# Red Bank United Methodist Church Newsletter for the First Quarter of 2024



3800 Dayton Boulevard 37415

Ken Sauer, Pastor

### Newsletter for the First Quarter of 2024

Have you ever felt small and insignificant? I think many of us have, at times. Have you ever thought of yourself as so insignificant that God couldn't possibly use you for God's good purposes? Certainly, if God needs something done, God will use someone with many more resources. More talent. Someone younger. Someone older. Someone richer. Someone stronger. I have felt like this as well.

You know, Red Bank United Methodist Church is a relatively small church in a relatively small town. Most people in the rest of the world, America and Tennessee for that matter don't even know we exist. But look what God is doing through YOU! We have one of the largest, if not THE LARG-EST Food Pantry in the entire county. People rely on this church.

We have a preschool that has 110 children enrolled It's only about 3 years old, but it has 110 kids and it has been nominated to win the award for Best of the Best by the in the Times Free Press for two years running. On top of being one of the highest-quality preschools, it is one of the most affordable.

We have a Young at Heart Group, for folks 55 and over, which has grown tremendously over the past year. It is a great way to plug into a community and make friends while having fun. They meet twice a month all year long (look for their 2024 calendar in this newsletter).

Our Wednesday evening children's program is growing as well as our Sunday morning program. We have a fantastic Children's Director and God is using her.

These are some of the ministries of this church. And these ministries are making a huge difference in this community. And you make up this Church—you are being used by God for God's good purposes. This is huge. There is no greater privilege nor calling.

Perhaps there are people who, at one point or another, have written us off and said, "Red Bank United Methodist Church is a relic of the past. Their best days are behind them." I'm here to say that our best days are NOW and there are much, much better days to come. And that is not because of us. It is because we are Christ's Church. We are God's Church. His Son lives in our hearts. We are His servants. He has called us to bear much fruit. And you are saying "yes" to His call.

And God has chosen to use this Church to play a big part in transforming lives here in Red Bank. I believe with that we are standing on the precipice of a great revival in this town. So many people have given up on the church because they think it is too involved in politics or doesn't put its money where its mouth is. But that does not describe YOU!

The Lord is with you, Red Bank United Methodist Church, and He will use you to birth His Son into the lives of the lost and lonely people of this town.

Pastor Ken

### You Are What You Eat



Photo by Tim Douglas on pexels.com

As we go through this holiday season, we are surrounded by large feasts for Thanksgiving and the annual treats around Christmas and New Year's. I am sure you have heard the phrase, "You are what you eat." The proverbial saying is the notion that to be fit and healthy, you need to eat good food.

'You are what you eat' has come to into the English language by quite a meandering route. In 1826, the French lawyer Anthelme Brillat-Savarin wrote, in Physiologie du Gout, ou Meditations de Gastronomie Transcendante: "Dis-moi ce que tu manges, je te dirai ce que tu es."

[Tell me what you eat and I will tell you what you are]. In an essay titled Concerning Spiritualism and Materialism, 1863/4, Ludwig Andreas Feuerbach wrote: "Der Mensch ist, was er ißt." [Man is what he eats]

Neither Brillat-Savarin nor Feuerbach meant their quotations to be taken literally (that would be rather messy). They stated that the food one eats affects one's state of mind and health. Although they coined French and German variants of 'you are what you eat,' the phrase didn't migrate into other languages and wasn't used in English until decades later.

So, what does this have to do with your faith? Let's change the phrase to "You are what you consume" or "You are what you surround yourself with." How is your faith and your walk with God affected if you surround yourself with sinful temptations? Will you tend to slip more and go away from what you know is the right thing to do? If you surround yourself with people who treat others badly, will your behavior change? On the flip side, if you start your day reading your Bible or devotionals, how will your faith be affected, and will it show through in your actions?

I have met many people who say they are very religious but do not feel they need to go to church to have a strong faith. I am not saying they are wrong, but I think if they surround themselves with other Christians through church and Bible studies, they can grow their faith even more. They are limiting their growth based on what they can do on their own. Having that support team around you raises your potential.

So faith comes from hearing, and hearing through the word of Christ. Romans 10:17

If you isolate yourself from the word of Christ because of surrounding yourself with all the other distractions of the world, your faith will not grow. We need to feed our faith just as we need to give seeds what they need to grow to be able to have a good harvest. John 4:14 says "Do we nurture, feed, water, and take care of what and where the seed was planted, or do we deprive the soil of what it needs?" We are what we eat; we are what we surround ourselves with. Do we give our faith what it needs to grow or deprive it?

Enjoy the holiday season and the treats that come with it. Don't lose focus on Christ and the celebration of His birth. Surround yourself with everything that will bring you closer to God instead of the world's distractions pulling you away from Him.

Merry Christmas, and may God bless you every day!

Peace be with you,

Thomas Mayberry



"Wisdom is with the aged, and understanding in the length of days" Job 12:12

"Young at Heart" is a Senior Adult Ministry geared for those 55+ who are interested in developing their faith together and enjoying good fellowship, growing friendships, and a variety of activities and programs. We hope you will join us.



Tuesday, January 9: Meet at the church at 10:30 a.m. and go out to eat at Acropolis Restaurant

Thursday, January 25: Meet at the church at 10:30 a.m., eat lunch, and experience a presentation from a person from Germany whose family witnessed the Holocaust

Tuesday, February 13: Meet at the church at 10:30 a.m. and go out to eat at Osaka Restaurant

Thursday, February 22: Meet at the church at 10:30 a.m., eat lunch, and experience a presentation on comparative religions by Reverend Ed Snow

Tuesday, March 12: Meet at the church at 10:30 a.m. and visit the Everlasting Nation Messianic Museum

Thursday, March 28: Meet at the church at 10:30 a.m. and experience a Passover Seder led by Rabbi Craig Lewis

Tuesday, April 8: Meet at the church at 10:30 a.m. and go out to eat at the Cookie Jar Restaurant

Thursday, April 25: Meet at the church at 10:30 a.m., eat lunch, and experience a presentation by 4 Star General B.B. Bell, aid to General Norman Schwarzkopf during Desert Storm

Tuesday, May 14: Meet at the church at 10:30 a.m. and then go ride the Incline Railroad and eat at 1885 Grille

Thursday, May 23: Meet at the church at 10:30 a.m., eat lunch, and experience a presentation on the Invasion of Normandy

Tuesday, June 11: Meet at the church at 10:30 a.m. and then go out to eat at Portofinos Restaurant

Thursday, June 27: Meet at the church at 10:30 a.m., eat lunch, and then play bingo. The proceeds will go to Wreaths across Chattanooga

Tuesday, July 9: Meet at the church at 10:30 a.m. and then visit the Cast Iron Skillet Lodge Museum and eat at the Big Bad Breakfast Restaurant

Tuesday, August 13: Meet at the church at 10:30 a.m. and go out to eat at the Local Goat Restaurant

Thursday, August 22: Meet at the church at 10:30 a.m., eat lunch, and experience a presentation by a Case Manager from Hospice

Tuesday, September 9: Meet at the church at 10:30 a.m. and go out to eat at El Matate Restaurant

Thursday, September 26: Meet at the church at 10:30 a.m., eat lunch, and experience a presentation from Chattanooga Homeless Health Liaison Joe Brackett about feeding the homeless with food from the Red Bank Community Homeless Food Pantry

Tuesday, October 8: Meet at the church at 10:30 a.m. and go enjoy the Fall colors at Fall Creek Falls

Thursday, October 24: Meet at the church at 10:30 a.m. and take a tour of the Chickamauga Battlefield followed by lunch at Park Place Restaurant

Tuesday, November 12: Meet at the church at 10:30 a.m. and go out to eat at Wooden's Apple Bar

Tuesday, November 3: Meet at the church at 10:30 a.m. for a Christmas Party.



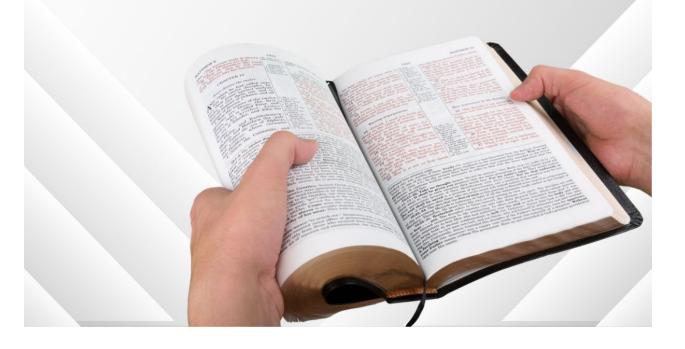
Please check the table outside the nursery for your Christmas cards! There are lots of greetings waiting for you!!

If you want personalized offering envelopes, please email or call with your name and number of envelopes you want for the year. They may be picked up from the table outside the Nursery; let me know if I need to mail them!

Year-end Statements should be on the table outside the Nursery door by January 14.

# Starting Again January 10







### What we have been learning

In youth group we have been learning about how we find our identity in Christ and the urgency of sharing the gospel. We have been looking at verses such as John 1:12, Colossians 2:9-10, Genesis 1:27, Jeremiah 1:5, 1<sup>st</sup> Corinthians 12:27, Romans 13:11, Matthew 24:42-44, and Acts 20:24. We have been very scripture heavy in our lessons. Throughout this semester we have been very consistent in attendance (though it may be small), We have been very good at bringing our bible every Sunday night, we are growing in our faith and knowledge, and we are learning about the foundations of methodism in Sunday school through confirmation. There is a lot to be excited about in the progress we have been making.

#### What we're looking forward to

We are very excited for youth group in 2024. We are going to be doing more outreach, more special events, and be more involved in our church. Starting in January I will be going to Red Bank High School's morning FCA (Fellowship of Christian Athletes) meetings. This will be a good way to advertise youth group, and other special events we will be having. Resurrection is happening from January 19-21<sup>st</sup> and we will be merging with Sevierville First United Methodist for this event. It will be a time of faith and relationship strengthening. There is a lot to look forward to with youth group in 2024, and I am excited to see how we grow in faith, deeds, and numbers!

RED BANK UNITED METHODIST CHURCH

# Explorers Club

## Coming Back January 10th Wednesday Nights 5:30–7pm

Ready, set, EXPLORE! Join us every Wednesday Night as we explore lessons and stories from the bible through hands on activities such as experiments and crafts. The goal of explorers club is to be a place to enjoy fellowship with friends, explore curiosity, and to have fun!

FREE dinner at 5:30pm

Activities for ages 2+

Activities for youth and adults available during this time as well!

Get in touch: Childrens Director:

**Trinity Baxter** 

Cell: 423-834-1749

Email: trinityrbumc@gmail.com

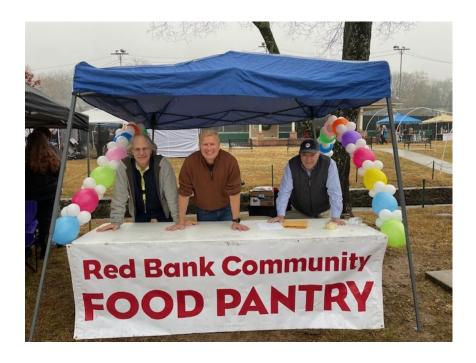
3800 Dayton Boulevard



Check out our new "Anytime Community Food Pantry Box" in front of the gym door. Thanks to Valerie Campbell for installing it.



We are thankful to the City of Red Bank for collecting 300 pounds of food for the food pantry.



The food pantry had a booth in the park for the Red Bank Christmas Parade.



We are thankful to our friends at Rise Church, Red Bank for collecting and donating food and money for the food pantry.





This year's Christmas Cantata was one of our best.





Hanging of the Greens is always a big hit.



The Young at Heart had a great year and the Christmas Party was no exception.



Explorer's Club has grown. They meet every Wednesday evening from 5:30~pm-7~pm. They will be back on January  $10^{\text{th}}$ .















We like to party.

### 2024 Read Together Plan

# 365 Days from Genesis through Revelation

## J. Ellsworth Kalas, The Grand Sweep

Week 1; Dec. 31-January 6		Week 6: February 4-10		Week 10: March 3-9		
Week 1; Dec	, 31-January o	February 4	Exodus 34-36	March 3	Deut. 5-8	
December 31	Genesis I	February 5	Exodus 37-40	March 4	Deut. 9-11	
January 1	Genesis 2	February 6	Levitions 1-3	March 5	Deut. 12-14	
January 2	Genesis 3,4	February 7	Leviticus 4-6	March 6	Deut. 15-17	
January 3	Genesis 5.6	February 8	Leviticus 7-9	March 7	Deut, 18-20	
January 4	Genesis 7.8	February 9	Leviticus 10,11	March 8	Deut. 21-23	
January 5	Genesis 9-11	February 10	Levitious 12,13	March 9	Deut. 24-26	
January 6	Genesis 12,13	rebruary 10	DETAIL OF THE			
		Week 7: February 11-17		Week 11: March 10-16		
Week 2; Jar	nary 7-13	February 11	Levitious 14, 15	March 10	Deut. 27-29	
January 7	Genesis 14,15	February 12	Levitions 16-18	March 11	Deut. 30-32	
January 8	Genesis 16,17	February 13	Levitions 19-21	March 12	Deut. 33,34	
January 9	Genesis 18,19	February 14	Levitions 22-24	March 13	Joshua 1-3	
January 10	Genesis 20,21	February 15	Levitious 25-27	March 14	Joshua 4-6	
January 11	Genesis 22,23	February 16	Numbers 1-3	March 15	Joshua 7-9	
January 12	Genesis 24,25	February 17	Numbers 4-6	March 16	Joshua 10-12	
January 13	Genesis 26,27	repressive 17	Mullionia 4-0	2		
Week 3; January 14-20		Week 8: February 18-24		Week 12; March 17-23		
January 14	Genesis 28-30	February 18	Numbers7.8	March 17	Joshua 13-15	
January 15	Genesis 31-33	February 19	Numbers 9,10	March 18	Joshua 16-18	
January 16	Genesis 34-36	February 20	Numbers 11.12	March 19	Joshua 19-21	
January 17	Genesis 37, 38	February 21	Numbers 13-15	March 20	Joshua 22-24	
January 18	Genesis 39, 40	February 22	Numbers 16-18	March 21	Judges 1-3	
January 19	Genesis 41, 42	February 23	Numbers 19, 20	March 22	Judges 4,5	
January 20	Genesis 43-45	February 24	Number 21	March 23	Judges 6-8	
January 20	Concess 45-45					
Week 4: January 21-27		Week 9: Feb. 25-March 2		Week 13; March 24-30		
January 21	Genesis 46-28	February 25	Numbers 22-24	March 24	Judges 9-11	
January 22	Genesis 49, 50	February 26	Numbers 25-27	March 25	Judges 12-14	
January 23	Exodus 1, 2	February 27	Numbers 28-31	March 26	Judges 15,16	
January 24	Exodus 3, 4	February 28	Numbers 32-34	March 27	Judges 17-19	
January 25	Exodus 5-7	February 29	Numbers 35,36	March 28	Judges 20,21	
January 26	Exodus 8-10	March I	Deut, 1-3	March 29	Ruth 1-4	
January 27	Exodus 11, 12	March 2	Deut. 4.5	March 30	I Samuel 1-3	
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	n. 28-February 3					
January 28	Exodus 13-15					
January 29	Exodus 16-18			214		
January 30	Exodus 19, 20					
January 31	Exodus 21-23					
February 1	Exodus 24-26					
February 2	Exodus 27-30					
February 3	Exodus 31-33					

Week 14; P	March 31-April 6	Week 19:	May 5-11	Week 23;	June 2-8
March 31	I Samuel 4-6	May 5	1 Chronicles 1-3	June 2	Nchemiah 1-3
April 1	1 Samuel 7-9	May 6	1 Chronicles 4,5	June 3	Nehemiah 4-6
April 2	1 Samuel 10-12	May 7	1 Chronicles 6,7	June 4	Nehemiah 7,8
April 3	1 Samuel 13-15	May 8	1 Chronicles 8,9	June 5	Nehemiah 9,10
April 4	I Samuel 16-18	May 9	1 Chron, 10-12	June 6	Nehemiah 11-13
April 5	1 Samuel 19-22	May 10	1 Chron. 3-15	June 7	Esther 1-3
April 6	1 Samuel 23-25	May II	1 Chron. 16-18	June 8	Esther 4-6
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Week 15; /	spor 3-13	week 20;	May 12-18	Week 24;	June 9-15
April 7	1 Samuel 26-28	May 12	1 Chron. 19-21	June 9	Esther 7-10
April 8	1 Samuel 29-31	May 13	1 Chron, 22-24	June 10	Job 1-3
April 9	2 Samuel 1-3	May 14	1 Chron, 25-27	June 11	Job 4-6
April 10	2 Samuel 4-6	May 15	1 Chron. 28,29	June 12	Job 7-9
April 11	2 Samuel 7-9	May 16	2 Chronicles 1-3	June 13	Job 10-12
April 12	2 Samuel 10-12	May 17	2 Chronicles 4-7	June 14	Job 13-15
April 13	2 Samuel 13-15	May 18	2 Chronicles 8, 9	June 15	Job 16-18
Week 16; A	April 14-20	Week 21;	May 19-25	Week 25;	June 16-22
April 14	2 Samuel 16-18	May 19	2 Chron, 10-12	June 16	Job 19-21
April 15	2 Samuel 19-21	May 20	2 Chron, 13-15	June 17	Job 22-24
April 16	2 Samuel 22-24	May 21	2 Chron. 16-18	June 18	Job 25-28
April 17	1 Kings 1-3	May 22	2 Chron, 19-21	June 19	Job 29-31
April 18	1 Kings 4-6	May 23	2 Chron, 22-24	June 20	Job 32-34
April 19	1 Kings 7-9	May 24	2 Chron, 25,26	June 21	Job 35-37
April 20	LKings 10, 11	May 25	2 Chron, 27,28	June 22	Job 38-41
Week 17; A	pril 21-28	Week 22; 1	May 26-June 1	Week 26; .	Func 23-29
April 21	1 Kings 12-14	May 26	2 Chron, 29-32	June 23	Job 42
April 22	Kings 15.16	May 27	2 Chron. 33,34	June 24	Feelesiastes 1-3
April 23	1 Kings 17,18	May 28	2 Chron. 35,36	June 25	Ecclesiastes 4-6
\pril 24	1 Kings 19,20	May 29	Ехта 1-3	June 26	Ecclesiastes 7-9
April 25	1 Kings 21,22	May 30	Ехта 4-6	June 27	Feeles 10-12
April 26	2 Kings 1-3	May 31	Ezra 7,8	June 28	
April 27	2 Kings 4,5	June 1	Ezra 9,10	June 29	Song Songs 1-3 Song Songs 4-6
Neek 18; A	pril 29-May 4				
April 28	2 Kings 6-8				
April 29	2 Kings 9-11				
April 30	2 Kings 12-14				
day l	2 Kings 12-14 2 Kings 15-17				
	2 Kings 15-17 2 Kings 18-20				
day 2					
day 3 day 4	2 Kings 21-23 2 Kings 24, 25				

Week 27; June 30-July 6		Week 32: August 4-10		Week 36; September 1-7	
June 30	Song Songs 7,8	August 4	Jeremiah 37-39	September 1	Hosca 4-6
July 1	Isaiah 1-3	August 5	Jeremiah 40-43	September 2	Hosea 7-9
July 2	Isaiah 4-6	August 6	Jeremiah 44,45	September 3	Hosea 10-12
July 3	Isaiah 7-9	August 7	Jeremiah 46-49	September 4	Hosea 13,14
July 4	Isaiah 10-12	August 8	Jeremiah 50-52	September 5	Joel 1-3
July 5	Isaiah 13-16	August 9	Lamentations 1,2	September 6	Amos 1-3
July 6	Isaiah 17-19	August 10	Lam. 3-5	September 7	Amos 4-7
Week 28; July 7-13		Week 33; August 11-17		Week 37; September 8-14	
July 7	Isriah 20-23	August 11	Ezekiel 1-3	September 8	Obadiah
July 8	Isaiah 24-26	August 12	Ezekiel 4-6	September 9	
July 9	Isniah 27-29	August 13	Ezekiel 7-10	September 10	
July 10	Isaiah 30-32	August 14	Ezekiel 11-13	September 11	
July 11	Isaiah 33-35	August 15	Ezekiel 14-16	September 12	
July 12	Isaiah 36.37	August 16	Ezekiel 17-19	September 13	
July 13	Isaiah 38,39	August 17	Ezekiel 20-22		Habakkuk 1-3
Week 29; July 14-20		Week 34; August 18-24		Week 38; September 15-21	
July 14	Isaiah 40-42	August 18	Ezekiel 23-25	September 15	Zephaniah 1-3
July 15	Isaiah 43-45	August 19	Ezekiel 26-28	September 16	
July 16	Isaiah 46-49	August 20	Ezekiel 29-32		Zechariah 1-3
July 17	Isaiah 50,51	August 21	Exekiel 33.34		Zechariah 4-6
July 18	Isaiah 52-54	August 22	Ezekiel 35-37	•	Zechariah 7-10
July 19	Isaiah 55-57	August 23	Ezekiel 38,39		Zechariah 11-4
July 20	Isaiah 58-60	August 24	Ezekiel 40-42	September 21	
Week 30; July 21-27		Week 35; August 25-31		Week 39: September 22-28	
July 21	Isaiah 61-63	August 25	Ezekiel 43-45	September 22	Matthew 1.2
July 22	Isaiah 64-66	August 26	Ezekiel 46-48	September 23	Matthew 3.4
July 23	Jeremiah 1-3	August 27	Daniel 1-3	September 24	
July 24	Jeremiah 4-6	August 28	Daniel 4-6	September 25	
July 25	Jeremiah 7-9	August 29	Daniel 7-9	September 26	Matthew 10-12
July 26	Jeremih 10-12	August 30	Daniel 10-12		Matthew 13,14
July 27	Jeremiah 13-15	August 31	Hosea 1-3		Matthew 15-17
Week 31; J	oly 28-August 3				
July 28	Jeremiah 16-18				
July 29	Jeremiah 19-21				
July 30	Jeremiah 22-24				
July 31	Jeremiah 25-27				
August I	Jeremiah 28-30				
August 2	Jeremiah 31-33				
August 3	Jeremiah 34-36				

Week 40: Sept. 29-October 5		Week 45; November 3-9		Week 49; December 1-7		
September 29 Matthew 18-20		November 3	Acts 19-21	December 1	1 Thess, 1-5	
September 29	Marthew 10-20	November 4	Acts 22-24	December 2	2 Thess. 1-3	
	Matthew 21-23	November 5	Acts 25,26	December 3	1 Timothy 1-3	
October 1	Matthew 23,25	November 6	Acts 27,28	December 4	1 Timothy 4-6	
October 2	Matthew 26-28	November 7	Romans 1-3	December 5	2 Timothy 1-4	
October 3	Mark 1-3	November 8	Romans 4-6	December 6	Titus 1-3	
October 4	Mark 4-6		Romans 7,8	December 7	Philemon	
October 5	Mark 7-9	November 9	Romans 7,6	December	Lincinon	
Week 41; October 6-12		Week 46; November 10-16		Week 50; December 8-14		
October 6	Mark 10-12	November 10	Romans 9-11	December 8	Hebrews 1-3	
October 7	Mark 13,14	November 11	Romans 12-14	December 9	Hebrews 4-6	
October 8	Mark 15,16	November 12	Romans 15,16	December 10	Hebrews 7-9	
October 9	Luke 1-3		3 1 Corinthians 1-3		Hebrews 10,11	
October 10	Luke 4-6	a car car and a second	1 Corinthians 4-7	December 12	Hebrews 12,13	
October 11	Luke 7.8		5   Cor. 8-10	December 13		
October 12	Luke 9-11		5 1 Cor. 11-14	December 14		
October 12	Luke y-11	210101111111111111111111111111111111111				
Week 42; October 13-19		Week 47; November 17-23		Week 51; December 15-21		
October 13	Luke 12-14	November 17	7 1 Cor. 15,16	December 15	1 Peter 1,2	
October 13	Luke 15.16	November 18		December 16		
October 15	Luke 17-19	November 19		December 17	2 Peter 1-3	
October 16	Luke 20,21	November 20		December 18		
October 17	Luke 22-24	November 21	1 2 Cor. 10,11	December 19	1 John 3-5	
October 18	John 1-3	November 22	2 2 Cor. 12,13		2 John: 3 John	
October 19	John 4,5	November 23	3 Galatians 1,2	December 21		
October 19	Jonn 4,2	Arvenioci 2.	. 0400.000.7,2	2.000		
Week 43; October 20-26		Week 48; No	ovember 24-30	Week 52; December 22-2		
October 20	John 6,7	November 24	4 Galatians 3-6	December 22	Revelations 1-3	
October 21	John 8.9		5 Ephesians 1-3	December 23	Revelations 4,5	
October 22	John 10,11		6 Ephesians 4-6	December 24	Revelations 6,7	
October 23	John 12,13		7 Philippians 1,2	December 25	Revelations 8-10	
October 24	John 14-17		8 Philippians 3,4	December 26	Rev. 11-13	
October 25	John 18,19		9 Colossians 1,2	December 27	Rev. 14-17	
	John 20,21		0 Colossians 3,4		Rev. 18-20	
October 26	JOHN 20,21	MAYOR DEL DE	0 Colossians 194	December 29		
Week 44; O	et. 27-Nov. 2					
October 27	Acts 1-3					
October 28	Acts 4,5					
October 29	Acts 6,7					
October 30	Acts 8-10					
October 30	Apto 11.13					

October 31 Acts 11,12 November 1 Acts 13-15 November 2 Acts 16-18