



FREE Doctor Visits

First Broad Street is happy to be sponsoring Crossroads Medical Mission each second Thursday of the month, starting at 9 a.m. This mobile medical unit provides free medical care to anyone that needs it regardless of home address, employment status or income.

This "Doctor's Office on Wheels" provides medical care and can often help with testing, lab work, minor surgeries and in some instances with medications.

Help us spread the word about this compassionate, Christian and free care that is available.



End of Life Decisions

No one likes to think about end of life but it is 100% guaranteed that we will all face that transition some day. There can be great benefits to going ahead and talking or writing down our wishes. This provides freedom in that it takes a nagging worry away and it can also be an invaluable help to loved ones left behind.

So in the spirit of planning ahead, please join us here at First Broad for a seminar titled, "Where There is a Will, There Is a Way." Co-sponsored by Older Adult Ministries and the Parish Nurse, this seminar targets adults of all ages and is designed to help open channels of communication between family members of any generation.

Come out on Tuesday, August 18, from 7 to

8:30 in the Fellowship Hall. We will have conversation about legal issues, medical ethical issues and funeral arrangements.

If you are older bring your adult children with you; if you are younger, bring your folks. As always, this program is open to the community at large so don't hesitate to tell your friends about it and have them join you.

Lunch and Lecture

Counting Calories and Portion Sizes

August 20, Thursday, 11:30

Morrison Healthcare

Food Services

Presenter: Joanne Randolph, MA, RD

Dutch Treat

Call 952-3700 to Register



Hands of Faith: Outreach to Cancer Patients

Going through treatment for cancer can be a long, arduous and sometimes lonely, path. As the Body of Christ, we seek to find new ways to support and encourage those around us who are going through this trial.

Hands of Faith started near the Asheville area and is an organization that trains interested volunteers to help meet ongoing needs of cancer patients: support groups, visitation, social events, prayer, etc.

The Wellmont Parish Nurses are sponsoring a seminar and training session on October 1 from 8:30 to 2 p.m. at the Bristol Monarch Auditorium at BRMC. Lunch is free and the notebook costs \$8. Register by calling 224-5918.

This session will be helpful to any volunteers but is especially designed for nurses, Stephen ministers, pastors, and anyone involved in Nurture-type ministries.





Stitch and Pray

"I waited patiently for the Lord; he turned to me and heard my cry." Psalm 40:1

We are blessed to have an active prayer shawl ministry here at our church. We have a number of folks who volunteer their abilities in sewing, knitting and crocheting to bless others with lap blankets, shawls, baby blankets and baby hats.

These gifts are brought with love and are prayed over here at the church before being taken out to those who need them.

We are currently expanding our outreach to include area hospices.

How can you help? You can sew, knit or crochet or you can help visit and distribute the prayer shawls.

The group meets each 3rd Wednesday under the able direction of Betsy Codispoti with the assistance of Marcia Lin.

Fellowship Café

Our support group for those going through job transitions continues to meet on Thursday mornings at 8:30 a.m. in room L37. Together they discuss spiritual support, job interview strategies, networking, maximizing abilities, potential training for the future, etc. We hope that if you are experiencing a job change that you will come and join our group and invite others in the community to come too.

Hospital Communications

Please let us know by calling 224-1500 if you or another church member is in the hospital. With new HIPA laws, we sometimes have a difficult time finding out who is in the hospital. Your nurture and pastoral staff want the opportunity to come and visit and pray with you, so let us know.



Be Still

"Be still and know that I am God;" Psalm 46:10

When Sam was little he fidgeted all the time. In church he folded paper, in Sunday School he gave the teachers a rough time, and at home he was always devising new projects to keep his interest. Sometimes I would get exasperated and say, "Just be still!"

In reading the above verse, I think God often wants to say that very thing to me! During my quiet time, I am easily distracted: the coffee got cold and needs a warm up; I need a pillow for my back or a tissue for my nose. Up and down I go. I think the Lord would like to take me by the shoulders and get me to pause, truly pause, to fellowship with him.

In the Gospel of John, we read the familiar

story of Martha and Mary; Martha is so busy with the preparations for the meal that she overlooks the life-changing opportunity to just "be" with the Master.

I have to ask myself: Do I take advantage of the times Jesus shows up in my life to "be" with him? I long for that sweet fellowship but how often do I thwart his efforts to reward me with his presence by being too busy doing unimportant things?

Yes, God does tell us to "go do," and "go tell," but he also tells us to "go be." Let's pause and listen...

Home Visitors

"...useful to the Master and prepared to do any good work." 2 Tim. 2:21

Do you have a knack for bringing a bit of sunshine to others? Would you like to make a new friend with one of our members that can no longer come to church on a regular basis?

We have a Home Visitation program coordinated by Irene Osborne. She matches up people who would like to receive a visit and an Upper Room with people who would like to go and visit. Let her know if you are interested in joining our team or if you would like to receive a visitor (578-8303).

Wednesday Women in the Word

You are invited to join a group of lively, interesting women of various ages for a Bible study on prayer. We start meeting on Wednesday, September 2 at 9 a.m. at Joyce Brogden's home (1501 Dobyns Drive). During this 13 week session we will be using the workbook Live a Praying Life by Jennifer Dean. In it she covers 4 "P's" of Prayer: Purpose, Process, Promise and Practice and digs into the scriptures that tell us about prayer.

Let us know if you can come by emailing joy@eastridges.com or calling Joyce at 288-2496 and we will order your book (\$10). Please invite a friend to come with you!

Medicare: Answers to Your Questions

Do you wonder if you are on the best Medicare Insurance program for your needs? Do you have questions about Medicare in general and how it relates to you? Are you just now becoming eligible and need more information about Medicare? Then plan to attend our informational session on September 15 at 11 a.m. in the Fellowship Hall.

Lori Wilson, local SHIPP coordinator from the Legal Aid Society of East Tennessee, will present the material and get participants ready for open enrollment which occurs between November 15 and December 31. Lunch – TBA is \$5 so please let us know if you can come by calling the reservations line at 224-1502 by Friday, September 11th.