



Mid-Week Manna

A Weekly Newsletter from the First Cumberland Presbyterian Church

*Wednesday,
October 1, 2025*

From Your Minister - Christian Smith

***“Because there is one bread, we who are many are one body,
for we all partake of the one bread.” – 1 Corinthians 10:17***

This Sunday, Christians from around the world will gather around the table. Some will gather in sanctuaries full of pews and stained glass. Others will gather in small homes. Some will gather in secret. But all will gather at the same table.

This Sunday is World Communion Sunday. Christians from around the world will gather around the Lord’s Table. I love this day because it reminds us that the table of Christ is bigger than any one church, culture, country, race, language, or any other factor that might divide us.

Depending on the church you attend, the bread and cup may look different. Sometimes it is a small loaf. Sometimes it is a cracker. Sometimes, it is pita bread. In some churches the cup is wine. For others the cup is filled with grape juice. But regardless of the elements, it is the same table. It is the same Savior we celebrate.

This Sunday, my family and I will be away on fall break. While I hate to miss this special day and the opportunity to participate in the Sacrament of Holy Communion with you, I celebrate that while we may be separated, we are still joined at the same table.

As we gather at the table this week, no matter where that might be or what that table might look like, we are reminded that we don’t gather as isolated individuals. We gather as a world-wide community of people who were created in the image of a loving God. This meal is one of connection, reconciliation, and unity.

Whether you are in Cookeville, Gulf Shores or anywhere else this Sunday, I hope that you will remember that the table is more than just crackers and grape juice. The sacrament reminds us not just of what Christ has done. The sacrament reminds us that Christ is seeking to overcome all that separates us today. At the table we are also reminded of the future and the fact that one day all of God’s children will gather at the heavenly banquet table where no one will be missing.

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

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Sunday Worship Information



Sunday, October 5th, will be World Communion Sunday. The chancel color will be white. Our Pastor Emeritus, Dr. Charles McCaskey, will preach using Matthew 26:26-28 as the scripture. The sermon's title is "The Lord Be with You." Everyone is invited to join us in the sanctuary at 8:45am or 11:00am 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.

Food to the Rescue Packing Day

*****TONIGHT, 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.

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!

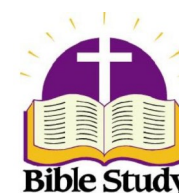


Email and Texting

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.

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.





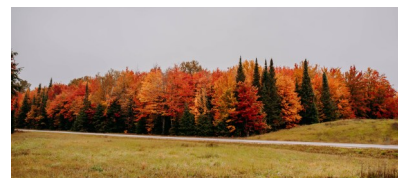
NES Backpack Program

CFCPC is partnering with the Putnam Education Partnership (PEP) Foundation to provide Northeast Elementary School students with weekend food bags. We will pack and deliver bags in October, December, February, and April. If you can help, please sign up using the QR code.



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.



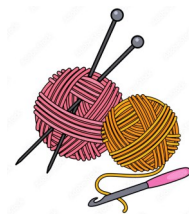
OCC Box Folding Party

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.



Twisted Stitchers

Connection has resumed and the Twisted Stitchers 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!



STEWARDSHIP REPORT

Sunday, September 28, 2025

Commitments - \$2,930.00

Undesignated - \$1,803.00

Other - \$611.00

Included in this week's offering was \$50.00 for altar flowers, \$100.00 for Tuesday Assistance, \$195.00 for CPNS reimbursement, \$109.00 in Connection donations and \$157.00 in Coke money.

Total Deposit - \$5,344.00

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!



EQUIP & LEAD

Sundays @ 10:00 a.m.
in the Upper Commons

Young Adult Bible Study

Oct. 5 & 12
Luke 11:1-13 &
Matt. 6:9-13

**CONNECT
WITH US**



Meal Train

You are invited/encouraged to help us provide a meal for Pete and Regina Weber. They 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!

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**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!**



The congregation of First Cumberland Presbyterian Church offers condolences to the family of Ruth Sapp. Ruth passed on Monday of this past week. Graveside services were held on Friday in Sparta. Ruth was a cherished member of our church and will be missed. Please keep her family in your thoughts and prayers at this difficult time.



Individuals: Allison McDonald (CRMC); the family of Ruth Sapp; Catie, Ian, Lincoln, Addie, and Bonnie Bland (Reggie Brown's daughter and family) - home and belongings were destroyed by fire; Regina Weber (home); 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).

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.

