

Single Vision November 2016 Newsletter

“Welcoming all, presenting values based on the teachings of Christ”

First Broad Street United Methodist Church, Church Circle, Kingsport, TN

Monday, Nov 7, 6:30 pm–Fellowship Hall – Dinner and Dance / Concert with Southern Tradition

Put on your dancing shoes or just come listen to the music. The band is led by lead singer/guitarist Curtis Davis and 5 other musicians including Al Cate on vocals and guitar. They play a variety of music typically identified as country and southern rock. There should be plenty of tunes for line dancing as well.

Dinner: Meat loaf, scalloped potatoes, peas, tossed salad, dessert, bread and beverage. Cost \$7. Reservations are required by noon Friday, Nov. 4 (423-224-1502). The program begins at 7:15pm and no reservations are required for program only. NOTE: Single Vision and CFS alumni and friends are invited for this special evening so spread the word.

Monday, Nov. 14., 6:30 pm – Fellowship Hall – Dinner and Program on the Origin and Benefits of Yoga with Tish Kashdan

Tish Kashdan, yoga instructor with the Kingsport Senior Center, will discuss some of the benefits of the practice of yoga and its origins. She may also demonstrate some yoga positions. Many people have become involved in yoga classes, so this should be an interesting topic for men and women.

Tish has long been active as a Boy Scout leader and has two sons, both Eagle Scouts. She is married to Dr. Dave Kashdan, retired Eastman Research Director, who writes a column on the Editorial Page of the Kingsport Times News.

Dinner: Baked chicken breast, macaroni and cheese, green beans, lettuce wedge with dressing, dessert, bread and beverage. Cost \$6.00. Dinner reservations are required by noon, Friday, Nov. 11, (423-224-1502). The program begins at 7:15pm. No reservations are required for the program only.

Saturday, Nov. 19 – 8:30 AM – FBSUMC Wanola St. Parking Lot, Bus Trip to Historic Saltville

Leave promptly at 8:30 am to travel to Saltville. The trip will include a visit to the historic Madam Russell United Methodist Church. Madam Russell was Elizabeth Henry, sister of Patrick Henry. Next we will visit the museum of the Middle Appalachians which includes four major themes: 1)Geologic Past featuring fossils found in this area, 2) Woodland Indians, 3) the salt industry and its role in the Civil War, 4) Saltville as a company town for Olin Chemical Company. Lunch will be at Ed's 50s style diner. After lunch we will have an escorted tour to learn of the history of Saltville and visit Civil War battle sites, Salt Park and Palmer Grist Mill. We will also learn of Saltville's unique connection to early Kingsport. Cost of bus trip and museum is \$8. Lunch on your own. Anticipate return to Kingsport by 7pm. Sign up Mondays or call Jane (423-246-1727). Bus capacity 15.

Monday, Nov. 21, 6:30 pm – Fellowship Hall – Thanksgiving Dinner and Program with Rev, Will Shewey, pastor of Shades of Grace United Methodist Church

We continue our Monday before Thanksgiving tradition with Rev. Will Shewey sharing insights and thoughts which are always well received by the group. This is the 7th year he has shared with us and is one of our most popular speakers. He has seen many changes since beginning the Shades of Grace ministry to the least, last, lost and lonely and may share some updates. If you have not heard him speak, you will not want to miss this unique individual and if you have heard him you will surely wish to be here.

Dinner: Turkey/dressing/gravy, sweet potatoes, peas, cranberry Jello salad, pecan or pumpkin pie, bread and beverage. Cost \$7. Reservations are required by noon, Fri., Nov. 18 (423-224-1502). The program begins at 7:15pm. No reservations are required for the program only.

NOTE: Shades of Grace is a Single Vision Mission Project and you may bring items for Shades of Grace such as non-perishable sandwich fixings, non-perishable packaged foods (eg., snacks, fruit or pudding cups, etc.) that do not require heating or a can opener, warm socks, gloves and clothing for their clothes closet.

Monday, Nov. 28 - 6:30 pm – Restaurant Trip to Bienvenidos A Toro Mexican Grill in the Ft. Henry Mall (2101 Ft. Henry Dr., Suite 111, Kingsport, TN 37664)

After all the rich Thanksgiving food and Black Friday and Cyber Monday shopping, the planning committee decided this would be a good Monday to share a relaxing meal at the relatively new Toro Mexican Grill near the theaters in the bottom level of the mall, Meet there at 6:30pm. Host: Kip Kennedy (423-246-3730)

Tuesdays, Nov. 1, 8, 15, 22, 29 – 2pm – Greenbelt Parking Area Across from Netherland Inn (2114 Netherland Inn Rd. – Casual afternoon walks

Let's try some afternoon walks for Nov. and see how this concept works out. Attend when you wish and those who show up determine the duration and direction of the walk. After the walk those who wish may go for coffee and ice cream.

THIS and THAT

We welcome your input on programs, activities and meals. If you are interested in being on our planning committee, let us know. Normal meeting times are 10AM on 2nd Thursdays. Give Jane (423-246-1727) or Dave (daveredd@gmail.com) your input. Most of all we encourage your presence.

Shades of Grace – Drop by between 9AM – 3PM weekdays to help or visit with the people Shades of Grace serves. Food donations needed are bread, sandwich fixings (sliced meats, cheese, peanut butter, jelly, etc.), non-perishable packaged foods (e.g., snacks, fruit or pudding cups) that do not require heating or a can opener, fresh fruits and vegetables. Clothing can also be donated.

Safe House - Items needed are clothing for adult women, infants and children to age 10, socks and underwear; personal care items; bedding for single beds and cribs; paper products, etc.

Locked Door Policy – All church doors will be locked at 6pm on Mondays. When we meet in the Fellowship Hall, come to the doors at the Fellowship Hall and knock. Someone will let you in or a door will be propped open.

Meal Policy – Remember – meal reservations are binding and unless someone is available to take your reservation, you will be expected to pay. To cancel, call the 24-hour reservation line (423-224-1502) BY 8:30 AM Monday morning. If you learn after 8:30 that you cannot attend, call the church office (423-224-1500) to inform them and we will try to fill your spot. Single Vision cannot afford to pay for these meals. Thanks for your understanding.

** Please notify a Single Vision contact to update your address and phone number, email, or to be removed from our mailing list. Contact Jane Adams (423-246-1727) or email Daveredd@gmail.com.