

A GLANCE AT LENNON-SENEY

Church Calendar for July

July 1: Pastor Appreciation - following services
 July 2: Church Council - 7:00pm
 July 4: Church Office Closed
 July 8: Birthday Celebration (June & July)
 July 14: Focus on Men's Health @ 9:00 am - Health Seminar for Men
 July 15, 22, 29: Youth Choir Practice after services
 July 16: Worship Committee Meeting 6:30pm
 July 18: Men of Praise Rehearsal - 7:00pm
 7/21 - UM Women's Ministry Meeting 11:00am
 July 30: Board of Trustees Meeting - 7:00pm
 July 3, 10, 17, 24, 31: Bible study, 6:00pm
 July 31: Finance Committee Meeting
 July 5, 12, 19, 26: Chancel Choir - @ 7:00

JULY BIRTHDAYS

Willie C. Arnold
 Brittney Bailey
 Karolyn Barnes
 William Blakeney
 Evelyne Brown
 John Flemings
 Teresa Gray
 Roy Gwynn
 Dahyona Hyatt
 Staci Jackson
 Monique Johnson
 Britney Jones
 Marcus Matthews
 Amanda Moulden
 Lynn Moulden
 Olivia Sullivan
 Corliss Tate
 Roosevelt Welker
 Rytajah Wilson



Welcome Back

The Lennon-Seney family would like to welcome back Dr. and Mrs. McKee for another year. Their presence has been a blessing to this church and the outside community. With the love of God, faithfulness of this congregation, and guidance of our pastor, we are taking steps to grow Lennon-Seney, and make improvements structurally and spiritually to our community. Together as the body of Christ we can continue to grow and express the love of Christ to everyone we encounter inside and outside of these walls.

Article from the Prayer Advocate:

Prayer Advocate Article:
 Are you praying? Have you ever had one of those days when nothing seemed to go right? Life can be stressful and quite demanding. The *Good News* is God is just a prayer away. One of my favorite hymns is: *I Must Tell Jesus*. this hymn resonates in my spirit. " I must tell Jesus all of my trials, I cannot bear these burdens alone; In my distress He kindly will help me." Let's pray!

Mrs. Charlotte B. McKee
 Prayer Advocacy

Our Prayer List

Please remember to pray for the sick & shut-in!

Mr. William Blakeney
 Mrs. Evelyn Brown
 Mrs. Lois Butler
 Mr. Roy Gwynn
 Mrs. Aurelia Horton
 Mr. George Johnson
 Ms. Mary J. Lovely
 Mr. William Mapp
 Mrs. Audrey McGhee
 Mrs. Ara Sharp
 Mr. James Taylor
 Mrs. Victoria Woods

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Sunday School
 9:30 am

Morning Worship
 11:00 am

Thank You!!!

JustLead
 Volunteers

I would like to extend thanks to all of the volunteers who have helped with JustLead this summer and in the spring. We will be coming to a close of the summer session in three weeks. Without the volunteers, the summer session would not have gone as smoothly as it did. We will begin the fall session on August 20th, and I hope to see old and new volunteers and youth in the fall. If you are interested in signing up a youth or in becoming a volunteer for the fall, please contact Cedric Jackson.



If you would like to have an event or announcement in the newsletter, please e-mail information to LeRoyce Bailey at leroyceb@bellsouth.net or Cedric Jackson at Yoda1914@aol.com

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Open hearts
Open minds
Open doors

Kimora Hamilton, of Chicago, IL will celebrate her 3rd birthday on July 2nd. Kimora's parents are Courtney and Vikki Hamilton. She and her older sisters, Hope and Zaria are granddaughters of Heiskell and Bea Hamilton. Kimora attends the Nazarene Nursery School; her favorite activities are playing with her "baby dolls" and cuddling with her "Hello Kitty" pillow.



Lennon-Seney UMC
Annual Men's Day
PANCAKE BREAKFAST

Please come out and support our annual Men's Day Pancake Breakfast - which is being held on August 4th from 7:00 am until Noon. Cost is \$5.00 per person. Delivery available for orders of three or more.



Drain and rinse canned vegetables before preparing them. They'll keep a little of their salty flavor, but you'll rinse away about a third of the sodium, according to the USDA.

Try packaged foods labeled as low sodium.

Season vegetables, poultry and fish with lemon juice rather than salt.

Try cooking with salt-free seasoning, such as vinegar and herbs. Prepare plain brown or white rice instead of flavored rice mixes. Flavor with herbs or olive oil.

Snack on "lightly salted" popcorn and pretzels and "no salt-added" peanuts.

Remember: Try adding these tips gradually to get used to a lower-salt life. You'll eat healthier without sacrificing taste.

We're on the Web!

See us at:

www.lennon-seney.holston.org

From The Pastor's Desk:

"But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth."

(Acts 1:8)

Greetings my beloved Brothers and Sisters in Christ. It is a privilege and a blessing to be a part of the *Community of Faith* known as the Lennon-Seney United Methodist Church. I firmly believe that God is calling our church to **Boldly, Passionately, and Joyfully** make Disciples of Jesus Christ.

With the promise of the Holy Spirit, we have at our disposal the power to be an awesome witness for Jesus. As a church family, let us pray and seek ways that God might use us as His instruments of peace and compassion. Look around and you will see that there is something God wants you to do:

Be a Witness for Jesus Christ!

Peace

FOR YOUR HEALTH

Lose the SALT -
BUT NOT THE FLAVOR

From:

Parish Nurse - Lois Johnson

Cutting back on the salt in your diet is one way to help control blood pressure. Many people consume much more salt than their bodies need - on average, at least 12 times as much, according to the American Heart Association. If you're used to salty flavors, know that you can shake the salt habit without feeling deprived. *Here's how;*

Limit processed foods, which are usually high in sodium. Eat more fruits, vegetables and other low-sodium foods instead.

INSPIRATIONAL
THOUGHT FOR THE
MONTH!

I really don't think life is about the I-could-have-beens. Life is only about the I-tried-to-do. I don't mind the failure but I can't imagine that I'd forgive myself if I didn't try.

Nikki Giovanni