

THE ROCK MCC WEEKLY NEWS

Week of January 24-31, 2010

Volume 1, Issue 2

The Rock MCC
1601 Foust St.
Chattanooga, TN 37404
423-629-2737
<http://www.therockmcc.org/>
Services : Sunday 11 am /6 pm



REFLECTION : *HEAR ME CRY*

Dear Friends:

I hope wherever this letter finds you that you will take a moment and stop. That you will breathe in God's love and breathe out whatever it is that might be causing you anxiety or stress. As often happens in our fast-paced world, we are busy with many things and sometimes we do ourselves a world of good if we will just stop and breathe for a moment.

We are having great worship with wonderful music and I hope you will make plans to be with your spiritual community this Sunday. In the morning we will continue our sermon series on Exous as I preach a sermon entitled, *Making Matters Worse*. We'll look at what it means to trust God even during those painful and difficult times in our lives. We will also be blessed to receive at least two new members into our community. In the evening, lay minister Ken Carroll will continue our reflection series on "The Many Names of Jesus" as he helps us explore *Jesus As Cornerstone*. Last week Rev. Janice Mynchenberg a wonderful reflection on *Jesus as the Rose of Sharon*. Sunday evening worship is another way you can spend time singing, praying, and reflecting together with your community of faith.

In this moment, whether your heart is overwhelmed with joy and gratitude, with grief, sorrow, or pain, or something you can't even name, I pray that you will stop and breathe in God's love for you. That you will be led to the Rock that is higher than you or me.

I also pray that this Sunday you will be led to The Rock MCC. We'll be waiting for you.

Peace,
Rev. Tessie Mandeville
Temporary Pastor
The Rock MCC

*Hear my cry, O God,
attend unto my prayer
From the ends of the
earth will I cry out to
Thee.
When my heart is over-
whelmed
Lead me to the Rock
that is higher than I
That is higher than I.
For Thou hast been a
shelter unto me
a high tower, God,
against adversity.
When my heart is over-
whelmed,
Lead me to the Rock
that is higher than I
That is higher than I.*

(Worship & Praise song
based on Psalm 61)

POINTS OF INTEREST :

- > Reflection:
Hear Me Cry
- > Strides of March
information
- > Valentine's Dinner/
Dance/Dessert auc-
tion
- > Prayers and Praises

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PRAYERS / PRAISES



Continued healing for Bob Angle
Healing for all those in Haiti
Healing for Diantha
Healing for Brenda Lunger
Praises for our Temporary Pastor
Prayers for Matt Hicks cousin Suzanne Benjamin and
husband Don

UPCOMING EVENTS

Strides of March HIV/AIDS walk Date: Sunday, March 28, 2010
Register: 1:00 pm Walk: 2:00 pm Location :Coolidge Park
Pre-register at:
http://www.chattanooga.org/subpage.php?naw=march_reg
Register under team: The Rock MCC "Feet for God"

Rock MCC Valentine's Dance/Strides Fundraiser
Spaghetti dinner/dessert auction/dance
Sat. Feb 13, 2010 @ 6 pm
Location : The Rock MCC