FIRST PRESBYTERIAN CHURCH

Jefferson City, Tennessee

Organized in 1867 as The Presbyterian Church at Mossy Creek

October 2026 Newsletter

Reiki: A Spiritual Practice of Healing and Wholeness



One of the things I find myself saying to people these days—sometimes with a smile and sometimes with complete seriousness—is, "Go, and touch grass." We are living in a time when stress and anxiety seem to follow us everywhere. There are wars and rumors of wars, 24/7 breaking news, social media algorithms that keep us scrolling, and a constant stream of information that can leave us feeling overwhelmed, disconnected, and utterly discouraged. In the midst of all of this, I find myself wondering: Could the church offer more spaces for rest, healing, and reconnection?

At a recent Session meeting, we talked about the ways our congregation might offer something to our community that is not otherwise readily available. Because of my own work and study around trauma, spiritual direction, and holistic approaches to well-being, I suggested that we explore practices such as Reiki (Raý-kee), sound baths, and drum circles as part of the life of our church.

My interest in Reiki began through the Shalem Institute, where I completed my certification as a Spiritual Director. Over time, I have come to understand Reiki as a gentle spiritual practice that invites us to slow down, become more present, and open ourselves to the healing and renewing love of God. Reiki is not exclusively Christian and has roots in Japanese spiritual and healing traditions. And yet, there are meaningful points of resonance between Reiki and the Christian spiritual tradition. Christians throughout the centuries have understood the body, prayer, touch, breath, silence, and presence as important dimensions of our spiritual lives. Furthermore, Reiki resonates with the Christian understanding of God as the One "in whom we live and move and have our being" (Acts 17:28) because Reiki works with the understanding of energy as something that flows through and connects all living things. For me, it offers a way to attend to the sacred presence and love that surrounds and sustains us.

I sometimes describe Reiki as a form of body prayer. Through gentle, intentional touch, the practice allows a quiet space to release tension, become grounded, and simply receive. There is nothing you have to accomplish. Nothing you have to believe. It is an invitation to pause, breathe, and attend to what is happening within you. Reiki is not a substitute for medical or mental-health care. Rather, it is a complementary spiritual practice that some people find supportive as they seek greater peace, balance, and wholeness.

As someone who has been trained in Reiki, I will be offering Reiki by appointment in my office. Sessions generally last about 45 minutes and will be offered free of charge to members and friends of the congregation. If you are curious, have questions, or simply need a quiet place to pause for a while, I invite you to reach out and make an appointment.

Grace & Peace,
Dr. Glenda Hollingshead



IN HONOR OF WORLD COMMUNION SUNDAY ON OCTOBER 4, AFTER WORSHIP YOU WILL BE INVITED TO GATHER IN THE FELLOWSHIP HALL FOR "BREADS AND SPREADS."

FPC IN MOTION

Moving Together in Faith & Fellowship

Make plans to join the fun!
Hiking at Panther Creek after Breads and Spreads, October 4th.

MONTHLY MISSION FOCUS

The Mission focus for October is our own congregation's Emergency Community Support Fund. The fund has less than $1,000 left in it, and is funded by your donations. Please contribute, as you are able. Donations should be sent to Heather in the church office, or placed in the offering plate, marked ECSF.



STAFF ON VACATION

Heather will be on Vacation October 5-9 and the Office will be closed. (Please note bulletins for both October 4 & 11 will be printed on Thursday, October 1st.)

Dr. Glenda will be on vacation October 12-18. Jeff Drees will be preaching on Sunday, October 13.



different brews *different views*

PUB THEOLOGY

BEER, CONVERSATION & GOD

all perspectives welcome

Saturday, October 10 at 1:00 p.m. at the home of Ted and Beth Folsom. Please bring a favorite beverage to share; snacks will be provided. Let's gather around the tables to share different brews and views.

Kirkin' of the Tartans

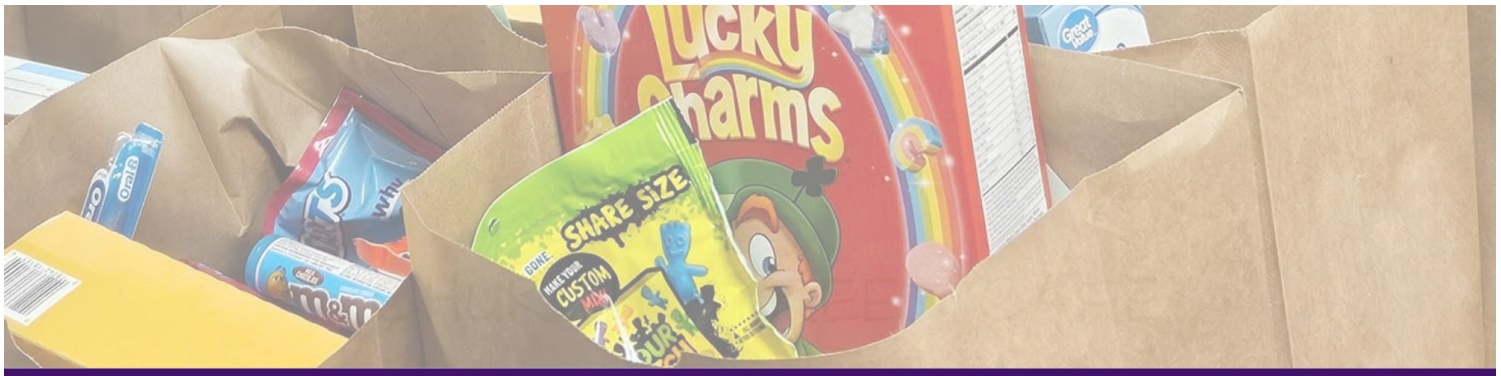
On Founder's Day, October 11th, we will celebrate the Kirkin' of the Tartans to honor the Scottish heritage of the Presbyterian Church, as well as our church heritage. Many plaid/tartan patterns of our church family will be displayed, and you are encouraged to wear your "colors" - tartan cloths, scarves, ties, or even kilts - or wear other plaids or patterns in honor of those who are dear to you.Do you have a family heirloom or treasured object with a story to tell? Bring it with you to church and place it on display in the sanctuary. Early in the service, we'll make time for you to share a little about its story and why it is meaningful to you. A Potluck Luncheon will follow. (A SignUpGenius email will be sent out soon.)

Men's Breakfast

Tuesday, October 13th
at 9:00 a.m.

Owens Restaurant
in Dandridge





FIRST PRESBYTERIAN CHURCH
721 CHURCH STREET
JEFFERSON CITY, TN

CHURCH STREET CAFE

October 13th 4:00-5:30 p.m.



First Presbyterian Church
Threads of Friendship Women's Group

A warm, welcoming space for all women of the church- where every thread, whether yarn or conversation, weaves us closer together. Whether you knit, crochet, craft, or simply want to connect, you're invited to be part of the gathering. Can't make it in person? Connect with us via Zoom. Come, share a laugh or two, and be part of something meaningful.

Thursday, October 15th at 2:00 p.m.
Church Parlor
(Be sure to bring your own beverage.)





PIZZA & PUMPKIN PAINTING PARTY

SUNDAY, OCTOBER 18TH AFTER WORSHIP

PLEASE LET WHITNEY DREES KNOW IF YOU PLAN TO ATTEND BY THURSDAY, OCTOBER 15.

WWW.FPCJEFFCITY.ORG

Missions

Did you make a contribution to the PCUSA World Communion Offering during September?If not, you have one more chance, when we dedicate the offering this Sunday, October 4. This new special offering of PCUSA replaces the Peace & Global Witness offering that we collected in the past. It cultivates reconciliation by supporting racial and gender justice, peacemaking efforts, global witness, and nurturing ecumenical and interfaith relations.

The Mission focus for October is our own congregation's Emergency Community Support Fund. This fund is used to help those in urgent need of assistance with utilities in our community. During 2025, a total of $3,987 was distributed, to the electric company for 54 families, to the water company for 10 families, and to miscellaneous expenses for another 5 families. So far in 2026, $2,677 has been spent. The fund has less than $1,000 left in it, and is funded by your donations. Please contribute, as you are able. All funds are sent directly to the utility, not to individuals or families. Donations should be sent to Heather in the church office, or placed in the offering plate, marked ECSF. While you can do this at any point in the year, your Mission & Creation Care Committee has made it the focus for October due to the urgent need to refill the fund. Thank you!

Prayers for our Mission partners: We always ask, as part of the Mission grant process, how we may pray for them. Here is the request from HOLA Lakeway: 'Please pray that God provides the financial resources and funding needed to continue and expand the work of HOLA Lakeway. We also ask for prayers over the families we serve - that they experience growth, stability, protection and healing, and opportunity through our programs.'

Please contact chair Carol Antoniewicz or any other member of the committee (Del Deaton, Linda Noonkesser, and Linda Raines) with any ideas or comments you have on Mission or Creation Care.

A "Save the Planet" Moment brought to you by Creation Care



As the days in the northern hemisphere grow shorter, don't immediately reach for the light switch. Experiment with doing activities in lower light, or turn off your gadgets earlier in the evening as you try to stay in touch with the natural rhythms of the seasons and daylight. Do the dishes or play a board game by candlelight and enjoy the slower, quieter intimacy of the experience. © The Pastoral Center / PastoralCenter.com. All rights reserved.

As announced last month, the annual household hazardous waste collection at the Jefferson County Landfill, 650 Grove Road, Dandridge, is on Saturday, October 17, 8am – noon.

Accepted Materials
·Cleaning fluids and household chemicals
·Pesticides, fertilizers, and lawn-care products
·Paint thinners and adhesives
·Aerosol cans
·Fluorescent lamps and bulbs
·Lithium, button, and rechargeable batteries (no standard alkaline batteries)
·Mercury thermometers and thermostats
·Brake fluid and automotive/marine fluids
·Prescription medications
·Sharps (must be in a puncture-proof container labeled "SHARPS-DO NOT RECYCLE")

Items Not Accepted
·Standard alkaline batteries
·Paint (latex/oil paint in liquid form—check local rules or let dry before disposal)
·Electronics and computers
·Ammunition, explosives, or radioactive materials
·Medical waste (other than properly stored sharps)

We will not hold a secure shredding event this fall, but rather plan to do it every other year. The participation level was not high last year, and the cost to have the secure shredding truck here has gone up to $500 for two hours.

Please continue to collect your clean glass bottles and jars, no lids, and let Carol know when you bring some to church for her to collect to take to the Blount County recycling center. Thanks!

And you can continue to bring in your old newspapers for the CARE animal shelter, and put them in the back hallway next to the bin for the Neighborhood Center.

ALL *Saints'* DAY

During our November 1st Worship Service we will celebrate All Saints' Day. It is a day when the Church remembers those who have gone before them in faith and who now dwell with God in heaven. It is a day to remember people who, while they walked the earth, strived to be faithful, and in their faithfulness, touched our lives in a special way.

Take a moment to consider those saints who shared your life, and who have died and entered the Church Triomphant in the last year. Please send those names to the church office by Monday, October 26th, if you wish for them to be recognized during the worship service.

Sunday School

TWO WAYS TO CONNECT

SUNDAYS AT 9:30 A.M.



GENERATIONS OF FAITH

For children, youth & adults

Fellowship Hall (and Zoom)

Class begins with a light breakfast, prayer, and an introduction to the lesson. Then children and youth enjoy age-appropriate activities while adults continue the conversation.



COFFEE & CONVERSATION

An offsite option for adults

60 Beans Coffee

120 E. Broadway Blvd., Jefferson City

Good coffee, fellowship, and thoughtful conversation about faith and the upcoming sermon. Parents can drop children off in the Fellowship Hall or Nursery at 9:30 a.m. before joining the fun.

Something for every generation

CHOOSE THE SUNDAY SCHOOL SETTING THAT'S RIGHT FOR YOU!

UPCOMING EVENTS

NOV. 1

HANDBELLS PRACTICE

Practice will begin Sunday, November 1 following worship.

NOV. 7

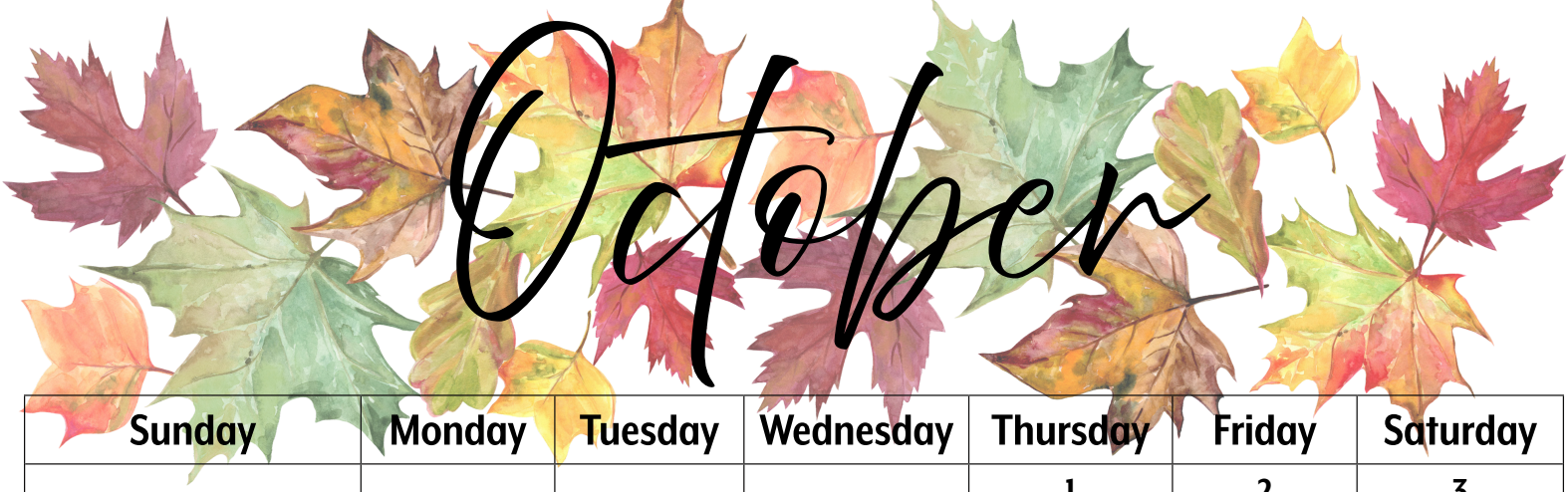
FALL WORKDAY

Please consider contributing one hour to the event between 9:00 a.m.–12:00 p.m.

DEC. 1

HOLY CONVERSATIONS

Our next book is *Take This Bread*, by Sara Miles. We meet via Zoom at 5:30 p.m.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Jackson Drees Ted and Beth Folsom
4 Sunday School 9:30 a.m. Worship Service 10:45 a.m. World Communion Sunday Breads & Spreads 12:00 p.m. FPC-In-Motion	5	6	7 Heather on Vacation	8	9 Troy & Jessica Evans	10 Pub Theology at the Folsom's 1:00 p.m. Kent Clouser
11 Sunday School 9:30 a.m. Worship Service 10:45 a.m. Kirkin' of the Tartans/Luncheon 12:00p.m.	12	13 Men's Breakfast 8:00 a.m. Church Street Café 4:00 p.m.	14 Dr. Glenda on Vacation	15 Threads of Friendship 2:00 p.m.	16	17 Whitney Drees Carol Antoniewicz
18 Sunday School 9:30 a.m. Worship Service 10:45 a.m. Dr. Glenda Out Pizza and Pumpkin Painting	19	20 Abby Reagan	21 David Noonkesser	22 Newsletter Deadline	23	24 Jessica Evans
25 Sunday School 9:30 a.m. Worship Service 10:45 a.m. Session 6:00 p.m.	26	27	28	29	30	31 Kylie Drees

Prayer Concerns

SPECIAL CONCERNS:

Arlene Peck Bill Vest Doug Moses Jama Seahorn

The health and wellbeing of our country and those who live within its borders

Members of the military & their families

Peace in Ukraine, The Holy Land, and other war-torn nations

ILL AND RECOVERING:

Jeffrey Cox, Ivy Cox's grandfather, who has been hospitalized

Tom Sites , who has been diagnosed with late stage lung cancer

Kent Clouser, who is having serious health issues

Wayne Hershberger, Jessica Evans' uncle, who has aggressive lung cancer

Terri, Ted Folsom's cousin, who is undergoing chemotherapy

Wayne King, who is having health issues

Angelia Ramsey, wife of Jim Deaton's friend, James, who has cancer

Kris Ridyard, who is undergoing immunotherapy

Paul Sorey, Linda Noonkesser's brother

Jane Sorey, Linda Noonkesser's sister-in-law



The mission of First Presbyterian Church is to form disciples who are invested in reflecting the love of Christ Jesus to the world.

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To access Online Giving or for more information about First Presbyterian Church you may visit our website at www.fpcjeffcity.org or scan this QR code with your smartphone.

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