

Praise Break



From Pastor Amy's Desk

White Oak Witness

July / August 2026

Restoring Dignity, Revealing Christ

One of the greatest blessings God has given me this year has been the opportunity to serve alongside the ministry of Shower Up. I have discovered that something as ordinary as a warm shower can become an extraordinary means of God's grace.

It is difficult to describe the transformation that takes place before your eyes. A guest arrives carrying the weight of life on the streets—burdened, weary, often overlooked by the world. Then, after receiving a warm shower, clean clothes, fresh socks and underwear, a bottle of water, a snack, and perhaps most importantly, a genuine smile and words of encouragement, something remarkable happens.

Their shoulders begin to straighten.

Their eyes begin to sparkle.

Their smile returns.

Hope begins to replace despair.

You witness a person's dignity being restored. You see someone who has been told by society that they are invisible, suddenly remembered, welcomed, and loved. It is in those moments that I cannot help but see the light of Christ shining through them. A new day has begun; not simply because they are clean, but because they have been reminded that they are deeply loved by God and valued by God's people.

Jesus described these very moments in Matthew 25:37–40 (NLT): *"Then these righteous ones will reply, 'Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? Or a stranger and show you hospitality. And the King will say, 'I tell you the truth, when you did it to one of the least of these, you are doing it to me!'"*

It is hard to fully describe the power of transformation that happens when someone is offered something as simple, and as sacred, as a shower, new clothes, and a warm smile.



In those moments, you do not just see a person get cleaned up, you see dignity restored. You see hope returns.

You see the light of Christ shining through someone who is being reminded that they are seen, valued, and loved.

There is something holy about hospitality. When a person who has been carrying the weight of life begins to relax, when their face softens, when gratitude rises in them, you can almost watch a new day begin.

Shower Up is about far more than hygiene.

- It is about compassion.
- It is about grace.
- It is about meeting people where they are and offering the love of Jesus in practical, life-giving ways.

I want to express my deep appreciation for the congregation of White Oak. Time and again, you have responded with generosity, compassion, and a true mission spirit. You have given from your resources and from your hearts. You have helped make this ministry possible through your faithful support, and your gifts have made a real difference in the lives of those who come seeking care and comfort.

This is what it means to be an Acts 1:8 church, serving as witnesses in Jerusalem, Judea, Samaria, and to the ends of the earth. You have shown that mission is not only something we talk about, but something we live. Through your prayers, your giving, and your willingness to serve, White Oak has helped shine the light of Christ into our community in powerful and tangible ways.

Thank you, White Oak, for being a congregation that answers the call. Thank you for helping us share the love of Christ with our houseless neighbors. And thank you for reminding all of us that when we serve “the least of these,” we are serving Jesus Himself.

Pastor Amy



New Sermon Series Begins July 12th

Core Faith

The eighth chapter of the letter to the Romans is one of the most loved chapters in the Bible. As the crux of this important epistle, this chapter provides insight into some of the core elements of our faith. How does the law function in our faith? What does it mean to set our mind on the Spirit? What is our relationship with all creation? How are we bound together with other disciples in suffering and joy? St. Paul sets out to answer these and many other questions as he weaves a poetic vision of what it means to be a follower of Jesus and a part of the body of Christ. We invite you and your congregation to explore “Core Faith” this summer.

<u>Sunday, July 12th</u>	“Delight in the Law”	Romans 7:15-25
<u>Sunday, July 19th</u>	“Set The Mind”	Romans 8:1-11
<u>Sunday, July 26th</u>	“Wait With Eager Longer”	Romans 8:12-25
<u>Sunday, August 2nd</u>	“More Than Conquerors”	Romans 8:26-39

Holy Communion and Family Worship

New Sermon Series to Begin on August 9th with ‘Praise Break’

These summer days have been hot, has it felt like the heat will ever end? Are the dog days barking at you? Maybe it is time for a praise break! The songbook of the people of God can be a refresher, an encourager, or even a challenge that our faith needs from time to time. We invite you to take this short, three-week pause in the busyness of a summer of activities to remind yourselves that the God we worship and the Christ we follow are with us every step along the way. And the only appropriate response to encountering the divine among us is to sing, shout, and declare our praise. Enjoy a “Praise Break!”

<u>Sunday, August 9th</u>	“Behold the Face”	Psalms 17:1-7, 15
<u>Sunday, August 16th</u>	“Sing Praises”	Psalms 105:1-6, 16-22, 42b
<u>Sunday, August 23rd</u>	“Unity of Praise”	Psalms 133



Bible Study

“Book of James” by Francis Chan



True faith produces fruit. A faith without action and without life change is ultimately a dead faith. The book of James speaks to the realities of a living faith in Jesus—the kind of roll-up-your-sleeves and get-your-hands-dirty discipleship that is borne out of an authentic relationship with the risen Lord. James writes to believers who know suffering, who've faced trials, and who ultimately desire a deep relationship with God.

Francis Chan unpacks the dense truth contained in the book of James in front of the iconic backdrop of San Francisco, the city where he lives and ministers. Through 12 sessions, Francis works through James verse-by-verse, challenging followers of Christ to move beyond a private, intellectual knowledge of God and His Word, to a vibrant faith that impacts every square inch of life.

This study will begin Wednesday, August 12th, facilitated by Kiley Gunter and Pastor Amy

Please join us via Zoom

Meeting ID: 423 877 6042 followed by #, followed by our password 6042#. You can also join by phone at 1-646-558-8656, then put in meeting ID 4238776042 followed by the # (you can expect a few seconds delay before the next prompt).

You will be prompted to enter the participant ID, just hit # and then you will be prompted for a password, you will enter 6042# and you will hear that you have been joined to the meeting.



What's Happening

Sundays

9:30 AM– Sunday School

10:45 AM– Worship in Sanctuary (Zoom & Facebook Live)

*Every 1st & 5th Sundays Holy Communion

*Children's Church (Ages K-5th)- *except the 1st & 5th Sundays*

*Every 5th Sunday, Holston Children's Home Offering

Trustee's Meeting every 2nd Sunday of the month in the Library (immediately after worship)

Church Office Closed

Mondays

Tuesdays

Church office hours 9:00 AM – 4:00 PM

Church Council Meeting Every 3rd Tuesday of the month in the Library @ 6 PM

Women's Prayer Time on Zoom Only @ 7 PM

Wednesdays

Church office hours 9:00 AM – 4:00 PM

6:30 PM Adult Bible Study on Zoom Only

6:30 PM Adult Small Group in Fellowship Hall

Youth Small Group @ 6:30 PM with dinner in Fellowship Hall

Thursdays

Church office hours 9:00 AM – 4:00 PM

Every other Thursday Girl Scout Troops Meet from 6 – 7:30 PM in the Children's Area

AA Meetings @ 7 PM in the Fellowship Hall

UWF—United Women in Faith (formerly UMW) meet every 1st Thursday of the month
in the Library @ 11 AM

Fridays

Church office hours 9:00 AM – 12:00 PM

Saturdays

Church Office Closed

Every other Saturday Girl Scout Troops Meet from 3PM – 4:30 PM in the Children's Area

*Food Pantry is open during the Church Office Hours during the week.

Praise Break

In Prayer For...

- Prayers for Maddox Gilliam, grandson of Susan and Craig Borum, as he continues to recover from surgery on June 16th at Vanderbilt. Maddox was diagnosed with Legg-calve-Perthes disease, earlier this year and is now at home doing PT for rehabilitation.
- Prayers for Mark Thomas as he recovers from back surgery and will prayerfully start PT soon.
- Prayers for Larry Young as he gets adjusted to new a prescription for his heart.
- Prayers for Bill Fetherolf as he is trying to get adjusted to a new RX while he still has pain from where the Stent was placed in his kidney and currently undergoing scans for his bladder.
- Prayers for Marsha Fetherolf as she continues her PT from her back surgery and is in process of skin cancer healing.
- Prayers for Jack, Bonnie Kilgore's grandson, as he travels to the West coast on a solo camping trip.
- Prayers for Brooks Kennedy as he is a Young Life Camp Counselor this summer in Missouri as a boat driver.
- Prayers for Vickie Putman as she recovers from recent stroke and an additional fall when she broke her ankle, she is back home from surgery with home health care.
- Prayers for Mrs. Mary Holloway, as she is home bound, and losing her sight.
- Prayers for Theresa Nix, founder/director of DownSide Up, as she goes through chemo treatment for her recent diagnosis of Breast Cancer.
- Prayers for Sandra Parker as she continues treatment of infusions for her Liver cancer, the lesions are slightly smaller and the inflammation is improving! Glory!
- Prayers for Annette Palmer, as she is no longer a candidate for a lung transplant and is battling an autoimmune disorder.
- Prayers for Tony Martin, as he continues his chemo treatment to recover and gain his strength back.
- Prayers for the children of Gateway to Victory School in Kericho, Kenya
- Praises for the healing Mrs. Celia is experiencing from her DMEK eye surgery on March 12th, her eyesight is improving, GLORY!!

If you have a **PRAYER REQUEST** you can fill out one of the **Purple** papers in the pews and drop it in the plates during worship service on Sunday, or email it to the church office. (whiteoakchurch@epbf.com)

Praise Break

Prayer Focus

Empowering the Body of Christ

1 Peter 2:9 NRSV

"But you are a chosen race, a royal priesthood, a holy nation, God's own people,^[c] in order that you may proclaim the mighty acts of him who called you out of darkness into his marvelous light"

Week of **July 19th**

Prayers for the Campers of Downside UP, for safety and an abundance of love for each camper to experience and may the families be impacted by the hospitality and grace that greets them on the campus of White Oak UMC

Week of **July 26th**

Prayers for the ministry of Shower Up, for a permanent location to be given for the houseless community of Signal Mtn Blvd

Week of **August 2nd**

Prayer for all schoolteachers as they prepare for a new school year with students. Prayers for renewed strength, vision, peace, protection and guided purpose from our Great Teacher, Jesus for a blessed school year

Week of **August 9th**

Prayers for all students headed back to school, for safety and purpose. Prayers for a successful school year filled with measurable moments of joy and accomplishments of strengthened self-esteem and self confidence through Christ our Lord.

Week of **August 16th**

Prayers for the Church Council of White Oak to follow God's plans and seek discernment for decisions of the church that reflect the glory of God!



Mid-day Wednesday Bible Study

New Bible Study for the Summer with Pastor Amy.

Looking to join a small group during the day to share in community and learn more of God's word through the encouragement of open discussion, led by the Holy Spirit? This study began on Wednesday, June 24th and will continue for at least for the next nine weeks as we study the book of Psalms! We will meet from 12:30 - 2 PM each Wednesday. Feel free to bring your lunch and eat while we share and learn!

Everyone one is welcome, every age from every generation, male and female. Retired, working, and moms of littles! Hopefully you can come join, even if you are on your lunch break! Mom's if you would like to join and need childcare, please contact me, so that we can make arrangements.

We will begin with "Jesus in All of Psalm - Book 1"

We will walk through Psalm Book 1 (Ps. 1-41) to see Jesus in every corner. We start with a short film introducing you to the book and its main themes. Then quick devotional videos will explain what's happening in each section and how it leads us to Jesus.

Videos Presented by David Bowden

Written by the Spoken Gospel Theology Team (Seth Stewart, David Bowden, Christine Kazar) and facilitated by Pastor Amy





Trustees Update

Here are a few things that the trustees have been working on this past month.

We're mostly excited about getting some trees trimmed back on the side of the building that are blocking our gutters on July 15 by Tree Worx. Then we are having Langley Roofing come repair the roof over the Fellowship Hall and inspect and clean our gutters. These are two big items that we've been working towards.

We are updating our large outdoor signage that faces Lyndon Avenue and the one Facing Memorial Drive to remove some old information and add some new information. That should be done in the month of July.

Our refrigerator in the kitchen had stopped working, but thanks to Craig Borum. He repaired not only the refrigerator but a lock that was broken on one of our doors. Thank you, Craig Borum.

If anyone is interested in helping us trim some shrubs at the front of the sanctuary, the church will provide the electric tree trimmer, but we need someone that would trim these bushes.

We're working at the parsonage to repair some fascia and install a new back door and remove some rot at the base of that door. This work should be done by the end of July.

We're concerned about some of the stained glass windows in the Fellowship Hall that are very thin and we're having some panes starting to fall off. The expense of repairing these windows is very costly and you can't just repair one piece. You must remove the entire window. This is a concern of the trustees.

Thank you, White Oak, for all your help and encouragement and your willingness to work to keep the building and grounds in better condition.



Praise Break

Financial Update

TEXT Tribe to 73256 and go directly to our Realm Giving App.

We never get tired of telling you THANK YOU for your contributions to Our Tribe. It keeps the electricity on, the water flowing, the trash being picked up, food in the food pantry, supplies for Shower Up, and care for the needy. Thank You! Your 6 month giving statements will be out soon. Please take the time to verify it. We take every step to make sure your records are accurate.

This month your contributions will fund to have some tree limbs removed that are unsightly and clogging up our gutters. Also we will replace the roof shingles on the south side of the Fellowship Hall, replace the flashing there, nail down pop-up nails all over the roofs, and clean our gutters. Thank you!

The Bible teaches that GIVING is a fundamental act of Worship, Love, and Faith. It emphasizes that believers should give cheerfully and voluntarily (2 Corinthians 9:7), out of a generous heart rather than obligation, and prioritize caring for the poor, the vulnerable, and the church. Thank you, whether you use the gold plates, the white boxes, snail mail, or Realm, it all adds up!

Thanks,

Treasurers- White Oak United Methodist Church

We are committed to being open and transparent. More detailed reports available upon request. Email whiteoakfinance@epbfi.com

Praise Break

Youth Update

Youth Small Group Series

What Is a Christian?

We continue in the journey to discover what really makes someone a Christian?

Is it what you believe? How you act? Or something deeper?

We will dig into the basics of the Christian faith and ask honest questions about what unites Christians across time, cultures, and churches. No pressure. No pretending. Just real conversations about faith, purpose, and God. Through short videos and group discussion led by **Francis Chan**, we'll explore the essential truths every Christian shares—and how they actually matter in everyday life.

What to Expect

- Transportation provided, if needed
- Begin with snack supper
- Real talk and meaningful discussion
- A safe space for questions and doubts
- Short video teaching + conversation
- Connection with friends and leaders who care

Intentional time with hands on mission projects to support our New Beginnings & Shower Up ministries.

When & Where

Starting Wednesdays | July 15th in the Fellowship Hall (6:30 -7:45 PM)

Facilitators

Led by **Blake & Maddy Easterly**

*****And shout out to our awesome Youth Volunteers!** Sandy Cunningham, Tish Noll, John Nutt, Mollie & Kaz Sawyer, and Modesty White. Thank You all!

Contact **Maddy Easterly** at maddy.easterly@gmail.com for more details.



In Chattanooga like most cities across the country, there are resources for those experiencing homelessness to get meals, clothing and other necessities. We discovered that there are very few places to get a hot shower and take care of basic hygiene.

That's part of the reason why Shower Up exists. Designed to be mobile so we can go to those we serve, our mobile shower units are clean, safe, and comfortable. We affirm and support the work of all the organizations that serve the poor, the unhoused, and the transitional in our cities. We believe that, together, we can come alongside, provide a unique service, and help our friends and neighbors know that they are loved.

Chattanooga now has its own mobile shower unit and has served in multiple locations around the city where friends who are experiencing homelessness can be served the best.

Together we can Shower Grace, Shower Hope, Shower Love...with Shower Up!

White Oak & Shower Up

Our Newest opportunity to serve Shower Up started this summer. Shower Up for Red Bank / Signal Mountain Blvd. area was started on Tuesday, June 9, and meets every other Tuesday. The next one is on Tuesday, July 21st.

This will continue till further notice. We meet off Signal Mountain Blvd. across from Merv's Restaurant at 776 Mountain Creek Rd. Chattanooga, TN 37415.

Please contact Pastor Amy to sign up for a Tuesday to serve anytime from 10AM- 1 PM.

Currently we are in need of Men's and Women's tennis shoes, bug spray, and individually wrapped snacks like Little Debbie's, chips, granola bars, and crackers.

Congratulations!!!

Congratulations to Mike & Kristine Johnson as they welcome the birth of their new grandson, Westin Michael Byrne! Westin was born on Monday, July 6th weighing in at 8lbs 1 oz at 7:41 AM! And congratulations to big sisters, Mia, Avery & Keeley. Both mom & baby Weston are doing well.



Save the Dates

- Sunday, **July 12th-17th**— Pastor Amy and Youth attend Camp Bays Mountain (United Methodist Camp—Kingsport, TN)
- Monday, **July 15th-19th**— 5th week of Downside Up Summer camp at the church
- Tuesday, **July 21st**— Church Council at 6pm in the library
- Tuesday, **July 21st**—Shower Up Ministry 10am-1pm (Mountain Creek Rd. across from Merv's Restaurant)
- Wednesday, **June 23rd**— Ministry Partnership Meeting @ 12:30pm in Library
- Tuesday, **August 4th**—Shower Up Ministry 10am-1pm (Mountain Creek Rd. across from Merv's Restaurant)
- Sunday, **August 10th**— Trustees Meeting (in the library after worship)

Get Connected!

Join In-Person, on ZOOM or Facebook Live for Worship!

Topic: White Oak UMC Worship

Time: **Sunday 10:45 AM EST in the sanctuary.**

You can also join using the Zoom information below or on Facebook Live

Meeting ID: 423 877 6042 followed by #, followed by our password 6042#

You can also join by phone at 1-646-558-8656, then put in meeting ID 4238776042 followed by the # (you can expect a few seconds delay before the next prompt). You will be prompted to enter the participant ID, just hit # and then you will be prompted for a password, you will enter 6042# and you will hear that you have been joined to the meeting.

SMALL GROUPS

- The Hilander Class meets in the Chapel at 9:45 AM with rotating teachers of Mary Alice Thomas, Pauline Howard and Frank Parker.
- The Women's Group is meeting in the HEM Ministry classroom on the 2nd floor at 9:45am with Hillary Morgan leading.
- The Men's Discipleship Class is lead by Bill Fetherolf in library at 9:45 AM
- Children's Sunday School is meeting on the 2nd floor at 9:45 AM with Adelaide Weaver.
- Women's Prayer Time is meeting on Tuesday's at 7:00 PM Zoom Only
- Summer Wednesday Bible Study meets at 12:30pm
- Bible Study is meeting on Wednesday's at 6:30 PM on Zoom Only
- Adult Small Group is meeting on Wednesday's at 6:30 PM in the Fellowship hall
- Youth is meeting in person on Wednesday's at 6:30 PM in the Fellowship Hall, dinner provided.

Please FILL OUT a Connection Card and drop in the offering plates to get more connected.

Our website is up and running!

whiteoakumc.org

Ministry Partnerships

Have you experienced a loss, and you now carry the weight of Grief?

You are not alone. Our center offers **The Grief Recovery Method**; an evidenced based program to help you understand and process the emotions of Grief.

Individual and group classes are available.

- Grief Recovery Method
- Helping Children with Loss
- Pet Loss



For more information, email, call, or text

Karen Sarnosky Adv.GRMS, CPC

karen@griefchatt.com

423-888-7322 www.griefchatt.com

The Family Justice Center of Chattanooga, TN 423-643-7600

The FJC serves residents of Hamilton County and the City of Chattanooga by co-locating services in a trauma-informed environment to:

- Address intimate partner and family violence
- Address abuse of older adults through elder justice services
- Address human trafficking

All services provided at the FJC are **FREE and confidential** -- no appointment is necessary during regular business hours.

We also have bilingual staff to serve the growing Hispanic/Latino population.

Services provided:

- Assistance in creating a personal safety plan
- Help finding a safe place for you, your children, and pets
- Education and awareness regarding domestic violence, elder abuse, and human trafficking
- Referrals to services available in Chattanooga
- Civil Legal services and help with obtaining Orders of Protection
- Personal support in court appointments
- Emotional support

**LOCAL Domestic Violence and Sexual Assault
CRISIS HOTLINE 423.755.2700**

Available 7 days a week,

Downside Up Inc.

We help children with disabilities and their families build community through our creative spaces and experiences.

- Theresa Nix, founder & CEO
- downsideupinc@gmail.com
- downsideupinc.org



White Oak Bicycle Co-Operative

The White Oak Bicycle Cooperative is a volunteer-run non-profit 501(c)(3) community bicycle organization that provides free access to bicycles, repair services, and safety

education to schools, partner organizations, and communities across Southeast Tennessee.

P.O. Box 15102
Red Bank, TN 37415

contact@whiteoakbicycle.org
<https://www.whiteoakbicycle.org/>



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<i>Monday:</i>	<i>Office Closed</i>
<i>Tuesday:</i>	<i>9:00-4:00</i>
<i>Wednesday:</i>	<i>9:00-4:00</i>
<i>Thursday:</i>	<i>9:00-4:00</i>
<i>Friday:</i>	<i>9:00-12:00</i>