

COVENANT PRESBYTERIAN CHURCH

8451 East Brainerd Road
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RETURN SERVICE REQUESTED

(Continued from front page)

But after centuries of living with the directive to rest, humanity has struggled to see it as little more than an antiquated suggestion. In this, Jesus found opportunity to remind the crowds, "The Sabbath was made for man, not man for the Sabbath" (Mark 2:27). As we approach Labor Day, I realize that I, too, need the reminder. The seventh day is a gift, a nap pass—a gentle invitation, albeit a powerful sign between God and humanity. It is a day set apart (holy) from appointment books and pressing schedules to remind us that the most pressing aspect of our lives is most authentically realized and dynamically lived out when we are resting in the presence of God. "Come to me, all who labor and are heavy laden, and I will give you rest" (Matthew 11:28).

Pastor Mullinax

NURSERY SCHEDULE

September 6

- 9:30** *Infants:* C & S Knecht
Creepers/Toddlers: D & T Holland
Toddlers: H, C & J Armao
- SS** *Infants:* D & C Platt
Creepers: T Higgins, A Creamer
Toddlers: T & Y Owens
- 6 PM** Combined: L Grant & B Mullinax

September 13

- 9:30** *Infants:* E Herberich, M Bond
Creepers/Toddlers: W & J Kesler
Toddlers: J & D Herberich, S Evans
- SS** *Infants:* K, J & R Bingham
Creepers: M & B Mason
Toddlers: M & L Lander
- 6 PM** Combined: P Henry & L Caines

Please note: If you are unable to find a replacement for your nursery duty, call Julie Kesler at 423-893-7493.



THE NEWSLETTER

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Covenant
Presbyterian Church

September 2, 2009

From the Senior Associate Pastor . . .

I have become my father's son. That is, those traits that I thought were unique to him are now mine . . . in spades. For example, in my younger days I was amazed that my dad could come in from an active day and within minutes (closer to seconds) after settling into "his" chair be sound asleep. Now, for me that's no longer a possibility, but a given!

Speaking of napping, I think it's commendable that the city that never sleeps is at least taking naps. MetroNaps, a New York company that was founded in 2003 and now, franchised in major cities around the world, provides a chance for overworked employees, shoppers, and travelers to put their busy schedules on hold. For 20 minutes and 14 dollars, the weary are offered a state-of-the-art sleep pod designed to maximize the invigorating effects of a brief rest. Appropriately, one can also give the gift of napping. "Nap Passes" can be purchased for stressed-out colleagues and bosses, friends or family. Is this relatively new entrepreneurial effort reflective of the universal longing, and need, for napping?

The subject of hyper-activity and well-worn calendars is one that hits close to most of us. It seems that busyness is such a common denominator in so many lives that it can be seen in the marketing tactics of all kinds of

products. Everything is meant to improve our demanding lives or, at least, make the chains of busyness more comfortable.

I was intrigued recently to discover an editorial offering a proposal to counter the chains that bind us to clocks, iPhones, Blackberries and in-boxes 24 hours a day. The suggestion, which the author admittedly referred to as "radical," was to set aside our electronics for a day. He suggested that we all take a day to refocus and reorder. He even reasoned that perhaps the ancients didn't just pick the number seven out of a hat. They may have understood that we can only immerse ourselves in busyness for six days at a stretch before losing touch with anything approaching a civic, social, or spiritual reality.

Something about the seventh day was not meant to be forgotten. The book of Exodus recounts, "For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day" (20:11). While each of the six days of God's labor was pronounced good, He chose to set apart one day out of seven, declaring it holy. And in the form of a commandment, He asked us to keep it that way. It was to be a sign between God and humanity for generations to come, "so you may know that I am the LORD, who makes you holy" (Ex. 31:13).

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MUSIC MINISTRY Sunday Worship

This Sunday our worship will focus on our *GRACIOUS* God. We will sing *Praise to the Lord, the Almighty* (p. 53).

YOUTH & FAMILY Points to Ponder

- October 30-November 1 is the Fall Retreat at Camp Vesper Point for both Middle & High School.
- Parenting on Purpose DVDs are now available for a suggested donation of \$6 in the lobby.

MOTHER'S ENCOURAGEMENT

ME begins September 15 at 10 AM in the parlor. Volunteers are needed to help with the older children. Let Mark Wilson know if you are willing to help 1-2 times a month.

CARING BEE

This group which meets Wednesdays at 7 PM, is making quilts, hats, scarves and booties for the patients at Erlanger Hospital. If you have any material or yarn that you would like to donate, place them in the Caring Bee box in the receptionist's office.

COMMUNICANT'S CLASS

This class, intended to educate young people who are preparing to make a public profession of faith and joining the church, begins September 26 at 10 AM in Pastor Mullinax's office.

MISPLACED BIBLES

If you have mislaid your Bible, check the bottom shelf of the Book Shelf next to the Coke machine. We have a large number of unclaimed Bibles.

WOMEN'S MINISTRY Fall Seminar

Mark your calendars for the Women's Ministry Fall Seminar, *Covenant: Connect Four*. It will be held on Saturday, September 19, from 9:30-noon at CPC.

COMMUNION / DIACONATE OFFERING

The sacrament of the Lord's Supper will be celebrated during the morning worship service this Sunday. Please prepare your hearts.

This is also a time when a special diaconate fund offering is received. The funds supply the financial resources for the ministry of mercy conducted by our deacons, primarily assisting CPC family members who are in need.

IRONMAN'S BREAKFAST

All men are invited to the Ironman's Breakfast on September 12, at 8:30 AM. The speakers are Pastor Caines and Bill Coffey. Join us for a great time of fellowship, food, discussion, and prayer.

THE DUST & RIB SERVICE

Our separate men and women's evening services are scheduled for September 20. The topic for the men is "They lied to me" with Pastor Mullinax in the Sanctuary. The ladies will learn about "Covenant Legacy" with Marla Neal in Schum Fellowship Hall.

Second Annual FALL/CHRISTMAS MARKET

The Fall/Christmas market on September 26 is a great opportunity for CPC members to display and sell their crafts and creations. Cost to reserve a booth is \$25. Last day to sign up is September 13. Space is limited. Contact Amy Wooten with questions or to register.

For Your Information...

NEW MEMBERS

Listed below are the names of those who joined CPC this month. Add their names and addresses to your membership directory. Check out their snapshots on the New Member Bulletin Board outside the Visitors Classroom. Help make these new folks feel welcome at CPC when you see them!

Dennis & Rhonda Sherrell
Lana, Dennison, Geddes
3607 Lerch Street
Chattanooga, TN 37411
423.629.6712

Dennis is a nurse and Rhonda homeschools Geddes while Lana and Dennison attend Calvary Christian School.

Gene & Barbara Tapley
P.O. Box 28179
Chattanooga, TN 37424
423.892.3912

Gene is a consulting engineer and Barbara is a homemaker.

LADIES BIBLE STUDY

Pastor Caines is teaching a bible study beginning Thursday, September 10, at 9:45 AM. A nursery is provided.

FCA EVENT

On Monday, September 7, at 8 AM Fellowship of Christian Athletes will hold their 21st annual 5K Race/Walk at Chattanooga State. This is a great family event. For more information, call Chad Varga at 423-875-3642 or go to www.chattanoogaatracclub.org/races.cfm.

HOPE FOR THE INNER CITY BANQUET

The annual support banquet is on Monday, September 14. A silent auction begins at 6 PM with dinner and program following. For more information please call 423-698-4733, x105 or visit www.Hope4theinnercity.org/banquet.

COVENANT CORPS

One helper is needed this fall in our Covenant Corps program on Wednesday evenings.

COLLEGE MINISTRY

If you are interested in supporting one of our college students as a prayer partner, contact Brenda Mason at bren854@comcast.net.

CELEBRATE LIFE BANQUET

A+ Women's Care will hold their 6th annual fundraising banquet on Thursday, September 22, at 6:30 PM at The Colonnade. You can sponsor a table of eight for \$300. Individual seats are \$50. For more information call 706-639-1889.

WEDNESDAY NIGHT CLEAN-UP

The following Shepherding groups have clean-up duty for the month of September: Wilkie, Ferrel, Mullinax, Owens/Cary and Schreiner. Please contact your Shepherding Elder to let him know when you can help.

LOOKING AHEAD AT CPC

Sept. 7	Labor Day - Office Closed	
Sept. 10	Ladies Bible Study	
Sept. 12	Ironman's Breakfast	
Sept. 15	Mother's Encouragement Group	
Sept. 19	WM Fall Seminar	
Sept. 20	Dust & Rib Services PM	
Sept. 26	2nd Annual Fall/Christmas Market	
Sept. 26	Communicant's Class Begins	
Oct. 10	Ironman's Breakfast with Nate Larkin	
Oct. 11	Church Picnic at Camp Dixie	
Oct. 16-17	PresWIC Fall Retreat	
Oct. 18	Knecht Baby Shower	
Oct. 25	Presbytery Wide Reformation Service	
Nov. 13-15	CPC Missions Conference	
Nov. 25	Thanksgiving Service	
Dec. 6	Adult Choir Christmas Program	
Dec. 13	Children's Choirs Christmas Program	