



The eNewsletter

June 18, 2015

A publication of Covenant Presbyterian Church, 8451 East Brainerd Road, Chattanooga, Tennessee 37421
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From the Pen of the Senior Associate Pastor...

Looking Ahead...

June 18

The Edge Conference
Swim Day
Memorial Hospital Lunch
Ministry

June 19

The Edge Conference
Chicks 'n Chocolate

June 20

Reynolds/Marrs Wedding

June 21

Fathers' Day
Morning Worship
Sunday School

June 22

Music Camp

June 23

Music Camp

June 24

Music Camp
Mission: Chattanooga

June 25

Music Camp
Swim Day

June 26

Music Camp

June 28

Shepherding Groups Meet
Morning Worship
Retirement Reception for
Mark Wilson
Sunday School
Music Camp Program
Ice Cream Social

June 29

RYM Youth Conference

June 30

RYM Youth Conference
Ladies' Summer Bible Study

July 1

RYM Youth Conference
Mission: Chattanooga

July 2

RYM Youth Conference
Swim Day

July 3

RYM Youth Conference
4th of July - Church Office
Closed

Because of GA week...this newsletter article is a re-run from six years ago.

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 interesting 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 15 dollars, the weary are offered a state-of-the-art sleep pod designed to maximize the invigorating effects of a brief rest. Appropriately, the gift of napping is also give-able. *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 . . . re-boot. 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 called 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" (Exodus 31.13).

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). I need that reminder! The seventh day is a gift, a nap pass-a gracious 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



What's Happening?

Nursery Schedule

June 21

Worship

Infants

Esther McEachern
& Sally Forrester

Creepers

Lisa Hobbs
& Sandy Coffey

Toddlers

Catherine & Grace Pippin

Floater

Charlotte Pippin

Sunday School

Infants

Peggy Bandy & Ellie Gaines

Creepers

Sarah & Maggie Wade

Toddlers

Jason & Jennifer McNeely

June Coordinator:

Kate Lambeth

SWIM DAY

Swim day at the Mays' pool will be each Thursday from 11:00 a.m. to 4:00 p.m. This invitation is open to anyone at CPC on Thursdays, until August 13. Parents, please remember that you are personally responsible for the supervision of your children and for cleanup.

LADIES' BIBLE STUDIES

Ladies, please note the following:

- 1) Ladies' Hebrews Bible Study (led by Marla Neal) - will not meet during the summer.
- 2) Ladies' Summer Bible Study (led by Brenda Mason) - will not meet Tuesday, June 23, during Music Camp week.

MARK WILSON RETIREMENT RECEPTION

Mark Wilson is retiring as our Director of Christian Education and Administration. On Sunday, June 28, we will recognize Mark during the morning worship service and we will honor him with a reception during Sunday School in Schum Fellowship Hall. Please come, greet and thank Mark for his service to the body of CPC before going to your regular Sunday School class.

STAMPS SUPPORT MISSIONS

Did you know that stamps from letters can be used as revenue for missions? Please place your saved foreign and domestic stamps, in good condition, in the collection container outside Pastor Mullinax's office. The stamps are being sorted and prepared to mail to Florida during Mission: Chattanooga where they are sent to a Christian retirement community for processing. The money from the sale of these stamps is then used to fund new Spanish language curriculum for Sunday Schools in Latin America.

MISSION KIDZ

Wondering what your school-aged child can do during Mission: Chattanooga? Mission Kidz Club is available for children ages 4-12 and meets in the Perseverers Classroom. The kids have fun learning about our missionaries and other cultures through games, crafts, and other activities.

DIRECTORY UPDATES

Please make the following changes in your CPC Membership Directories:

Susan Mobley Miller

1735 Clayton Avenue, East Ridge TN 37412

CHICKS 'N CHOCOLATE

Please join us for Ladies Night Out on Friday, June 19. We will be gathering at Sweet Frog Frozen Yogurt from 7:00 p.m. to 8:00 p.m. Invite your favorite ladies (young and old) to drop by and join us for a cold treat. For more information, please contact Becky Pearce 423.381.2202.

MUSIC CAMP

Music Camp is next week, June 22-26. This year, we are learning about the story of David and Goliath through the musical, *The Rock Slinger and His Greatest Hit*. Registration is \$25 per child, and is available for rising Kindergartners-6th Graders. Forms are also available at the Welcome Center. To volunteer, please use separate registration forms found outside Jeremy Gaines' office. For more information, contact Jeremy Gaines.

MISSION: CHATTANOOGA

This summer Mission: Chattanooga meets each Wednesday from 6:30 p.m. to 8:30 p.m.

On Campus activities: Cooking with a Purpose (July 1), Mission Kidz (elementary aged children studying missions), Missions Support (stamp ministry and letter writing), General Grounds Keeping, Prayer Group (meets 7 to 8 p.m.) and Sanctuary Choir practice (meets 7 to 8 p.m. starting August 5)
Off Campus: Weekly Visitation (at local nursing homes, assisted living facilities, with our shut-ins), Warehouse Renovation, and other construction/renovations projects as needed*.

*Volunteer Leaders are needed to help each week, please contact Josh Ray at 423.504.1916.

MEMBERSHIP

If you are interested in becoming a member of CPC, please contact the church office by phone or email to set up an appointment.