

Mid-Week Manna

A Weekly Newsletter from the First Cumberland Presbyterian Church

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*Wednesday,
September 17, 2025*

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From Your Minister - Christian Smith

“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” – Psalm 139:23-24

This past week has been tough. We have been reminded of the fragility of life. We have been forced to examine the challenges our world faces. Acts of violence often bring about a range of emotions and leave our hearts heavy. They should also cause us to pause, reflect, and turn to God for guidance and comfort.

As we continue our focus on prayer, we are reminded that prayer is not just the words we speak. It is also a way to open our hearts to God, to listen to God’s guidance, and to see ourselves clearly. We are all called to look inward as we examine how our own words, actions, and attitudes have contributed to fear, mistrust, or division in the world. Being open with God should give us the courage to do that honest self-reflection and to seek God’s help in living differently.

The world has chosen to point fingers and to blame the “other” for all of the pains in the world. Prayer invites us to confess where we have fallen short and to ask God for guidance in helping to build peace and trust in our community and in our world. God answers by reminding us of the love, mercy, and compassion we have received and are called to share with a troubled world.

So, let’s pray for those who are hurting, for our community, for our world, and for the courage to confess our faults and the courage to be people who share God’s peace, love, hope, and healing wherever we go.

Email and Texting

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.

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 21st, will be the 15th Sunday after Pentecost. The chancel color will be green. Rev. Richard Grogan will be our guest preacher and will use I John 4:7-8 as the scripture. The sermon's title is "Learning to Live by the Spirit." Everyone is invited to join us in the sanctuary at 8:45am or 11am as we gather to worship God. If You cannot join us in person, the 8:45am service will be streamed on our church's YouTube channel.

Food to the Rescue Packing Day

*****Wednesday, October 1st - 5:30-7:30pm*****

1227 N.Washington Ave. Suite 112

Roots Salon is in the front; Food to the Rescue is in the back

Part of the outreach program of our church is the packing of boxes for Food to the Rescue. This program helps to feed underprivileged children during the Fall Break. There will be a variety of jobs available for all ages and physical abilities.



ON SEPTEMBER 14TH, DURING
OUR 8:45AM SERVICE, WE HAD
THE OPPORTUNITY TO HEAR THE
PROFESSION OF FAITH AND
CELEBRATE THE BAPTISM OF

EMMA
LANKFORD





STEWARDSHIP REPORTS

Sunday, September 7, 2025

Commitments - \$19,360.00 Undesignated - \$3,729.00 Other - \$663.00

Included in this week's offering was \$100.00 for Recovery Kitchen, \$50.00 for altar flowers, \$250.00 for the Tuesday Assistance program, \$75.00 for facility use and \$88.00 in Connection meal donations.

Total Deposit - \$23,752.00

Sunday, September 14, 2025

Commitments - \$4,570.00 Undesignated - \$2,309.00 Other - \$50.00

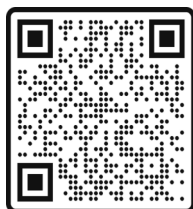
Included in this week's offering was \$50.00 for Connection meal donations.

Total Deposit - \$6,929.00

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!

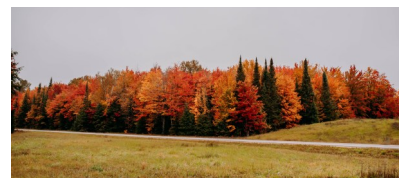
For Our Visitors AND Members



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.

FALL COLORS

The **JOY Club** (Just Older Youth) will be visiting the home of Tim and Liz Fournet on the 9th of October. The view from their home is just gorgeous and will allow you to take in all the beautiful colors of Fall! Lunch will be served at Noon for all who make the trip. The church bus will leave the church at 11:30am; if you would prefer to drive, Sandra (in the church office) can supply that address to you. There is a signup sheet on the table in the narthex. We will need to know the number of attendees by Monday, the 6th.





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

Join **FOOD to the**
Rescue as we



THIS SEPTEMBER:
by collecting 16 oz* jars of
Peanut Butter for the
current school year
food distributions.

We appreciate your help!



Scan above QR Code for Venmo payment

[PayPal.me/foodtotherescue](https://www.paypal.me/foodtotherescue)

*jar weight varies by brand: this is a general guideline for size!

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>

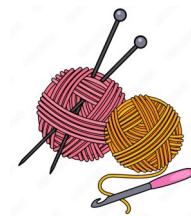
Once information is entered, you can follow the on-screen instructions to complete your login.

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.

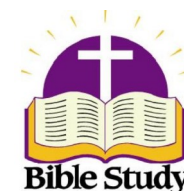
Join us at 5:30pm in the Choir Loft.

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 destroyed by fire; 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).