



May 2010

The Witness

Red Bank United Methodist Church

redbankumc.org



Your Word have I treasured in my heart...

Psalm 119:11

Pastor Jeff

Proverbs 31:10-31

¹⁰A wife of noble character who can find? She is worth far more than rubies....²⁷she watches over the affairs of her household and does not eat the bread of idleness. ²⁸Her children arise and call her blessed; her husband also, and he praises her: ²⁹"Many women do noble things, but you surpass them all."³⁰ Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised. ³¹ Give her the reward she has earned, and let her works bring her praise at the city gate.

Proverbs 31 gives us a portrait of a woman of excellence. A woman of excellence has many good qualities. She can be trusted, is a hard worker, strong, generous to the poor, always prepared, wise and the list could go on and on. In verse 28a Solomon writes *her children arise and call her blessed*. Mothers give to their children constantly and expect very little in return. A simple "I love you," a heartfelt "thank you for all you have done for me," means a lot. Thank you for making me do my homework when I would rather be outside playing. Thank you for taking me to Church when I wanted to stay home. Thank you for staying up with me all night when I was sick. Thank you for all of the sacrifices you have made to make me who I am today. Rise up and bless your mothers. Let her know that all of her hard work, love and sacrifices are appreciated.



Baptism Service—Will be held on May 23 at 3:00 at the home of Charles and Nancy Ezell. We will meet at the church at 2:30.

Join the Church Sunday—If you would like to join the church on this special day, May 30, please see Pastor Jeff.



Check out the website at redbankumc.org

A Healthier You!

Psalm 139:14

"I praise you because I am fearfully and wonderfully made....I know that full well"

Know that you are a physical miracle from God (Psalm 139:11); therefore, empower yourself with healthier behaviors!

Activity

As reported in the Chattanooga Times Free Press on July 3, 2009, Tennessee was fourth in adult obesity with 36.5% of our children measuring Body Mass Index (BMI) values of overweight or obese (combination of both!) (2009,B6). Each of us has the self-responsibility to manage our own health. One method (as Methodists!) is to incorporate physical activity into our day. Sixty minutes throughout the day is the recommended amount of time for various activities.

According to the CDC, regular physical activity (3-5 times a week, 30 minutes) can help control your weight, reduce the risk of cardiovascular disease and type 2 diabetes as well as some cancers. If physical activity can produce over time some or all of these benefits, isn't it worth the joyful effort to move?

Consider during your day ways that you can move your body. Sweep the floor, vacuum, walk the dog, walk the stairs, ride a bike, stroll in the mall---get up and move your way.....

<http://www.cdc.gov/physicalactivity/everyone/health/index.htm>



We are a caring family seeking God's direction through prayer to reach the lost and grow through Christ, for Christ and in Christ.

Rev. Jeff Lambert, Pastor
(Home 842-1151, Cell 653-7982)
David Brackett, Program Director
Linda Towers, Administrative Assistant
Marti Redden, Children's Director
Ken Powell, Music Director
Adolph Canales, Sexton
Greta Satterwhite, Preschool director

Celebrate

...I will celebrate before the Lord. 2 Samuel 6:22b

Congratulations to our 5th graders graduating from elementary school. Patrick Redden, Ben Jones and Johnny Scott will be going to middle school in the fall. YEAH GUYS!!

Congratulations to our seniors graduating from high school this year:

Nick Brown—McCallie

Bailey Lyness—Red Bank

Mitchell Meek—McCallie

Ronny Rice—Graduate Equivalent Diploma

Nadine Tracy—Chattanooga Christian

Kelli Watkins—Chattanooga Christian

Our Soup & Salad lunch was a great success. Thank you to everyone who brought something to share for the lunch. The children made \$520 for their VBS Family Fest. We appreciate your generosity and GOOD FOOD!

Youth in May

- 2 9:45 Cornerstone Sunday School
- 4:00 Mission Team Meeting
- 4:30 Leave for Messy Games at Christ UMC
- 5 5:30 Dinner at church
- 6:30 The Wall Program
- 7 5:30 Begin set up for Rummage Sale
- 8 8:00—3:00 Rummage Sale—last fund raiser for Mission Trip
- 9 9:45 Cornerstone Sunday School
- 11:00 Worship
- No Youth Activities
- 12 5:30 Dinner at church
- 6:30 The Wall Program
- 16 9:45 Cornerstone Sunday School
- 4:00 Graduate Outing
- 5:15 Rock Café
- 5:30 Open Gym
- 6:00 Foundation Bible Study
- 7:30 Graduate Reception
- 19 6:00 Cookout and games on the church lawn
- 23 9:45 Cornerstone Sunday School
- 4:45 Leadership Team Meeting
- 5:15 Rock Café
- 5:30 Open Gym
- 6:00 Foundation Bible Study
- 26 5:30 Senior Adult Picnic—Prayer Partners Revealed
- 27 10:30 a.m. Youth-led Young-at-Heart Program
- 30 9:45 Cornerstone Sunday School
- 5:15 Rock Café
- 5:30 Open Gym
- 6:00 Foundation Bible Study

Youth Week— June 6—11

Kid's Korner

Beginning May 19 at 6:30, we will be making decorations for VBS. Everyone is welcome to come each Wednesday. We will meet in the craft room.

June 23—25 is VBS. We are looking for eight volunteers to lead our children to their activities. We are also looking for a craft leader and helpers, a refreshment leader and helpers, 3 & 4 year old teacher and helper and 5 year old teacher and helper. See Marti if interested. If you would like to be a storyteller one night, that would be great!!!

We are looking for fund-raising projects for our new playground. If you have any suggestions, see Marti or Greta.

June 26 we will have a Family Fest to celebrate the end of VBS. Everyone is welcome. We will start at 6:00 with a hot dog supper. Then the world famous Chagy the Clown will perform after our own Praise Band leads singing. What a festive way to end VBS. This will be an outdoor event.

Activities and Opportunities

Shaw-Murray Coupon Share—Bring your extra coupons each Sunday. Place them in the box on the bench by the office or on the coffee table in front of Fellowship Hall. They will be collected, sorted, and filed. Members may take the ones they can use. All coupons welcome!

The rummage-sale trailer is here. Bring your items no later than noon on Friday, May 7. The rummage sale will begin at 9 a.m. on Saturday, the 8th, and last until 3:00. Lots of bargains!!!!!!!!!!!!!!

Senior Adult picnic—5:30, Wednesday, May 26.

There are pot holders, oven gloves, red silicone hot pads and meat thermometer missing from the kitchen. Please check to see if you have them or we will happily receive donations for these items.

Our Youth Ministry is desperately in need of adult men to help out by attending our Youth Programs on Sunday & Wednesday nights. Please let David know if you can help.

The office will be closed on Monday, May 31, in observance of Memorial Day.

Call Nancy Watkins if you want to go with the Young-at-Heart to the zoo and Wally's for lunch on May 11.

May 12 is the last Wednesday Nighter until September.

Please continue to bring your used printer ink cartridges. We love free office supplies!

National Day of Prayer

Thursday, May 6

6:30 – 8:30 Breakfast

Noon Luncheon

6:30 – 4:00 Sanctuary open for prayer

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:00 United Methodist Men Breakfast and Program
2 Red Bank Middle School Sunday 2:00 RBHS Baccalaureate	3 6:30 Men's Study 2:30 Safe House 6:30 Coley Small Group 7:00 Bethel Series Study	4 2:30 Safe House 7:00 Stanfield Small Group	5 2:30 Safe House 5:30 Dinner 6:30 Programs 7:30 Choir Practice	6 NATIONAL DAY OF PRAYER 10:00 Bible Study 6:45 AA Meeting	7	8 9:00 Youth Rummage Sale RED BANK JUBILEE
9 MOTHER'S DAY No Evening Service	10 6:30 Men's Study 2:30 Safe House 6:30 Coley Small	11 2:30 Safe House 7:00 Stanfield Small Group	12 2:30 Safe House 5:30 Dinner 6:30 Programs 7:30 Choir Practice	13 10:00 Bible Study 6:45 AA Meeting	14	15
16 Graduate Recognition Sunday	17 6:30 Men's Study 2:30 Safe House 6:30 Coley Small	18 Young-at-Heart Trip to Zoo & Wally's 2:30 Safe House 7:00 Stanfield Small Group	19 2:30 Safe House 5:30 Youth and Safe House Family cookout 7:30 Choir Practice	20 10:00 Bible Study 6:45 AA Meeting	21	22
23 Baptism Service 3:00 4:00 Missions Committee	24 6:30 Men's Study 2:30 Safe House 6:30 Coley Small	25 7:00 Stanfield Small Group	26 5:30 Senior Adult "Beach Party" Picnic with the Youth	27 10:30 Young-at-Heart Luncheon and Program 6:45 AA Meeting	28 9:00 – 2:00 Blood Mobile at the Church for a Blood Drive	29
30 Confirmaton Sunday 5th Sunday Sunday School Gathering	31 Memorial Day Observation Office Closed					

April							Notes:	June						
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25	26	27	28	29	30			27	28	29	30	31		

Jesus
 Is...
 New Beginnings!

Sunday, May 9
Is It Well With The Family?
2 Kings 4:26