

Alcoa FUMC



A Joyful Heart is Good Medicine

Sunday,
May 15, 2022

For more church information,
visit our website at alcoafumc.com



First UMC Alcoa Vision:

Inspired by God's unconditional love, we unite in worship,
grow in discipleship, and serve in love.

MORNING WORSHIP

TRADITIONAL WORSHIP ~ 8:30 AM

Gathering Music		Carla Taylor
Welcome/Announcements/*Greeting		Beth Green
*Vision Statement		
*Responsive Reading		Led by Barbara Stinnett
*Hymns	“How Firm a Foundation” Chorus of “Because He Lives”	UMH #529
Dismissal of Children 2nd Grade & Younger		Beth Green
Morning Prayers & The Lord’s Prayer		
Receiving of Tithes & Offerings		Rev. Joe Green
Offertory	“Jesus Saves”	Chancel Choir
*Doxology		UMH #95
Prayer over God’s Tithes & Our Offerings		Rev. Joe Green
Sermon	“The Best Medicine”	Rev. Joe Green
*Scripture	Proverbs 17:22 (GWT) Numbers 11:10-15 (NLT)	Beth Green
*Closing Hymn	“You Say”	Beth Green, soloist
*Benediction		Rev. Joe Green
Postlude		Carla Taylor

**Congregation please stand, as you are able.*

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MORNING WORSHIP
CONTEMPORARY SERVICE ~ 11:00 AM

Gathering Music		Carla Taylor
Welcome/Announcements/*Greeting		Beth Green
*Vision Statement		
*Responsive Reading		
*Praise Music	“Everlasting God”	
Morning Prayers & The Lord’s Prayer		Rev. Joe Green
Children’s Moment	“What’s in the Box?”	
Dismissal of Children 2nd Grade & Younger		
Offertory Prayer		Rev. Joe Green
Receiving God’s Tithes & Offerings		
Worship/Offertory	“God of Wonders/Holy, Holy, Holy”	
Sermon	“The Best Medicine”	Rev. Joe Green
*Scripture	Proverbs 17:22 (GWT) Numbers 11:10-15 (NLT)	Beth Green
*Closing Song	“You Say”	Beth Green, soloist
*Benediction		Rev. Joe Green
Postlude		Carla Taylor

**Congregation please stand, as you are able.*

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Church Calendar

SUNDAY, MAY 15

8:30 am Traditional Worship
9:30 am Sunday School
11:00 am Contemporary Worship
4:30 pm David Lawson Bible Study
6:00 pm Sunday @ Six

TUESDAY, MAY 16

6:00 pm Congregational Care Meeting

WEDNESDAY, MAY 18

6:30 pm Choir Practice

THURSDAY, MAY 19

7:00 am Men's Bible Study
(Youth Room)
6:30 pm Executive Committee Meeting

SATURDAY, MAY 21

6:00 pm Receiving of Family & Friends
for Timothy Kinkead
7:00 pm Celebration of Life
for Timothy Kinkead

SUNDAY, MAY 22

8:30 am Traditional Worship
9:30 am Sunday School
11:00 am Contemporary Worship
4:30 pm David Lawson Bible Study
6:00 pm Sunday @ Six

First United Methodist Alcoa
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Office Email: lwolfe@alcoafumc.com
Staff Emails: fristinitiallastname@alcoafumc.com

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Church Office Hours

Monday – Thursday
8:30 am – 4:30 pm
Friday
8:30 am - 12:00 pm

Church Staff

REV. J. TODD CHANCEY

Senior Pastor
423-290-3999

REV. JOE GREEN

Pastor Emeritus

JOHNNY WALKER

Church Business Administrator
& Director of Visitation
865-582-6941

LYNSEY WOLFE

Administrative Assistant
lwolfe@alcoafumc.com

LISA GOINS

Director of Children's Ministries
lgoins@alcoafumc.com

BETH GREEN

Director of Music Ministries
& Worship Coordinator

PATTI MOORE

Children's Minister

SARAH CLINARD

Nursery Coordinator

CARLA TAYLOR

Accompanist

JOHN TATE

Church Accountant

SHAWN JONES

Media Technology
techteam@alcoafumc.com

LIZ CHANCEY

DEBBIE WEST

Media Technology Support

JOE VAN CLEAVE

Custodian

First Things Highlights:

- Today, May 15 @ 4:30 PM - David Lawson Bible Study
- Today, May 15 - Sunday @ Six Service
- Today, May 15 @ 10:00 AM - Youth Director candidate Chris Reinbold will be in the youth room to meet and greet with parents of youth and children. Please come meet Chris and ask him any questions you may have!
- Thursdays @ 7:00 AM - Jerry Page Men's Bible Study in the Nova SS Classroom.
- Monday, May 16 @ 6:00 PM - Congregational Care Committee Meeting in the Library.
- Thursday, May 19 @ 6:30 PM - Executive Committee Meeting in the Youth Room.
- Saturday, May 21 @ 6:00 PM - Receiving of Family & Friends for Timothy Kinkead. Celebration of Life to follow @ 7:00 PM.
- Sunday, May 22 @ 12:00 PM - Women's Fellowship Potluck Lunch in the Youth Room.
- Monday, May 23 @ 6:00 PM - Missions Committee Meeting in the Library.
- Tuesday, May 24 @ 2:30 - 4:00 PM - Come join the Wellness Ministry where stir fry is on the menu! The group will meet in the Green Room. Sign-up sheet is outside church office or call Darunee at 297-2709.
- Thursday, May 26 @ 6:30 PM - Church Council Meeting in the Chapel.
- Wednesday, June 1 - Bill Bailey Scholarship Applications due back to the church office.
- June 12 - 15 - VBS @ AFUMC - Save the date and contact Lisa Goins, Patti Moore, or Sherry Shelton if you'd like to help!

THE BEST MEDICINE

Proverbs 17:22 (GWT) *“A joyful heart is good medicine, but depression drains one’s strength.”*

BIBLICAL EXAMPLES

Moses in Numbers 11; Elijah in 1 Kings 19; Jonah in Jonah 3

Numbers 11:10-15 (NLT) *Moses heard all the families standing in the doorways of their tents whining, and the Lord became extremely angry. Moses was also very aggravated. ¹¹ And Moses said to the Lord, “Why are you treating me, your servant, so harshly? Have mercy on me! What did I do to deserve the burden of all these people? ¹² Did I give birth to them? Did I bring them into the world? Why did you tell me to carry them in my arms like a mother carries a nursing baby? How can I carry them to the land you swore to give their ancestors? ¹³ Where am I supposed to get meat for all these people? They keep whining to me, saying, ‘Give us meat to eat!’ ¹⁴ I can’t carry all these people by myself! The load is far too heavy! ¹⁵ If this is how you intend to treat me, just go ahead and kill me. Do me a favor and spare me this misery!”*

WARNING SIGNS TO LOOK FOR

1. FATIGUE: Consumed by Activity

Numbers 11:15 (NLT) *“If this is how you intend to treat me, just go ahead and kill me. Do me a favor and spare me this misery!”*

Psalms 6:2 (TEV) *“I am worn out, O Lord; have pity on me! Give me strength, for I am completely exhausted.”*

2. FEAR: Consumed by Worry

Numbers 11:13a (NLT) *“Where am I supposed to get meat for all these people?”*

3. FRUSTRATION: Consumed by Unmet Expectations

Numbers 11:11 (NLT) *“And Moses said to the Lord, ‘Why are you treating me, your servant, so harshly? Have mercy on me! What did I do to deserve the burden of all these people?’”*

THE HOPE JESUS OFFERS

1. Jesus offers me power I don't have.

Romans 15:13 (NIV) *"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."*

Colossians 1:29 (NLT) *"...I depend on Christ's mighty power that works within me."*

Philippians 4:13 (TEV) *"I have the strength to face all conditions by the power that Christ gives me."*

2. Jesus offers me promise I can depend on.

Isaiah 41:10 (NIV) *"So do not fear, for I am with you; do not be dismayed for I am your God, I will strengthen you and help you; I will uphold you with my righteous right hand."*

2 Corinthians 1:20 (NIV) *"For no matter how many promises God has made, they are all 'yes' in Christ."*

3. Jesus offers me the perspective of His purpose.

Romans 5:5 *"And this expectation (salvation) will not disappoint us. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love."*

John 10:10 (NLT) *"My purpose is to give life in all its fullness!"*