



COOKEVILLE FIRST CUMBERLAND PRESBYTERIAN CHURCH

From Your Minister

“And all flesh died that moved on the earth...” — Genesis 7:21

Noah's ark may be one of the strangest Bible stories we have turned into a children's story.

We put it on nursery walls. We buy toy arks with little wooden animals. We sing about the animals coming in “by twosies, twosies.” There are animals. There is a giant boat. There is a rainbow. Those are pretty easy things to put in a children's book.

But go back and read the story. It is one of the darkest stories in the Bible. Genesis describes a world so consumed by violence and corruption that God regrets having made humanity. Then the waters come. And scripture says, “all flesh died.” People die. Animals die. An entire world disappears beneath the water while Noah and his family survive inside the ark.

And if that makes you uncomfortable, I think it should. This is not an easy story. It raises difficult questions about judgment, violence, and even about God. What do we do with a story in which God responds to a world filled with violence with mass destruction?

I don't have a simple answer that makes those questions disappear.

Sometimes taking Scripture seriously means resisting the temptation to make a difficult story easy. We can wrestle with the questions and still keep reading. Maybe the rainbow means more when we don't hurry past the realities of the flood.

After the flood, God does not announce that humanity has finally been fixed. The flood has not magically solved the problem of human sin. But God still makes a covenant.

God promises to never destroy the earth with a flood again and places the bow in the clouds as the sign of that promise. The rainbow isn't simply a cheerful ending to a frightening story. It is a sign of God's commitment to a world that is still broken.

That's what the children's version can accidentally hide from us. Noah isn't just a story about animals marching two by two onto a boat. It is a story about violence, judgment, grief, survival, covenant, and how God remains committed to a creation that is still far from perfect.

We still live in a broken world. We still see violence and suffering. Humanity still hasn't gotten everything figured out. But the rainbow reminds us that God has not given up on the world.

Noah's ark isn't really a children's story. But the rainbow may be a promise all of us need.

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Are you new here? Do you have a prayer concern or idea to share? Do you want to be on our email list for the newsletter? Just scan the code below!



Coming Up This Week

Wednesday, October 7

- 5:15pm - Connection Dinner - no charge for meal
- 6:00pm - Children and Youth / Twisted Stitchers
- 6:15pm - Adult Study - Apocrypha: First Maccabees

Thursday, October 8

- 7:30am - Coffee with the Pastor - The Exceptional Bean
- 4:00pm - God's 4H-ers: His & Hers Healthy Workouts to Hymns

Sunday, October 11

- 8:45am - Sunday Worship
- 10:00am - Sunday Morning Small Groups
- 11:00am - Sunday Worship
- 5:30pm - Sanctuary Choir Rehearsal
- 6:30pm - Youth and Young Adult Meeting

Monday, October 12

- 10:00am - Love-Joy Circle - Session Room
- 3:00pm - Mahjong
- 4:00pm - God's 4H-ers: His & Hers Healthy Workouts to Hymns

Tuesday, October 6

- 10:00am - Sonshine Circle - Family Life Center
- 12:00pm - Men's Bible Study
- 1:00pm - Community Assistance



WOMEN'S BIBLE STUDY

FRUIT OF THE SPIRIT

BY HAZEL OFFNER

TUESDAYS AT NOON
FOUNDATIONS CLASSROOM



BRING YOUR LUNCH



FOR MORE INFORMATION CONTACT
LORI VARNEY





When Good Things Distract Us

Luke 10:38–42
October 11, 2026



Sunday Worship Information

Sunday, October 11, is the Twentieth Sunday after Pentecost, and the chancel color will be green. This week, Cosby King will preach from Luke 10:38–42, the familiar story of Mary and Martha, in a sermon titled “When Good Things Distract Us.”

Sometimes the things that distract us from Jesus are not bad things at all. They are responsibilities that need our attention, people who need our care, and good things we genuinely want to do. Through Martha’s story, we will consider what happens when even good things consume our attention and how we can refocus on Jesus when life genuinely feels overwhelming.

We invite you to join us in the sanctuary at 8:45 a.m. or 11:00 a.m. If you are unable to attend in person, the 8:45 a.m. service will be streamed live on our church’s YouTube channel.

All are welcome as we gather to worship and consider how we can make room to be with Jesus even in the midst of lives filled with good and important things.



Love-Joy Circle

The Love-Joy Circle will meet on Monday, Oct 12, at 10am in the Session Room. Nancy Rector will be leading the devotion. Please remember to bring cards for our shut-ins. All ladies in the church are invited to attend the meeting. We look forward to seeing you there!

Love-Joy Circle

The Sonshine Circle will meet on Tuesday, Oct 13, at 10am in the Family Life Center. Virginia Lovellette will lead the devotion. We encourage any lady in the church to attend our meeting. Please feel free to join us!

Other Opportunities

Wednesday, October 28

**CHILI & SOUP
COOKOFF
5:30 PM**



Trophy for the Cookoff Winner!

**TRUNK OR
TREAT
6:30 PM**



**Sign Up to Bring
Food & Supplies**



Chili & Soup Cookoff and Trunk or Treat - Wednesday, October 28

Pick out your favorite recipe and start planning your trunk decorations! We'll begin with a chili and soup cookoff at 5:30 p.m., with a trophy for the winner. Then, at 6:30 p.m., we'll hand out candy and treats from our decorated cars and trucks.

Help make the evening a success by signing up to bring soup or chili, drinks, cheese, crackers, or s'mores ingredients. Use the QR code on the announcement or sign up at the following link:

<https://www.signupgenius.com/go/10C0F4EA5AA28A4FDC25-37808134-trunk>

Invite your friends and neighbors to join us for an evening of food, fellowship, and fall fun! More details will be coming soon.

Holy Land 2027 Trip

In September 2027, members of our church will join First United Methodist Church for a tour of the Holy Land. If you have ever dreamed of visiting many of the places where Jesus lived and ministered, we invite you to learn more about this exciting opportunity. You can also learn more by speaking with Christian and/or visiting the following link: <https://www.eo.travelwithus.com/tours/hl27091527p59093>

BEHIND THE BADGE

Community Conversation with FBI Nashville



**WEDNESDAY,
OCTOBER 7, 2026**



1:30 PM – 4:30 PM



Stevens Street Baptist Church,
327 W. Stevens St., Cookeville

EVENT SCHEDULE



1:30 PM – 2:30 PM – FBI NASHVILLE COMMUNITY AWARENESS PRESENTATION

Hear directly from FBI Nashville about the Bureau's mission, priorities, and how we work together to keep our communities safe.



2:45 PM – 3:30 PM – ELDER FRAUD & CYBER PRESENTATION

Learn how scammers target older adults and how to protect yourself and loved ones from financial exploitation and cyber threats.



3:30 PM – 4:30 PM – COOKEVILLE CITY POLICE

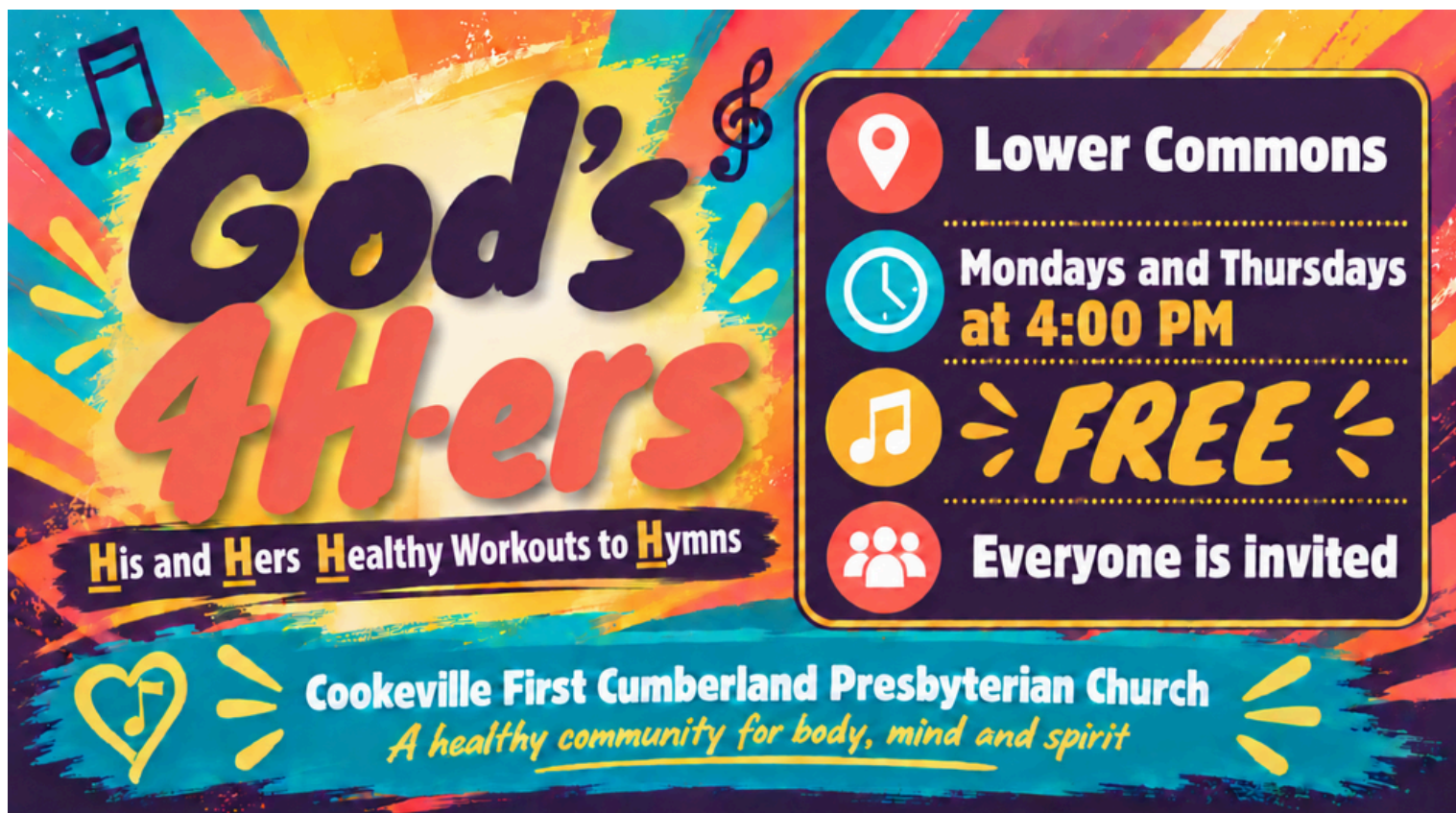
Open for questions and discussion.

TOPICS MAY INCLUDE

- Current Scams Targeting Our Community
- How Criminals Steal Your Personal Information
- Protecting Your Finances and Accounts
- Safe Online Practices
- Reporting Suspicious Activity
- Resources and Community Support

LEARN. CONNECT. PROTECT. ★

Sign up at www.fbinaa.org



God's 4H-ers

His and Hers Healthy Workouts to Hymns

Lower Commons

Mondays and Thursdays at 4:00 PM

FREE

Everyone is invited

Cookeville First Cumberland Presbyterian Church
A healthy community for body, mind and spirit

God's 4H-ers meets every Monday and Thursday at 4:00 PM in the Lower Commons. Join us for His and Hers Healthy Workouts to Hymns! The class is free, and everyone is invited to be part of a healthy community for body, mind, and spirit.

For Thursday's class, wear comfortable clothing and, if you have them, bring a set of hand weights. Three or five pounds is a good starting point. Bring heavier weights if you're used to lifting them. You don't need a mat yet. And don't worry if you arrive late or need to leave early. Come when you can!

HELP NEEDED!

PACK Or DELIVER

NORTHEAST ELEMENTARY FOOD BAGS



Your time makes a difference
for local students and families.



If interested, see Jodi Smith.



Stewardship Report

Sunday, October 4, 2026

Commitments - \$4,505.00 Undesignated - \$850.00 Other - \$338.00

This week's offering included an \$80.00 facilities usage donation, \$100.00 for t-shirts, and \$158.00 in Connection meal donations (09/16 and 09/23).

Total contributions - \$5,693.00



Giving is one of the ways we respond to the grace we have received in Jesus Christ. Although we do not pass the offering plates during worship, the ministry of this church continues because of your faithful generosity. Offering boxes are available beside the narthex credenza and by the "Amen Corner." Plates are also available on the table at the front of the sanctuary. You may also give electronically by scanning the QR code shown here. Thank you for supporting the mission and ministry of this congregation as we seek to love God and love our neighbors.

Prayer Concerns

Prayer Concerns:

- Maggie Wharton
- Dixon Zendt - surgery on both thumbs
- Kathie Chapman - surgery on broken leg and wrist
- Adam Wright - Jan Holloway Wright's stepson - construction accident
- Reggie Brown - surgery on broken leg
- Janet LaPoint - Evelyn Plecan's cousin
- Nancy Bunnell - Evelyn Plecan's cousin
- Allen Mackrill - Lataine Perry's brother - stroke
- Jason Lingerfelt - bypass surgery
- Lee Webb - Alzheimers
- Willene James - Freeman Smith's sister
- Ray Smith - Freeman Smith's brother
- Unspoken Requests

Cancer Treatment:

- Nancy Rector - breast cancer
- Bailee Brown - Caleb Cashion's sister
- Kristen Simon - Cindy Putz's niece
- Jim Dixon
- Robert Marbury - Jean Webb's brother
- Barbara Spurgeon - colon cancer
- Bill Snyder - Virginia Lovellette's brother
- Linda Stringer - Evon Maggart's sister
- Niki Work - Jodi Smith's cousin

Assisted Living:

- Doris Baggett - Signature Healthcare
- Roberta Ross - Standing Stone
- Ramona Tilghman - Life Care of Sparta
- Regina Weber - NHC



There is a lot happening at First Cumberland this fall. Who might enjoy being part of something you see in this week's Manna? Encouraging people and getting them involved often begins with the simple question, "Would you like to come with me?"