would prefer to donate the funds for an item or items. She is happy to pick them up for you! You can get your money to Alice or Sandra in the church office. Thank you for your giving hearts and generous donations.

Meal Trains

You are invited/encouraged to help us provide meals for a couple of people in our church. Evelyn Hyder is mostly homebound and a good home-cooked meal would be most welcome. You can sign up to provide a meal at <https://mealtrain.com/n9z8zd>. Also, Pete Weber (wife, Regina, is at NHC) would like just one meal a week. You can sign up for one of those meals at <https://mealtrain.com/n97nk6>. If you are not familiar with the meal train app and would like to sign up and need some assistance, you can contact Alice Peek at 931-239-5513 or call Sandra in the church office. Thank you in advance for your help with these meals!



Dylan & Molly Sparks are expecting a baby boy soon. Sutton Charles is due to arrive at the end of September. They are registered at [babylist.com](https://www.babylist.com) if anyone would like to send them a gift or it can left at the church and Alice will deliver it to them.

For Our Visitors AND Members



We are always excited to have the opportunity to worship with you on Sundays. Whether you are visiting with us or are currently attending our church, please take a moment to scan the QR code to the left and help us to get to know you and how we can better serve you. You may also use this form to share prayer concerns, praise reports, or other requests with your pastors.

Email and Texting Update

If you are interested in receiving the Midweek Manna and/or occasional text messages from the church (we promise not to spam your messages), we need you to fill out the form at this link (<https://cookevillecpchurch.flocknote.com>), or contact Christian with your phone number and/or email address.



Wednesday Connection

We continue with our regular Wednesday Night Connection activities and we invite you to join us for dinner at 5:15pm; it is free for everyone. Our Fellowship and Outreach Ministry Team does a great job providing us with a wonderful meal. **TO ENSURE WE HAVE PLENTY OF FOOD, WE DO ASK THAT YOU MAKE EITHER A ONE-TIME OR A STANDING RESERVATION BY CONTACTING THE CHURCH OFFICE BY TUESDAY AFTERNOON.** You can contact Sandra at 931-526-6585 to make your reservations.



At 6:00pm, our youth group, children's group and our Twisted Stitchers crafting group will meet. At 6:15pm, our adult class meets in the Upper Commons. This semester, the topic of discussion for the adult group will be "Prayer." Christian returns as leader for the group.

COFFEE WITH THE PASTOR

Every Thursday, from 7:30am-9:30am, Christian will be enjoying coffee at The Exceptional Bean (55 N Walnut Ave.).

You are invited and encouraged to join him for a cup of coffee and a chance to get to know each other better, share your thoughts and ideas for the church, or just enjoy a morning cup of coffee together.



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Church Directory “How-To”

Our updated church directory is now available online and is accessible from your computer or through an app on your phone!

How to Access the Directory:

On your computer: visit <https://members.instantchurchdirectory.com/>

On your phone: download the *Instant Church Directory* app:

Apple devices, click here:

<https://itunes.apple.com/us/app/instant-church-directory/id589542221?ls=1&mt=8>

Android devices, click here:

<https://play.google.com/store/apps/details?id=com.instantchurchdirectory.members>

Logging In:

You'll be asked to enter your email address as it's listed in our church directory. If your email isn't listed yet, let Christian know, or fill out the information on this form:

<https://forms.gle/CpXSyEIwwCizY7cA>

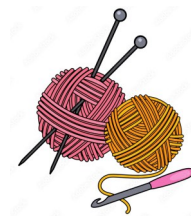
Once information is entered, you can follow the on-screen instructions to complete your login.

Update or Add Family Photos:

We are now taking family photos at church for those who need them, but you are also welcome to upload your own! After logging in, you can update your family's info and add a photo. You may also text or email your photo to Christian, and he'll upload it for you. If you need assistance at any point, Christian is happy to help. Just reach out!

Twisted Stitches

Connection has resumed and the Twisted Stitches group continues to meet. You are invited to attend any/all sessions; we would love to have you join us. All levels of proficiency are welcome to join us! The stitchers meet on Wednesday evenings at 6pm in the Session Room of the church. We hope to see you there!



The First Cumberland Presbyterian Church
SANCTUARY CHOIR

is seeking new members and welcomes **YOU!**

Prior musical training, while helpful, is not
 required to be a member of the Choir.

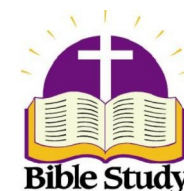
Join us at 5:30pm in the Choir Loft.

Contact Sandra Robbins with interest/questions!

931-526-6585 or 931-284-6934

Men's Bible Study

The **Tuesday Noon** Men's Bible Study continues with a study on the book of Romans. We are using Max Lucado's **Life Lessons from Romans** as our text. All men in the church congregation are encouraged/invited to attend.



Individuals: Catie, Ian, Lincoln, Addie, and Bonnie Bland (Reggie Brown's daughter and family) - home and belongings were all destroyed by fire on Sunday; J.D. Ellis (Lifecare in Sparta); Regina Weber (NHC); Dave Brown (Julia Huddleston Brown's husband - St. Thomas West); Annette Coorts Flanders; Carolyn Pinkley; Dan & Kathy Hilton; Kaye O'Brien; Ken Soleck (Wendy Dewberry's father); Allison McDonald; Evelyn Hyder; Sherrie Smith; Cindy Furcean.

Cancer Treatment: Janet Lapoint (Evelyn Plecan's cousin); Bill Snyder (Virginia Lovellette's brother); Linda Stringer (Evon Maggart's sister); Allen Kolath; Niki Work.

Assisted Living: Doris Baggett (Signature Healthcare); Ramona Tilghman (Lifecare in Sparta); Jo Gentry (Willow Spring at The Arbors in Spring Hill, TN); Ruth Sapp (Heritage Pointe).