



Mid-Week Manna

A Weekly Newsletter from the First Cumberland Presbyterian Church

*Wednesday,
September 24, 2025*

From Your Minister - Christian Smith

“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” – Philippians 4:6

Most of you know that every Tuesday we open the doors of the church to offer utility and food assistance to members of our community. Yesterday, we saw far more people than we have seen in a long time. It is always a blessing to see the joy on the faces of those whose burdens are lifted, even just a little.

After assistance was over, I had the opportunity to go and visit with one of the members of our church who is no longer able to be with us on Sunday mornings. We had a great time talking about the church and life. Our time together brought joy to both of us. There was so much good in the day yesterday.

But if I am honest, it was not the joy that stuck with me all day. It was the hurt. In the middle of all that joy, one person came for assistance, and we were unable to help her. She became very upset with me. Even though we made many people happy, it was that one difficult moment that I kept replaying throughout the day.

I think that’s true for many of us. We sometimes hold onto the criticism or the conflict more tightly than we hold onto the blessings that we are offered. In those moments, prayer is not just a discipline. It is a lifeline. Prayer invites us to place all of our joy and the pain, our gratitude and frustration, everything into God’s hands.

Prayer keeps us from carrying the weight of every moment of life by ourselves. God sees and cares about our joys, pains, and frustrations. Prayer shows our trust that God can carry the burden and help to realign our heart and our vision for the days ahead.

As we continue to focus on the importance of prayer, I invite you to bring every moment to God. Bring Him the good moments, the frustrating ones, and everything in between. God is big enough to handle it all, and through prayer, God gives us the peace we cannot give ourselves.

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

931-526-6585
www.cookevillecpchurch.org



Sunday Worship Information



Sunday, September 28th, will be the 16th Sunday after Pentecost. The chancel color will be green. Our minister, Rev. Christian Smith, will preach using Psalm 13 as the scripture. The sermon's title is "Praying in Struggle." Everyone is invited to join us in the sanctuary at 8:45am or 11:00am 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.

Sourdough Bread-Making Class



You are invited to join us in learning the art of making/baking sourdough bread! A class has been scheduled for Saturday, October 4th, at 10:00 a.m. The location for the class is 1657 North Plantation Drive in the Cookeville/Algood area and Mary Susan Timion will be leading the session. Please contact Angie Knight at 931-261-3490 or Sandra Robbins (in the church office) if you would like to attend. The class is limited to 20 participants, so don't delay - sign up today!

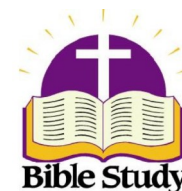
Wednesday Connection

Join us this Wednesday in packing food boxes for Food to the Rescue (see article above.) This will be our last Connection activity until the 22nd of October. Fall Break for the Putnam County School System will begin at 3pm on Friday, October 3rd, and children/teachers/staff will return to classes on Monday, October 20th. There will be **NO CONNECTION** on October 8th and 15th. Plan to join us when we resume on the 22nd!



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.



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!



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!

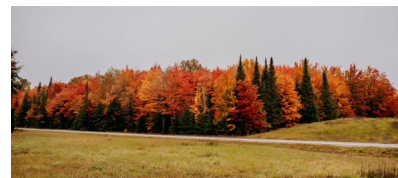
For Our Visitors AND Members



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.



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.

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

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



OCC Box Folding Party

On Friday, October 3rd from 10am to 12pm, we invite you to join us in making (folding) shoeboxes for Operation Christmas Child. This is a program sponsored by the Cumberland Presbyterian Women's Ministry. We will be meeting in the downstairs Youth Room. Come in the downstairs door facing the playground. A date for the "Packing Party" for boxes will be announced soon.

STEWARDSHIP REPORT

Sunday, September 21, 2025

Commitments - \$1,620.00 Undesignated - \$2,624.00 Other - \$50.00

Included in this week's offering was \$50.00 for altar flowers.

Total Deposit - \$4,294.00

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.



**CPNS will be hosting our annual fall carnival on
November 8th from 2-4pm!**

**We want to extend an invitation to the
congregation of First Cumberland Presbyterian
Church to join us for this fun fundraising event for
the center.**

**We will have games & prizes, baked goods, crafts
for sale, popcorn, sno cones, cotton candy,
lemonade and lots of fun planned!
Christian has also generously agreed to
participate in a game of pie the pastor!**

**If you cannot attend but would like to donate
anything to help us make this event a success,
that would also be greatly appreciated!**

**The following items are what we know for sure
we will need:**

- **Hay bales (square)**
- **Pumpkins (small-medium)**
- **Baked goods**
- **Mini pie pan tins**
- **Whipped cream (spray)**

**Any donations can be brought in the week of
11/3/25-11/7/25 and given to Madison or Ashlyn!
Thank you and we hope to see everyone!**

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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!



Individuals: Catie, Ian, Lincoln, Addie, and Bonnie Bland (Reggie Brown's daughter and family) - home and belongings were destroyed by fire; J.D. Ellis (home); Regina Weber (NHC); Dave Brown (Julia Huddleston Brown's husband - stroke); Annette Coorts Flanders (home); Dan & Kathy Hilton; Kaye O'Brien; Evelyn Hyder; Sherrie Smith; Cindy Furcean.

Cancer Treatment: Anne Taylor (Tracy Sparks' sister); 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).

