
NEWS FROM MCCK

METROPOLITAN COMMUNITY CHURCH † KNOXVILLE, TN

VOLUME 31, ISSUE 6



JUNE 2011

Rev. Delores Berry Returns to MCCK / Pride Picnic

Concert - Saturday, June 18 at 7 p.m.

Morning Worship - Sunday, June 19 at 11 a.m.

Healing Service - Sunday, June 19 at 6 p.m.



Rev. Delores Berry returns to MCC Knoxville for her annual visit. Revive your spirit with a weekend of her gospel and praise (and humor, and hats)!

She will appear in concert at MCC Knoxville on Saturday, June 18 at 7 p.m. She will deliver her message in song at our 11 a.m. worship service on Sunday, June 19. She will also appear at our monthly Healing Service at 6 p.m. Sunday evening.

Visit www.revdoloresberry.com for more information about Rev. Berry and her ministry.

Her beautiful rendition of "You Raise Me Up" can be seen at

<http://www.youtube.com/watch?v=ZUwXvfg5Tnc>

2011 Pride Picnic

The 2011 PRIDE Picnic is Sunday, June 19 right after Rev. Dolores Berry's concert! This picnic is the longest-standing PRIDE event in Knoxville thanks to MCC Knoxville, so let's show our pride and our commitment to reaching out to community the way we know how.

Bring your BEST SIDE DISH OR DESSERT EVER to support the picnic! The church will provide hamburgers and hotdogs and buns. Come one, come all and bring a friend with you to celebrate Knoxville PRIDE Picnic kickoff and make plans to attend the Healing Service that Delores will lead at 6 p.m.

PRIDE EVENTS APPROACHING ~ VOLUNTEERS NEEDED

Knoxville Pride is June 25 and we are in preparation for the events. If you would like to help out with the booth or float, your help is needed and appreciated.

Volunteers will be needed to set up, man and then tear down the booth. If you are willing please contact Lisa J at children@mccknoxville.org or grab her after church to sign up!

Float planning, preparation and participants are also needed. This year's Theme is:

2011 >>> X
Experience
Equality

We will also need volunteers to walk/ride along the parade route. Contact Dustin E at ewingdl@comcast.net to sign up.

LETTER FROM REV. RAY NEAL



To my friends at MCKK, Spring has sprung! I am enjoying the beautiful sunny weather of the last few days and the incredibly warm temperatures here in Seattle finally hitting a couple of days in the 70s. Before yesterday we clocked 200 days of temps less than 70 degrees. Reminds me

of what Mark Twain once wrote: "The coldest winter I ever experienced was the summer I spent in Seattle." I've been consoling relatives in the East who have already been suffering in 90 degree plus weather. As far as I'm concerned, Seattle has great weather, not too hot, not too cold...at least during our dry season from now thru September!

The fact of the matter is that one makes the most of whatever situation or climate one lives in. Emerald City Metropolitan Community Church Seattle must make the most of its own situation and its resources (people, their talents, finances, the community in which we live, and more). I'm sure that MCKK does the same! I'm a firm believer in the idea that God prepares us for the future that God wants us to inhabit by giving us the necessary abilities to achieve that future. We have within both of our congregations of lovely, exciting persons exactly what we need to take the next step(s) into the future that God wants us to boldly claim.

How do we do that? We must think "outside the box." It's time to state that we cannot keep on doing what we have been doing and expect different results. You do know what word that's a definition of, don't you? We must begin to bend and reshape the boundaries with which we have previously limited ourselves. Those boundaries may not even exist except in our own minds and hearts. We must be creative and resourceful and joyfully look for a very different kind of existence for our churches. When my children were growing up we owned two cocker spaniels at the same time, a white female and a black male. We put an invisible electric fence around the yard and put electric collars on the dogs. When the dogs would approach the invisible fence boundary the collar would give them electric

shocks. There was really nothing keeping them from running through the electric barrier to their freedom except for the training we had given them. They had been trained to return to the house, a safe and comfortable place, whenever they were shocked or at least to stop moving forward away from the house.

I believe that congregations can also end up being "trained" to return to those things that they feel are safe ways to express themselves, non-challenging ways to continue doing what they have already done, comfortable and convenient ways of being and acting that require little if any energy, except to stay away from what it perceives to be dangerous or unknown territory. Like the dogs we run back to a safe and comfortable place...the way we have always done things.

A few years ago a book came out about churches entitled "The Seven Last Words of the Church: We Never Did It That Way Before." Just because we've never done a particular thing in worship or ministry does not mean that it is something we should not do now. The only thing keeping you back from claiming the future that God wants to give to your church may be your own fear, your own desire to not venture forth into "dangerous" and "uncomfortable" territory. In crossing over into new possibilities we may discover that, to abuse an old agricultural phrase, grass may really be greener on the other side of our fears and hesitations.

The Children of Israel had to wander until their hearts and minds were ready and willing to inhabit the Promised Land, even if that meant they had to face Giants. As you move into the Promised Land of your future you may not have to face any Giants, but you will have to face your own reluctance and fears if you are to begin to dream new dreams and see the extraordinary visions of the future God has waiting for you to claim. And we have to understand that the future God wants to give to us may in fact be far different from what we believe it might be. God seems to be in the habit of surprising us! Our own personal comfort may be threatened. Our own idea of what church is supposed to be might have to be expanded and bent out of shape. I learned a great deal from Pastor Bob about what it means to be a Christian minister and I will always

thank him for those valuable lessons. I have followed the news of the coming of your new pastor! This will be a time of examining who you are, what you want to do, and how you are going to do it. I pray that you will keep your minds and your hearts wide open to the possibilities before you and to seek to discover with the promises of abundance that God has waiting for you to claim together!

With great love for my wonderful years with you,

Pastor Ray Neal, former Associate Pastor MCKK
*Ray is now the senior pastor of Emerald City MCC
Seattle*
revrayneal@clear.net

SPRING CLEANUP REALLY SHOWS!

Last month, volunteers from MCKK cleaned windows, the kitchen, the parking lot and sidewalks and helped reorganize the sanctuary, among other things.



Before: the edge of the new parking lot was bare and ragged.

After: new border with monkey grass planted by Dan S and attractive rocks. Rusty H and Steve D



did a lot of heavy lifting.

SPRING CAN BE HAZARDOUS TO YOUR HEALTH

Spring has sprung!

I hope everyone has enjoyed the daffodils, tulips, irises, and roses that have adorned our good earth. Unfortunately, East Tennesseans also endure the dreaded cloud of pollen that comes with our beautiful blooms. The East Tennessee Valley is flanked by the Smoky Mountains, creating a wonderful bowl in which pollen collects. This causes all kinds of havoc to our sensitive ears, noses and throats, causing allergies. Pollen acts as an irritant to our airways, causing swelling and more airway drainage. If left unchecked, allergic conditions can lead to sinus problems, including infections.

There are many anti-allergy medications available, so we have to choose carefully. Any antihistamine is acceptable in treating allergies, including generics. Over-the-counter antihistamines can cause drowsiness, so you must be careful when taking them. Loratadine (Claritin or Alavert) is one non-drowsy antihistamine which is available on the \$4 prescription list. Caution also is warranted when other conditions are present, such as high blood pressure. Decongestants in some allergy and sinus medications can raise blood pressure. One available decongestant is Coricidin HBP or its generic equivalent. This medication contains a decongestant that is safe to take when you have high blood pressure. Also use caution when using nasal decongestant sprays as these medications should not be used over three days; excessive use causes nasal congestion to worsen when taken too long.

Safe, educated use of medications to control allergies will keep you healthy over the spring season and certainly increase your comfort when enjoying the outdoors. If medications are not controlling your allergic symptoms, I encourage you to seek medical attention as some allergy sufferers do need special combinations of medications to improve their condition. Enjoy our beautiful outdoors year-round and rejoice in God's gifts to us as the earth blooms into life again!

In Good Health,

Kimberly J. Hicks, FNP-BC, AOCNP

ST. NINIAN ICE CREAM SOCIAL *

The annual St. Ninian's Ice Cream Social will be held on Saturday, June 11 from 6:00 PM to 8:00 PM. Come taste-test at least eight different types of ice cream, including "no sugar added", soy-based, and the usual sugary varieties. A donation of \$5 per person or \$20 per family is requested.

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. Chill out and show your pride at the same time!

The Community of St. Ninian is a small Christian Covenant Community dedicated to fulfilling the ideals of hospitality to the peoples of the world and specifically to persons in and near Knoxville, TN. It is a non-profit Christian organization reaching out specifically to those in the gay, lesbian, bisexual, trans-, and questioning communities. St. Ninian's Well is the house established to host area events and house individuals in need of short term assistance. Location: Community of St. Ninian, 2527 Linden Ave, Knoxville, TN 37914, Phone: (865) 523-6101

BIBLE STUDY RESUMES: UPPITY WOMEN OF THE BIBLE

The "Uppity Women of the Bible" bible study series resumes in the annex starting Sunday, June 5th at 9:15 AM. Future dates and times will be announced. Although this is a series, you may join the group at any time.

GAY MEN'S GROUP TOPICS

(meetings Mondays, 7:30-9 p.m. at Tennessee Valley Unitarian Church at 2931 Kingston Pike)

- June 6 – Open Discussion, free HIV testing at 8:30
- June 13 – Being comfortable in my own skin
- June 20 – Gay men and their fathers
- June 27 – Positively gay (the benefits of being gay)

MCCK OFFICE HOURS

Dusty's office hours: Tuesday, Wednesday, Thursday and Friday 10 a.m.-5 p.m.

Rev Jill's office hours: Tuesday, Wednesday and Thursday 10 a.m.-5 p.m. and by appointment.

Lectionary




June 5	Acts 1:6-14; Psalm 68:1-10, 32-35; 1 Peter 4:12-14, 5:6-11; John 17:1-11
PENTECOST, June 12	Acts 2:1-21; Psalm 104:24-34, 35b; 1 Corinthians 12:3b-13; John 20:19-23
June 19	Genesis 1:1-2, 4a; Psalm 8; 2 Corinthians 13:11-13; Matthew 28:16-20
June 26	Genesis 22:1-14; Psalm 13; Romans 6:12-23; Matthew 10:40-42





Calendar of Events


Event	Date
Bible Study Resumes - Uppity Women of the Bible	Sunday, June 5, 9:15 a.m. (other dates and times TBA)
New Members' Class	Sunday, June 5, 2-4 p.m.
Bereavement Support Group	Tuesdays, June 7 and 21, 6:30-8 p.m.
 Ice Cream Social at St. Ninian's	Saturday, June 11, 6 p.m.
Friday Night Social Club	June 17, 7-9:30 p.m.
 Rev. Delores Berry in concert	Saturday, June 18, 7-9 p.m.
Fathers Day	Sunday, June 19
Deacons' Food Pantry collection	Sunday, June 19, 10:45 a.m.
Worship with Rev. Delores Berry	Sunday, June 19, 11 a.m.-12:30 p.m.
Pride Picnic at MCKK	Sunday, June 19, 1-6 p.m.
Healing service with Rev. Delores Berry	Sunday, June 19, 6-7 p.m.
Monthly Newsletter deadline	Monday, June 20
Deacons meeting	Tuesday, June 21, 6:30-8 p.m.
Board of Directors meeting	Thursday, June 23, 6:30-8:30 p.m.
Decorate MCKK PrideFest Float (Cyndi & Sharon's home)	Friday, June 24, 7 p.m.
Knoxville PrideFest @ Market Square 	Saturday, June 25, 4-10 p.m.

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**Metropolitan Community
Church Knoxville**

Rev. Jill Sizemore, Pastor

Sunday Worship: 11:00AM & 6:00 PM

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Newsletter: newsletter@mckknoxville.org
* GLBT Helpline 7 to 11 PM staff
permitting

Directions to MCC Knoxville

1. ***From I-40 west bound***
 - Take Exit 380 (West Hills)
 - Continue through the first stop light (West Town Way)
2. ***From I-40 east bound***
 - Take Exit 380 (West Hills)
 - Turn right at the first stop light (heading to Montvue Rd.)
2. Turn left at next stop light (Kingston Pike)
3. Turn right at the second stop light (Morrell Rd.)
4. Continue straight through the next five stop lights (1.3 miles, finally crossing Westland Dr.)
5. Turn right at the next 4-way stop (Nubbins Ridge Rd.)
6. Continue 3 blocks
7. Turn left on Tranquilla Dr. (at crest of hill)
8. Turn right on Redeemer Lane
9. Parking lot is at the top of the hill (through red brick gateposts)