



# THE SPIRIT

FOUNTAIN CITY UMC  
MARCH 2025 NEWSLETTER

## A Lenten Invitation: Growing In Our Intimacy With God

Lent is a season of reflection, discipline, and renewal—an opportunity to draw closer to God and become more aware of God’s presence in our daily lives. Many people choose to give something up during Lent, but what if, instead, you took up a practice that could deepen your faith and bring unexpected peace?



One such practice is the Daily Examen, a reflective prayer from St. Ignatius that invites us to pause, review our day, and recognize where God has been present. I’ve been using this prayer as part of my nightly routine for about five years, and I’ve found that it only takes 12-15 minutes but has a significant impact on my spiritual and emotional well-being.

In fact, a Duke University study found that practicing this kind of reflection can:

- Reduce anxiety symptoms by 31% in six months.
- Increase spiritual well-being by 15% over the same period.

If you’re looking for a simple yet powerful discipline to embrace this Lent, here’s how to pray the Daily Examen in five steps:

1. **BECOME AWARE OF GOD’S PRESENCE** – Begin by thanking God for the day and inviting the Holy Spirit to guide your reflection.
2. **REVIEW THE DAY WITH GRATITUDE** – Walk through the past 24 hours and recall two or three things for which you are thankful.
3. **PAY ATTENTION TO YOUR EMOTIONS** – Notice the feelings you experienced throughout the day. With God’s help, reflect on which emotions drew you closer to Him and which distanced you.
4. **CHOOSE ONE MOMENT AND PRAY FROM IT** – Talk with God about what stood out to you. If needed, ask for forgiveness or guidance.
5. **LOOK TOWARD TOMORROW** – What is one thing you should focus on? Where do you need God’s assistance? Close in prayer, perhaps with the Lord’s Prayer or a simple moment of gratitude.

This Lent, instead of simply giving something up, why not take up a practice that deepens your awareness of God’s love? Whether you light a candle, find a quiet place, or reflect over a cup of coffee, these daily moments with God can transform your season of Lent into a journey of renewal.

Let’s use this time to grow in faith, find peace, and become more attuned to God’s presence in our lives.

Walking With You In Faith,  
Pastor Don

### Pastors

Rev. Don Hanshew, Senior Pastor  
Rev. Rachel Collins, Pastor of Discipleship

Email: [pastor.don@fountaincityumc.org](mailto:pastor.don@fountaincityumc.org)  
[pastor.rachel@fountaincityumc.org](mailto:pastor.rachel@fountaincityumc.org)

### Pastor On Call

text or call 865-689-7894  
(After Hours & Weekends)

### Sunday Schedule

- 8:30 a.m. Traditional Service (Sanctuary)
- 9:45 a.m. Sunday Morning Discipleship
- 11:00 a.m. Journey Contemporary Service (Gym)
- 11:00 a.m. Traditional Service (Sanctuary)

Childcare & children’s ministry are provided from 8:30 a.m. through the conclusion of 11:00 a.m. worship.

## PRAYERS, PRESENCE, GIFTS, SERVICE, AND WITNESS

### OUR GIFTS: WEEKLY OFFERING

Jan 13-19	\$24,122.34
Jan 20-26	\$25,118.00
Jan 27-Feb 2	\$32,669.24
Feb 3-9	\$10,869.98

### FAITH PROMISE

Faith Promise Sunday is March 23. Please mail your check to the church office or go to [www.fountaincityumc.org](http://www.fountaincityumc.org) and click on "GIVE" to make your commitment.



## WEDNESDAY NIGHT *fellowship meal*

### March Menus

- 5** BBQ chicken, baked beans, broccoli salad, sandwich buns, & chocolate cake
- 12** Shepard's pie, candied carrots, garden salad, rolls, & cookies
- 19** **Knox County Schools spring break. No Fellowship Meal**
- 26** Ground beef tacos, corn casserole, salad, & pineapple upside down cake

**Meals in March are free!** However, please register all those attending so we can be good stewards of the church's finances and reduce waste.

You can register on a pew pad in the notes section, by calling the church office at 865-689-5175 or by using this QR code.



### March 2025 Calendar of Events

- March 1:** Rise Against Hunger  
9:30 a.m.-3 p.m. in the Gym
- March 2:** Sing! Concert  
3 p.m. in the Sanctuary
- March 5:** Ash Wednesday  
6:45 p.m. in the Sanctuary
- March 8:** Women's Day Retreat  
10am-12pm in Wesley Hall
- March 9:** Parent Focus Group Breakfast  
9:45 a.m. in Wesley Hall
- March 17-21:** Knox County Schools Spring Break  
No Fountain City Fellowship

### Coffee & Fellowship On Sundays At The Welcome Center

We love seeing our church family come together at the Welcome Center for some coffee and warm conversations. Join us before or after worship! Stop by the Welcome Center between 8:15-11:15 a.m. and let us bless you. See you Sunday!

### INCLEMENT WEATHER POLICY

If Knox County Schools are closed due to weather related concerns, all church activities will be canceled unless otherwise noted. Notifications will be shared through Realm, email and social media.

Please be mindful of your safety when attending in-person events during winter weather. While we strive to maintain clear pathways, parking lots and sidewalks may still be icy or snow-covered, especially after overnight precipitation. Use caution and take your time as you navigate these areas.

**STEPHEN MINISTRY**  
Gail Clift 865-922-9408

**INTERCESSORY PRAYER**  
Tim Brown 865-599-3429  
Tom Harrington 865-687-9460  
[prayer@fountaincityumc.org](mailto:prayer@fountaincityumc.org)



## Lent: A Season of Reflection and Renewal

Lent is one of the most important seasons in our Christian liturgical calendar. Rooted in spiritual traditions, Lent is the 40-day period of prayer, repentance, and reflection leading up to and preparing for Easter Sunday when we commemorate the death and resurrection of Jesus Christ, which is the cornerstone of our faith.

## THE SEASON OF LENT

The journey to Easter begins on Ash Wednesday, March 5. As we pause to reflect on this holy day of repentance and begin to move through the 40 days of Lent, we can choose to be in prayer and read the Bible more often in addition to giving something up in sacrifice, all in preparation for celebrating the most sacred of days.



We will have our Ash Wednesday service at 6:45 p.m. on March 5 following our 5:30 p.m. fellowship meal. Come and enjoy a delicious meal and then head to the Sanctuary as we begin this sacred and solemn season of Lent with the imposition of ashes.

Lent is a time to deepen our relationships with God through intentional prayer and reflection. These practices are not about earning God's favor but rather about creating space for spiritual growth and aligning ourselves with Christ's sacrificial love.



### Sing! Concert

As we begin our bicentennial year, **the Chancel Choir and Tollers will present a service of music at 3 p.m. on Sunday, March 2.** The inspiration for this service stems from a criticism of the early Methodists: "They sing too much!" The Wesley brothers believed that we embody the texts we sing if we sing them often, so they always included singing in their meetings and services.

Beyond being affected by the texts about faith, we are affected by the singing itself. Singing together builds community and empathy. There is no such thing as a faith that is too deep or a community that loves too well.

Today, as we celebrate 200 years of Fountain City UMC, let's sing together. Let's see how much singing it takes to be told we sing too much!



Moms, daughters (5 and up), grandmothers, and friends, join a fun painting class with Carla Keck, who will share step-by-step instructions for creating our own dogwood paintings to take home.

All of the materials will be provided for the registration fee of \$20 per person. In addition, we will have a few surprises so be sure to register beginning March 1!

Come, enjoy a day of creativity and fellowship and take home a painting by you!

Register >>



## A Note Of Thanks From Fountain City Ministry Center

*The Fountain City Ministry Center is grateful for your partnership last year. In 2024, we served 2,337 families with bags of food and hygiene items, and 679 children with clothing. We provided 149 coats for children and helped five single working moms with car repairs so they could keep their jobs. In addition, we helped 44 individuals with other pressing needs (KUB assistance, gas, athletic fees for students, etc.). We also served 175 children at our annual "Back to School" event!*

*In 2025, we wish to continue with auto repair assistance and have included two more ministries in our budget. There will be money set aside to partner with our local schools for special needs of children as requested by guidance counselors and social workers, and money to assist with the rising needs of the unhoused population in Fountain City.*

*If you would like more information about our ministries or how to help, please contact Michelle Myers at (865) 688-5000 or visit our website with the QR code below. Thank you for partnering with us to serve our community!"*



## Maintenance Requests

We are a thriving church with a lot of moving parts! And with a church as busy as ours, there are always people around to notice when something isn't working properly or is broken. That's why we need your help!

We have a new maintenance request form that we began using in February which allows us to have a consistent way for reporting facilities issues. The Maintenance Request Form makes it much easier to keep track of requests and keep a record of repairs made, should that information be needed in the future.

If you see something in the church building or on the church grounds that needs attention, please use the QR code below to fill out a maintenance request. You can also pick up a paper form in the church office and leave it for Prudence Spencer. If there is an urgent issue, please contact Prudence at 865-357-4763 in addition to completing the maintenance request form. Thank you for your assistance in keeping our church well maintained. It takes a village, or in this case, a church family! Questions? Please email Prudence at [prudence.spencer@fountaincityumc.org](mailto:prudence.spencer@fountaincityumc.org).



## Rise Against Hunger 2025

They may look like simple bags of rice and soy, but Rise Against Hunger meals represent the hopes and dreams of people worldwide. Join us for our 11th Annual Rise Against Hunger Meal Packaging Event on Saturday, March 1, 2025, when we will package 40,000 meals to help end hunger worldwide.

We need volunteers to sign up to package meals, one hundred individuals per meal packaging shift, as well as a clean-up shift. We also need strong individuals to unload the truck and set up on Friday night.

This is a family friendly and multi-generational project, and there are tasks for all ages. It's time to come together as a community to support a great cause!

Faith Promise funds, Scroggie Endowment funds, and other donations make this event possible. We need our entire church family to show up in a big way to help end world hunger. **Questions?** Contact Sandy Morgan at [slmorgan3327@gmail.com](mailto:slmorgan3327@gmail.com)



**RISE AGAINST HUNGER**  
Meal Packaging Event  
March 1, 2025

Sign up for a shift 

## Schedule

### Friday, February 28 • 6-7:30 p.m.

Unload the Rise Against Hunger truck & setup for Saturday's meal packaging event. We need strong, able-bodied folks to unload the truck and carry food and equipment (up to 50 lbs.) to the Gym. This group will also set up the gym for meal packaging the next day.

### Saturday, March 1 • Three Shifts

Meal Packaging Shift One • 9:30-11:30 a.m.

Meal Packaging Shift Two • 12-2 p.m.

Clean up shift • 2-3 p.m.

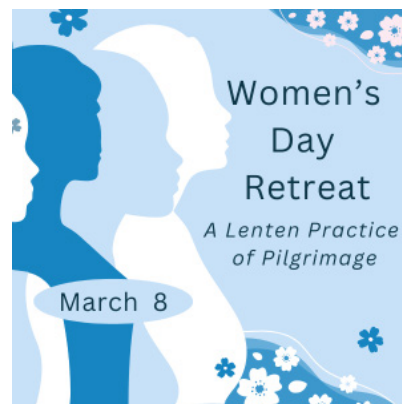
## ADULT MINISTRY

### Women's Day Retreat • March 8 • 10am-12pm

Would you like to learn to walk more closely with God during the season of Lent? Share in this time with other women of all ages who feel that tug as well and perhaps make new friends as a bonus!

Discipleship Ministries is offering a Women's Day Retreat on March 8 by Belly of the Whale ministries in Wesley Hall.

The Rev. Sharon Garner, a member of the United Methodist Spiritual Directors and Retreat Leaders, will guide participants through the two-hour session titled *A Lenten Practice of Pilgrimage*. Lunch and games will bring some added joy to the day! Together we will integrate the themes of pilgrimage into a forty-day plan for gently and gracefully walking through Lent.



### GriefShare • January 8-April 2 • 10 am-12 pm

It hurts to lose someone. Find help at GriefShare, a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. Contact Dixie at [bopp.dixie@gmail.com](mailto:bopp.dixie@gmail.com) or 865-599-2030 with questions.

Register >>



### Develop your child's character

with expertise from childhood development leaders, educators, and real parents just like you.



### Build an everyday faith

through fun Bible story videos, memory verses, prayers, and conversation prompts.

### Establish a lasting connection

by making the most of the moments you already spend together at morning time, mealtime, drive time, and bedtime.

Have you downloaded the FREE Parent Cue app that aligns with Fountain Kids and Fountain Littles weekly Bible story, scripture and character connection? It's free and available for Apple and Android devices. **Questions? Contact Miss Donna at [donna.lewis@fountaincityumc.org](mailto:donna.lewis@fountaincityumc.org).**



## PRESCHOOL

### Preschool Registration Is Opens For Church Members and Currently Enrolled Families

Fountain City UMC Preschool is a part-time program welcoming children from six months to four years old. Serving the Fountain City community and beyond for sixty years, our Preschool is a play-based, child-focused program providing individualized learning opportunities across all areas of a child's development. Please contact For more information, contact Director, Alycia Truett at [alycia.truett@fountaincityumc.org](mailto:alycia.truett@fountaincityumc.org).

The FCUMC Preschool is one of only a few preschools in Knoxville to receive the prestigious National Association for the Education of Young Children accreditation, and are recognized as a



program which meets Early Childhood Program Standards, based on the latest research in the education and development of young children.

Register >>



## STUDENT MINISTRIES

### Inviting All Parents!

Join us for a Parent Focus Group Breakfast on **Sunday, March 9**. Gather at **9:45 a.m. in Wesley Hall**; we'll start promptly at 10 a.m. and conclude by 10:45 a.m.

While children and youth attend their regular classes, we invite parents to share insights and ideas on our current children and youth ministries. Help us dream big dreams that will make disciples and change lives for generations to come! Our facilitators are Dana Underwood, Samantha Hurst, and John Meade. They look forward to engaging with you. Your voice is vital as we shape the future of our programs. We hope to see you there! RSVP is appreciated, but not required.



### PARENTS FOCUS GROUP BREAKFAST

- Sunday, March 9  
9:45 am in Wesley Hall
- Share insights and ideas on children & youth ministries

Register here >>



**OUR PRESENCE**  
Celebrating With Our Church Family

**Our church family continues to grow!**  
Please join us in celebrating the following blessing!

The birth of John Edward Shane Trivette, born on February 12, 2025. Mother is Makayla Fine and father is Russ Trivette. Congratulations!

**WAYS TO GIVE**



In Person  
or Mail In



Online/Mobile  
Banking

***Your Giving Matters!***

Ashley Garren, Financial Assistant  
ashley.garren@fountaincityumc.org • (865) 689-5175

*Where flowers bloom so does hope.*  
Lady Bird Johnson

If you would like to see one of your photos  
grace the cover of a future ***The Spirit***,  
email kathleen.bloom@fountaincityumc.org.

**Fountain City United Methodist Church**  
212 Hotel Road, Knoxville, TN 37918

Office Hours: M-T, 9 a.m.-3 p.m.  
Friday: 9 a.m.-12 p.m.  
Phone: 865-689-5175

Email: spirit@fountaincityumc.org  
Website: www.fountaincityumc.org  
Social Media: @fountaincityumc

**IN MEMORY & IN HONOR**

**General Fund**

In Memory of Gary Cannon by Larry & Alta Huskey,  
Troy Lawson, and Dolores Smith

**Choir Fund**

In Honor of Kathryn Paden & Patricia Paden by  
Larry & Alta Huskey

In Honor of our Music Program by Mike Rogers  
In Memory of Raymond & Illa Satterfield & John  
Satterfield by Pat Satterfield & David Satterfield

In Memory of Jerry Griffey by Chris & Betsy  
Castleberry

In Memory of Mike Hueser by Mark Biagi, Chris &  
Betsy Castleberry, Woody & Kathy Farrell, and Polly  
Kelly

**We Offer Our Sympathy To .....**

Amber Stanley in the death of sister, Rachel LeeAnne  
Stanley, on February 15, 2025.

Sharon Jennings in the death of her brother, David  
Cox, on January 18, 2025.

Debbie Sharp in the death of father, James  
Robertson, on February 19, 2025.

The family of Reuben W. Holland, Jr. in his death  
on February 23, 2025.

**DIGITAL EDITION OF THE SPIRIT**

Would you like to opt out of receiving the print edition  
of ***The Spirit*** newsletter and view it digitally instead?  
It is available in our weekly Friday News Flash and on  
our website. Email [spirit@fountaincityumc.org](mailto:spirit@fountaincityumc.org) so we  
can update your preference. Thank you!



**Alter Flowers**

Want a special way to honor or remember a loved one?  
Altar flowers are a great way to do just that and will  
enrich our Sanctuary at the same time. Any color will  
do! Contact the church office at 865-689-5175 to sign  
up. The available dates are March 9, 16, 23, and April 6  
and 27. Thank you!