

'Round & About Cook's

The Newsletter of Cook's United Methodist Church

January 15, 2007

Here's What's Cookin'

There are songs and scriptures that remind us of the comfort of God's spirit.

Psalms 46, verse 10, reads: "Be still and know that I am God: I will be exalted among the heathen, I will be exalted in the earth." (KJV- King James version) "Our God says, 'Calm down, and learn that I am God! All nations on earth will honor me.'" (CEV -Contemporary English version)

Hymn #534 "Be Still, My Soul" verse one lyrics read: "Be still, my soul: the Lord is on your side. Bear patiently the cross of grief or pain, leave to your God to order and provide; in every change God faithful will remain..."

I have had to learn how to apply the message of calming my soul or being still in the depths of my being both in anticipation of and during my recent surgery. Lying in bed after a shower, needing to get a good night's sleep before surgery, places certain demands on both body and soul. Then being awakened to sounds of life and feelings of medical intervention of pain, calls for a calm spirit in midst of physical disturbance that can lead to healing and wholeness.

Life is always calling for calm in the midst of some kind of disturbance. The Psalmist affirms over and over that, "God is our refuge and strength, a very present help in trouble." (Psalm 46:1)

I believe this in all circumstances. I do realize that 2007 will be no different in this regard. Knee surgery is a good way to start the year learning to look beyond oneself for calm and reassurance.

Thanks to each of you for your cards, calls, prayers and thoughts following my surgery. Things are coming along just fine with the help of my wife who is the best partner and support one could ever wish to have.

Shalom, *Roland*

**Cook's
United Methodist
Youth Fellowship**

UMYF starts at 5:30 p.m. Sundays with a simple supper and ends at 7:00.

Jan. 21 – 5:30 Youth
7:00 Parents Meeting
Jan. 26-28 – Warmth in Winter Retreat
Jan. 28 – No Youth meeting
Feb. 4 – 5:30 Youth
Feb. 11 – 5:30 Youth
Feb. 18 – 5:30 Youth
Feb. 23-25 – Ski Trip

There will be a parents meeting Jan. 21 for all those who are going to WIW and the Ski Trip. We also need to sign up for youth dinners and talk about our mission trip for the summer.

Warmth in Winter is coming up January 26-28. The cost is \$75 for the weekend and includes room and meals from Friday evening until Sunday breakfast. Money is due before we leave. We will meet at the church at 4 p.m. and head downtown after a quick meal. Our rooms this year are again at the Holiday Inn Express. We will return around noon on Sunday.

It is not too late to sign up.

Notice to parents: There are parental permission forms on the sign-up sheet shelf that we need to have on file for all children under 18 years of age. Fill one out for each child & leave in the box outside my door.

Judy Hader Director of Children & Youth

2007 Flower Calendar

Anyone wishing to provide flowers for worship services in honor or memory of someone or a special occasion may sign up on the 2007 Flower Calendar in the hall.

Please print your name and the name(s) of person(s) to be honored by the date and state occasion, if any. *A date may be shared with one other family.* Cost is \$15. Make checks payable to *Cook's UMC*, mark "*Flowers*" and put in offering.

Reserve a Cookbook

Reserve your copy of "Cook's Cookbook" offered by Stephen Ministry for \$15. The cookbook has over 200 recipes by Cook's members. Sign up sheet is on the hall shelf to reserve a cookbook.

Yoga Snow Policy

Morning Yoga with Lisa Decker will meet regularly Tuesdays and Thursdays from 9 to 10 a.m. unless notified by 8 a.m. that class is cancelled. A calling list will be used to notify each class member. Call Lisa at 444-5462 if questions. Evening Yoga with Leighanne Buchanan meets every Tuesday from 5:10 to 6:10 p.m. except when weather turns icy. Call Leighanne at 443-2202 if in doubt.



We send our sincerest sympathy to:

Becky Arnold and family in the death of her brother, Raymond LaDwain Billings, on Jan. 4. He lived in Murfreesboro.

Aid for Family Needed

Kim & Chad Porter and baby Kaylond are living at Hope Lodge in Nashville while 2-year-old Charlie undergoes treatment for leukemia at Vanderbilt Children's Hospital. A future bone marrow transplant hopefully will put Charlie back in remission.

Because they will be in and out of Vanderbilt for the next 5-6 months, cards, emails and home-cooked dinners will be greatly appreciated. Michelle McQueen will be coordinating dinners. Currently Fridays, Saturdays and Sundays are open. Michelle can deliver meals if given notice. Call 773-1549 or 948-0072 or email mcqueenmm@tds.net to sign up to provide a meal.

Cards may be sent to Vanderbilt Children's Hospital, 2200 Children's Way, Nashville, TN 37232 ICO Charlie Porter room 6311. Emails can be sent through www.carepages.com (charlieporter).

It is not too late to pledge!

86 Pledge Cards received to date, (\$255,085 toward 2007 budget)

34 pledges short of goal of 120.

Help with the ministry of Cook's by pledging financial contributions for 2007. Please submit pledge cards in the secure box in the hall. Pledges can be revised or cancelled at any time.

In Christ,
Brooks Harper, Stewardship Chair

Thank You

Thank you for the generous help organized (through the Samaritan Fund and Power to Choose Sunday School Class) for Christmas for my little boy and his family. They had a wonderful Christmas and are very, very grateful for everything. They were able to buy clothes and a gift for each child as well as some food for Christmas dinner. I'm not sure who all was involved in this gift, but I want them all to know that they helped a very deserving family and a very special little boy have a wonderful Christmas! Without this help, they would not have had Christmas at all. One of the hardest parts of being a teacher is seeing children suffer or do without on holidays. Thanks again for all your help.

Susan Gatlin

*Cook's family,
Thank you for all the gifts, cards and visits.*

Louise Moore

Children's Choir

A Children's Choir and/or Children's Handbell Choir is being considered and input is needed from parents concerning whether their children are interested. This group of elementary school-aged children would meet weekly during the school year. If interested, call Joyce Gaines at 444-1739 or email kwgain@yahoo.com.

Inclement Weather Policy

In the event of snow or icy weather, only one service will be held on Sunday at 11 a.m. and no Sunday School classes. During the week, if Wilson County schools are closed, church activities are also cancelled that day. See www.cooksumc.org for updates or call 449-2573 for more information.

Heritage Sunday

January 28

Celebrate the heritage of Cook's UMC!

Plan now to attend and invite a friend. Honor the history and mission of the church and its members. Sunday School at 9:15 a.m. Special service at 10:30 a.m. in the Friendship Hall with preaching by Rev. Roland Scruggs. Join in the dinner-on-the-grounds of fried chicken, baked beans, coleslaw and chips afterwards. Dessert sign-up sheet on the hallway shelf.

Happy Birthday!

We celebrate happy January birthdays with:

- 2 Caitlin Schoenbachler
- 3 Jo Ann Spivey, Tammy Stansbery
- 5 Bonnie Johnson, Sydney Sharp
- 6 Angela Draper
- 8 Mike Hallmark
- 9 Jim Pritchard, Mike Stansbery
- 10 Bob Hanson
- 11 Jackson Redditt, Carole Young
- 12 Marianne Harter
- 14 Joanna Fitzpatrick, Danny Ray
- 16 Beth Simmons
- 17 Michael Stansbery
- 18 Nancy Harrub, Wayne McInturff, Anthony McLeish, Michelle McQueen, Cindy Ratzlaff
- 19 Alec Jakalski, Cyndie Todd
- 20 Marshall Drueck
- 22 Jacob Gaines
- 23 Tom Baughman, Michelle Stewart
- 24 Alan Brookover
- 27 Susan Boyd, Tracy Lawrence, Karen McCarthy, Lisa Redditt,
- 28 Ralph Green, Jared Jakalski
- 30 Audrey Jankowich

If your birthday is not listed, notify the church office