
NEW IMAGE



METROPOLITAN COMMUNITY CHURCH † KNOXVILLE, TN

Volume 29, Issue 6

Summer 2009



Words from the Pastor

“So let's not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don't give up, or quit. Right now, therefore, every time we get the chance, let us work for the benefit of all, starting with the people closest to us in the community of faith.”

Galatians 6:9-10 The Message Bible

Summer is upon us... a time we associate with rest, vacation, and fun. It's a time to "get away from it all". As it is the season, it is also a time of hard work... growing and putting out fruit, reaching deeply into the earth for nutrients, and turning sunshine into new life.

I want to challenge you to put down roots and grow this summer. Spend time in study as part of a small group or in upcoming bible studies. Practice the presence of Christ, knowing you are not alone. Listen for God's voice to guide you. Let the light of worship grow in you and the church body. Encourage and care for one another.

Take time to rest so you don't grow weary, but don't quit gathering together and being with one another. The fruits we bear are love and justice, which show themselves in our lives together, and are given for the nourishment of the world.

Shalom, Pastor Bob



POISED FOR GREATNESS (PFG) MAKES A DIFFERENCE

PFG is an inclusive campaign to decrease the balance of the church's mortgage. Its very name is designed to inspire the congregation to imagine the great things we can accomplish in the absence of a monthly mortgage payment.

The campaign began at the start of the year and consists of two projects. The first project is collecting change in the glass jar located at the front of the sanctuary. All are asked to collect loose change throughout the week and deposit their collections on Sunday. The jar will be counted when it is $\frac{3}{4}$ full.

The second effort is based on donating amounts corresponding to a day (\$29), a week (\$203), or a month (\$882) of the church's mortgage principal. Individuals, couples, families, and groups may pick up envelopes for these donations at the PFG easel in the sanctuary and may place the completed envelope in the offering plate or mail a check to the church's office.

Our six-year mortgage loan ends in August 2014. With the PFG campaign raising an average of \$1,352 per month, we will be able to pay off our mortgage in August 2014! If the mortgage is not paid off by 2014, the balance will need to be refinanced. For the months of January, February, March, and April 2009 collections have totaled 91% of that target amount. May donations have been down, but there is still time to contribute!

In 4 ½ months, we have raised a total of \$4,227.00! More importantly, we have saved ourselves months of mortgage payments and thousands of dollars in interest. Easter Memorials honoring eight individuals raised 45% of the total donations.

IMAGINE THE GREAT DEEDS we can accomplish without a mortgage payment. Thank you to those who have contributed. It does not take much to make a difference. We help ourselves and advance our church's mission with.....
EVERY DONOR, EVERY AMOUNT, EVERY TIME!

POISED FOR GREATNESS Envelope Contributions to May 15, 2009

Month	Monthly Total	Easter Memorials
January	700	
February	620	
March	488	203
April	2,364	1,693
May	55	
TOTAL	4,227	



Gay Men's Group-Topics for the Summer

June	Happy Pride Month – 16 Years Together
1	Open Discussion – Free HIV Testing 8:30 p.m.
8	What Does Coming Out Mean to You?
15	Tools for a Successful Relationship
22	Pride & Progress in the LGBTQ Movement
29	“Positively Gay” (The Good Side of Being Gay)
July	
6	Open Discussion – Free HIV Testing 8:30 pm
13	Open or Closed Relationships
20	What a Difference a Gay Makes!
27	Show ‘N Tell (Bring story or object to tell about yourself)
Aug.	
3	Open Discussion – Free HIV Testing 8:30 pm
10	When Opposites Attract
17	Gay Men & Our Pets
24	When Death Ends the Relationship
31	Overcoming Insecurities



Photographs taken for the *Feed the Need* Pictorial Directory

Saturday, June 6, 2009 (By appointment 10:00 a.m. - 5:00 p.m.)

Thank you to all who had their portraits taken in April for the *Feed the Need* pictorial directory!

A make-up day has been scheduled for Saturday, June 6 from 10:00 a.m. to 5:00 p.m. If you were unable to have your portrait taken or would like to try again, please make an appointment for Saturday, June 6. During that time, the photographer will take 15-20 photos of you or your group. You will view your photos immediately after the sitting and select the photo which will appear in the directory. You will also have the opportunity to purchase a photo package. You are not obligated to purchase extra photos to participate. Please sign up online at <https://www.appointment-plus3.com/ap/metropolitancommunitychurch/index.php?page=10>.

Every family who has their portrait made will receive one free 8 x 10 portrait and one free directory. No purchase is necessary. You may bring your pets, family members, and friends. Be sure to include the number in your group when you sign up. You will be able to decide who in your group will be included in the directory. If you have candid photos you would like to submit for consideration for use in the directory, please send them to Cynthia H.

Living the Questions--Bible Study

The “Living the Questions” Bible Study has been a fun and challenging study. It calls us to look at scripture, beliefs, and doctrines from a new perspective. By presenting new perspectives, it challenges us to think about our faith. The study uses prepared readings and DVD clips of pastors and theologians presenting progressive Christian views. The study meets on Tuesday evenings at 7:00 p.m. and is repeated on Sunday mornings at 9:15 a.m. If you are interested, join us on Tuesdays or Sundays. The study will conclude at the end of July.

Membership Classes for MCKK

Want to become a member or just find out more about Metropolitan Community Church? Join Pastor Bob for a membership class! The classes include discussions about our statement of faith, church and denomination structure, church visions, and expectations of membership. Anyone interested in becoming a member is required to take the class. However, anyone may also take the class without feeling pressured to becoming a member of the church. The next classes are on Sunday, June 14 from 1:30 to 5:00 p.m. and Sunday, August 8 from 1:30 to 5:00 p.m. Call the church office at 865-531-2539 if you plan on attending either of these classes.

“The Bible is a Queer Book” Workshop and Study

On Saturday, June 13, Pastor Bob will lead a workshop called “The Bible is a Queer Book” from 10:00 a.m. to 3:30 p.m. at the church. Lunch will be provided during the workshop. The workshop includes studying the texts often used against gay, lesbian, and transgender persons, and provides a method for self-defense against the use of these texts. The workshop will also study positive models from scripture and ends with providing tools to claim our own eyes to see scripture in new ways. If you are interested in this workshop, please sign up on the sheet located on the front table of the church or call the church office at 865-531-2539.



St. Ninian's Ice Cream Social

Saturday, June 20 from 6:00 - 8:00 p.m.
St. Ninian's Well
2527 Linden Avenue - Knoxville, TN 37914
Donation: \$5.00

Chill out and show your pride at the same time! Join the Community of St. Ninian for our Annual Homemade Ice Cream Social. Every year, we gather in the back yard of St. Ninian's Well to socialize and enjoy many flavors of ice cream. It's a relaxing evening of sweet treats and conversation to help further the ministry of the community.

For over 18 years, the Community of St. Ninian's has provided support, hospitality, and housing, primarily in Knoxville, but not exclusively, to the LGBTQ community. In 1995, the home called "The Well" opened and we have housed over 100 people who have needed housing and support. The group also provides emergency housing and finances to maintain people in their current housing.

Join us and taste-test at least eight different types of ice cream, including "no sugar added", soy-based, and the usual sugary varieties. Come participate in the fun!

Pride Fest 2009

Information on Pride Fest activities for June is still being finalized but the festival on Market Square will be held on Saturday, June 28 from 3:00 – 9:00 p.m. More information will become available before the festival. MCC Knoxville will be holding the Annual Pride Picnic on Sunday, June 21 from 1:00 – 6:00 p.m. at the church picnic area. Bring some food to grill and something to share. The church will provide drinks, plates, utensils, cups, napkins, and grills. We plan to eat around 1:30 p.m. There will be tables available for groups and organizations who would like to display information and goods. This year marks the 25th year of MCCK's Pride Picnic, making it the longest continuous pride event in Knoxville. Let's celebrate!

Shawn Thomas in Concert Saturday, July 25, 2009

"Aaron's Rainbow Project" (ARP) and Metropolitan Community Church of Knoxville are proud to announce Shawn Thomas in concert. The concert will be Saturday,

July 25 at 7:30 p.m. at MCCK located at 7820 Redeemer Lane in Knoxville, TN. Shawn will also be sharing in the 11:00 a.m. worship service on Sunday, July 26th.

Shawn will perform songs from his award winning recordings as well as his newest praise and worship CD entitled "Worship & Desperation". This new CD recently received the 2008 Editor's Choice Award for the single "You Are Here Lord". His CD entitled "Changed" received a nomination for the 2006 Out Music awards as



Outstanding New Inspirational Recording and features the driving title track and an upbeat cover of Amy Grant's "What About the Love". "Faith Unashamed" received a nomination for 2007 Production/Producer of the year from the Pride in the Arts Awards. "Faith Unashamed" has stayed in the top ten CD/Albums on the OutVoice.com Top 40 for over a year.

Awarded "Best Independent Songwriter" by the 2004 Indie Awards and labeled as "groovin'", "wholesome", and "inspirational" by Pride Christian Music, Shawn continues to develop his music career in a new direction of spirituality and ministry. "I actually resisted writing contemporary Christian-type music in the past because I was afraid I wouldn't be able to still perform the style of music that I enjoy." That style of music, as featured on Shawn's new CD "Worship & Desperation", includes a wide variety from traditional ballads to praise music to pop/rock.

With a minister as his father, and a very talented musician as his mother, Shawn's ministry through ARP is the natural combination of his musical and spiritual influences. Pursuing his talents in many directions including songwriting, production, dance and choreography, Shawn Thomas emerges not only as a competent performer and singer, but as a dynamic and versatile entertainer and presenter. His intention is to share the message of practicing the principles of love and grace in order to build unity, understanding, and acceptance.

Ray Vester in Concert Sunday, August 9, 2009



Ray Vester will return to Knoxville on Sunday, August 9 at 6:00 p.m. to bring us a concert of his newest music. We were honored to be one of the first churches that Ray visited when began touring again.

The youngest of three siblings, Ray Vester was born and raised in Rocky Mount, NC. At an early age, he became a

Christian and soon after, southern gospel music became his passion. At the tender age of 19, Ray recorded his first record.

The year of 2008 was full of wonderful moments, but Ray faced many surgeries. In March, Ray had major surgery and had complications. Because of the complications, Ray was in severe pain and unable to work. In November, Ray underwent another surgery to remove a nerve that was entrapped as a result of the March surgery. Ray was off the road and out of work for a total of six months.

Ray was approached by Randy Stalls from Vision Quest Music Group during his time of sickness with a recording contract offer. Even though Ray was going through so much, God gave him the strength and courage to sign the contract and history was made for Ray Vester Ministries. The label released the new CD entitled "Sail Away" in July. In October, the single entitled "It's All Good" was released to Southern Gospel Radio Stations nationwide and debuted at #28 on the Christian Country Gospel National Chart! By December, the single hit #1 on the Christian Country Gospel National Chart. The single also debuted at #60 on the Southern Gospel Top 100 Hits and stayed at that spot for 4 months. The single "It's All Good" continues to be on the National Charts! Ray is well and heading back out on the road again for the "Sail Away" tour. After going through so many trials, God truly has begun a new work in Ray Vesters' life and ministry!

Repeating Unhealthy Patterns

From the Desk of Minister Paul E. Jones--Sharing good news through internet radio, blogging, and videos - www.gracewatcher.org

When we have been traumatized in any way, there is usually the drive (usually unconscious) to re-create the traumatic situation, but this time to prevail and gain ascendancy over

what defeated us before. The greater the trauma, the more powerful this drive to surmount it is within us.

Many of our relationships take shape because they are familiar to us. The unsupportive person is like our unsupportive parent. The absent partner is like the parent who was never there for us, whether by their choice or if we were perhaps pulled away from them, or perhaps they died. The critical partner is like the critical parent we could never please. The partner who plays "I love you....go away" with us is replicating messages from long ago. We want to hear "I love you...come here" but we keep picking people who say "I love you...now leave.". Sometimes they are mirroring us and our need to run away lest we be rejected. The push me-pull me dance is both maddening and comfortable and we don't know how to break out of they cycle. We find ourselves abused in the same way as before.

There are two dynamics at work here. The first dynamic at work is the draw to the familiar...that which we know...that which is comfortable. Comfort does not mean warm, fuzzy, and nice, but rather what we are USED TO being around. If what we are used to (familiar with...from the word "family") is unhappiness and abuse, then that is what is comfortable to us. To break out of this comfort zone, we need to recognize our patterns, recognize what we are drawn to, and work on our self-esteem and our self-talk to break those patterns a little bit at a time. This is why it is important to stay away from relationships while you do that important work. The change happens gradually. If you continually enter into relationships, you will find that not much has changed from the last time around.

The second dynamic at work is that we are drawn to people who represent old struggles which we have never won. We think, unconsciously of course, that if we somehow get this unavailable person to be available to us, then we have won over the unavailable people who were previously in our lives. If we get this person to stop drinking or drugging, we have won over the alcoholic and/or addicted parent who raised us. If we get this abuser to become a healthy individual, we have triumphed over all the abusers who were previously in our lives. It doesn't work that way and we will never win. We lost those old struggles and we need to recognize and accept that. We need to understand that the only way to WIN now is to NOT PLAY THE GAME. We need to recognize the old patterns that are keeping us stuck and how we say the same old same old and do the same old same old, thereby GETTING the same old same old, which is miserable.

We need to go back in time and look at the fights we have lost and realize there is no way to win. We need to use our friends, our support systems, and our journal to get angry at our old tormentors and tell them we are no longer playing the game. We need to revisit what happened to us when we were young and innocent and didn't know any better. We need to get angry about it but work through it and stop

playing it out in our present lives. We need to stop continuing the hurt that others put on us before. We need to take care of ourselves NOW and step out of the automatic dances with inappropriate and hurtful people. We need to stop hurting ourselves by continuing the dance. We stop repeating unhealthy patterns when we recognize them, when we feel where they came from, and when we make the decision that we don't need to win. If we are drawn to someone, that doesn't mean we necessarily have to have them or be with them. It could mean that they are familiar, but not in a good way. Often our "type" is just some variation on a theme that we have had before or that has hurt us before. That is why our "type" often does us wrong due to the mold that has been set by very unhealthy people.

Work on your self-talk. Journal about the hurt and anger of the past, decide to avoid your "type" until you have it straightened out, and be good to yourself. The single most important thing in defeating unhealthy patterns is to develop a new pattern of being good to yourself and insisting others do the same. We must learn to step back and observe...especially when someone is setting us off. We need to look at the choices we are making and ask "Why?". We need to learn to walk away and say "No, not now. Not this time. Not anymore." and then go and soothe the places in us that have been hurt, that have craved attention from those who cannot give it and that have tried to be loved by people who cannot love. The only way to win is not to play the game and to be good to yourself.



CALENDAR OF EVENTS



Date	Event
June 1, 8, 15, 22, 29; July 6, 13, 20, 27; August 3, 10, 17, 24, 31	UT Lambda Student Union (6:00 – 7:30 p.m.)
June 1, 8, 15, 22, 29; July 6, 13, 20, 27; August 3, 10, 17, 24, 31	Gay Men's Discussion Group – TN Valley Unitarian Church (7:00 – 9:00 p.m.)
June 2	"Living the Questions" Bible Study at MCCK - (7:00 – 9:00 p.m.)
June 5, 12, 19, 26; July 3, 10, 17, 24; August 7, 14, 21, 28	Meal and Worship at St. Ninian's (6:30 – 9:00 p.m.)
June 6	Photographs taken for "Feed the Need" Pictorial Directory (5:00 – 7:00 p.m.)
June 6, 20; July 4, 18; August 1, 15	Spectrum Café – TN Valley Unitarian Church (5:00 – 7:00 p.m.)
June 7	"Living the Questions" Bible Study at MCCK (9:15 – 10:30 a.m.)
June 11; July 9; August 13	PFLAG Meeting - TN Valley Unitarian Church (7:00 – 9:00 p.m.)
June 13	"The Bible is a Queer Book" Homosexuality and the Bible study (10:00 – 3:30 p.m.)
June 14 & August 9	Membership Inquirer's Class at MCCK (1:30 – 5:00 p.m.)
June 16; July 21; August 18	Knoxville Human Rights Group Meeting (7:00 – 9:00 p.m.)
June 20	St. Ninian Ice Cream Social (6:00 – 8:00 p.m.)
June 21; July 19; August 16	Deacon's Food Pantry Collection at MCCK (11:00 – 12:30 p.m.)
June 25; July 23; August 27	Administrative Council Meeting at MCCK (6:30 – 9:00 p.m.)
June 26; July 24; August 28	Friday Night Social Club at MCCK (7:00 – 10:00 p.m.)
June 27	Knoxville Pride Fest at Market Square (3:00 – 10:00 p.m.)
July 4	Cookout at Scott & Tony's (All day)
July 31	St. Ninian Fun Night at St. Ninian's (6:30 – 9:00 p.m.)



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LECTIONARY

Date	Gospel
June 7 - Trinity Sunday	Isaiah 6:1-8; Psalm 29; Romans 8:12-17; John 3:1-17
June 14 - Proper 6 (11)	I Samuel 15:34 & 16:13; Psalm 20; II Corinthians 5:6-10; 14-17
June 21 - Proper 7 (12)	I Samuel 17: (1a, 4-11, 19-23), 32-49; Psalm 9:9-20; II Corinthians 6:1-13; Mark 4:35-41
June 28 - Proper 8 (13)	II Samuel 1:1, 17-27; Psalm 130; II Corinthians 8:7-15; Mark 5:21-43
July 5 - Proper 9 (14)	II Samuel 5:1-5, 9-10; Psalm 48; II Corinthians 12:2-10; Mark 6:1-13
July 12 - Proper 10 (15)	II Samuel 6:1-5, 12b-19; Psalm 24; Ephesians 1:3-14; Mark 6:14-29
July 19 - Proper 11 (16)	II Samuel 7:1-14a; Psalm 89:20-37; Ephesians 2:11-22; Mark 6:30-34, 53-56
July 26 - Proper 12 (17)	II Samuel 11:1-15; Psalm 14; Ephesians 3:14-21; John 6:1-21
August 2 - Proper 13 (18)	II Samuel 11:26-12:13a; Psalm 51:1-12; Ephesians 4:1-16; John 6:24-35
August 9 - Proper 14 (19)	II Samuel 18:5-9, 15, 31-33; Psalm 130; Ephesians 4:25 & 5:2; John 6:35, 41-51
August 16 - Proper 15 (20)	I Kings 2:10-12; 3:3-14; Psalm 111; Ephesians 5:15-20; John 6:51-58
August 23 - Proper 16 (21)	I Kings 8: (1, 6, 10-11), 22-30, 41-43; Psalm 84; Ephesians 6:10-20; John 6:56-69
August 30 - Proper 17 (22)	Song of Solomon 2:8-13; Psalm 45:1-2, 6-9; James 1:17-27; Mark 7:1-8, 14-15, 21-23

Driving Directions to MCC Knoxville

- Exit I-40 at West Hills
- Turn left at foot of ramp onto Kingston Pike
- Turn right at first corner onto Morrell Road
- Go 1.3 miles (count five stop lights)
- Turn right at Nubbins Ridge Road (4 way stop sign)
- Go Three Blocks
- Turn left on Tranquilla (at crest of hill)
- Turn right on Redeemer Lane
- Go up the hill through two red brick gateposts into the church parking lot

Rev. Bob Galloway, Pastor

Sunday Worship: 11:00 a.m. and 6:00 p.m.

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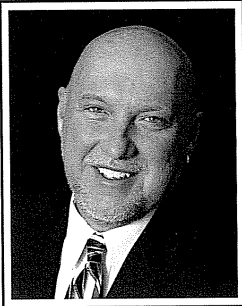
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Published by:
MCC Knoxville
7820 Redeemer Lane
Knoxville, TN 37919
NEW IMAGE

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Knoxville, TN
Permit No. 226



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