



The Smoky Mountain District Messenger

Mary Virginia Taylor - Resident Bishop
Reverend Jason N. Gattis, Sr. - District Superintendent
Superintendent's E-mail: jasongattis@holston.org - Web Site: <http://holston.org/smokymtndistrict>
Cheryl Thompson - Administrative Assistant
E-mail: cherylthompson@holston.org
Office-Phone: (865) 982-1427 * Fax: (865) 981-7470

I do not have to remind you that clergy are at a high risk for burnout. You experience it every day. Weekly pastoral duties themselves are enough to easily move one to burnout. These days we have stress and anxiety added to the mix resulting from the current state of our heavily divided denomination. Now, more than ever, intentional focus on self-care needs to be a priority.

As mentioned before, the Lewis Center for Church Leadership continues to offer excellent resources for clergy and church leaders. The following is a portion of an article surrounding the topic of burnout prevention.

What are warning signs of burnout?

One component of burnout is emotional exhaustion — the feeling that you don't have feelings, that you're flat all the time. A second component is physical exhaustion — not being able to find any energy. And a third component is a growing sense of cynicism, bitterness, or jadedness, as if you no longer care about the things you used to care about. And those three components build up over time.

The importance of recovery experiences in preventing burnout

Regular "recovery experiences" are fundamentally important to maintaining wellbeing and avoiding burnout. Our research suggests that four types of recovery experiences are important.

1. Physical relaxation. There needs to be some time every day when you are completely physically relaxed, when you're being a total couch potato, when your muscles have no tension in them. And although it's hard to know exactly how much physical relaxation is required, we'd suggest at least 15 minutes daily.

2. Detachment. Think of detachment as just forgetting about work. It isn't in your mind. It isn't even in the back of your mind. You're thinking about something that you enjoy, something that's pleasant. Mental detachment means that work is not a part of your thought process. We think pastors need to experience a period of detachment every day — a minimum of 15 minutes.

3. Restorative niches. We've coined the term "restorative niche" to describe some activity that you really enjoy, but that also requires some level of skill or mastery. Your restorative niche might be walking, or knitting, or some sports activity. Like a hobby, a restorative niche is something you want to do, but it isn't just something that would be nice to do if you have the time. A restorative niche is an important activity, something you need to do. There is something about enjoying something that takes both positive concentration and effort that allows you to be absorbed in the experience in a positive way. Some might describe it as a flow experience. Athletes talk about being in the zone. Our research and other research says these types of experiences are restorative for both physical and mental wellbeing. We need to build them into our lives — ideally once a week, but at a minimum, once every two weeks.

4. Spiritual disciplines. Our research finds that certain kinds of spiritual disciplines are important for avoiding burnout. But the tricky part for ministry leaders is understanding when a spiritual discipline is personally restorative and when it is actually part of their work. When pastors are reading Scripture to prepare for a sermon or a teaching, it's good and important for their work, but not something that is going to help them avoid burnout or foster their wellbeing.

We are finding that the most important spiritual practices for avoiding burnout are ones that involve mindfulness or contemplation — those moments when you can relax and clear your mind, and concentrate on something positive, calm, inspirational, or awe-inspiring. Our research and a huge body of research in neuroscience, medicine and the social sciences tells us that the daily practice of mindfulness or contemplative activities is fundamental to wellbeing. Even five minutes can be helpful.

Grace & Peace,

Jason

Pastors-CEU Update

Pastors, below is the link for the latest Continuing Education Update News:

<https://www.robly.com/archive?id=f832fab69fdde040e236a7f09bb4aa5>

SEJ Clergywomen's Conference

SEJ Clergywomen's Conference
November 18-21, 2019

<https://www.unchartedconference2019.com/>

Hyatt Regency Hotel
225 E Coastline Drive
Jacksonville, Florida

Sermon Academy

October 28, 10:00 a.m.-4:00 p.m. in the Event Center at the Conference office. Please join Charles Maynard as he will focus on preaching possibilities for the Advent journey. \$25 registration which will include lunch at sermonacademy@holston.org

Up-Coming Events

October

- 20 Charge Conference with the Knox-South Missional Hub Group at Colonial Heights UMC at 3 p.m.
27 Charge Conference with the Loudon/Roane Missional Hub Group at Loudon UMC at 3 p.m.

November

- 3 Charge Conference with the Knox-East Missional Hub Group at Sand Branch UMC at 3 p.m.
10 Charge Conference with the Blount-East Missional Hub Group at Broadway UMC at 3 p.m.
17 Charge Conference with the Blount-West Missional Hub Group at Sycamore Tree UMC at 3 p.m.
24 Charge Conference with the Knox-West Missional Hub Group at St. Mark (K) UMC at 3 p.m.
27-29 *District office closed for Thanksgiving Holiday*

December

- 5 Clergy Christmas Dinner at the Airport Hilton
12 Smoky Mountain Secretaries lunch in the Event Center at the District office, at noon.
23-31 *District office closed for Christmas Holiday*



Special Thanks to the following Congregations who are current in their giving to the 2019 District Ministries

(Thru September 26, 2019—75%)

(* Denotes 100% of 2019 District Ministries paid)

- | | | |
|---------------------|---------------------|---------------------|
| * Asbury | * Axley's Chapel | * Bethel (K) |
| * Bethel (L) | * Bethel (Seymour) | Binfield |
| Broadway | * Burnett Memorial | * Camp Ground- |
| Carpenters | * Cedar Bluff | Cokesbury |
| Ebenezer | * Eden | Fairview |
| * Fox | * Friendsville | * Gatlinburg, First |
| Hillcrest | * Immanuel | Kodak |
| * Logan's Chapel | Loudon | Luretta |
| * Martel | Maryville, First | * Meadow |
| * Middle Creek | * Middlesettlements | * Mountain View |
| * Murphy's Chapel | * New Hope | * New Salem |
| Peck's Memorial | * Philadelphia | Pigeon Forge, First |
| * Piney Grove | * Pleasant Hill (B) | Pleasant Hill (K) |
| * Pleasant Hill (R) | * Pleasant Hill (S) | * Roberts |
| * Sand Branch | Sevierville, First | Seymour |
| * Shults Grove | * St. John | St. Mark's (B) |
| St. Mark (K) | * Trentville | Tuckaleechee |
| * Union Grove (B) | * Vonore | * Walden's Creek |
| * Walland | * Wears Valley | * Webb's Creek |
| * Williamson Chapel | * Zion | |

Smoky Mountain District UMW - Susan Daffron-President

There I stood looking, thinking...and then I said it to myself – *‘I have nothing to wear’*. In the quiet of my closet, it seemed as if God said, “Nothing?” It took me by surprise at first because I can’t tell you how many times I’ve said that in my life. The truth is I have plenty to wear and have never had a time in my life when I did not. I had to ponder my thoughts for a moment and then as if to justify myself I thought; well, ‘nothing I want to wear’. In our “more is more” society today, where we can order merchandise one day and have it the next without ever leaving our home; we forget about those who truly do not have nor do they have the means to have. So here we are, the haves and the have nots, living in close proximity to one another. As I look out my front door, I see a typical middle-income neighborhood, but I do not have to look very far down the road to see the have nots. There are those who are houseless, incomeless, those who suffer from abuse, drug or alcohol addiction and the hungry. So many needs!

We as United Methodist Women stand in the gap for those who are marginalized. I was awestruck today as I picked up school supplies for the Holston Conference United Methodist Women’s Hands-On-Mission Project, Willow, Alaska, at Ebenezer UMC to take them to our upcoming Annual Meeting in Kingsport. The generosity of the Smoky Mountain District United Methodist Women and their caring spirit was evident as my trunk was completely filled with school supplies. Thank you, Smoky Mountain District United Methodist Women for making a difference!

The Holston Conference United Methodist Women Annual Meeting and Spiritual Enrichment Experience was held at MeadowView Conference Resort and Convention Center in Kingsport, TN, on September 14-15, 2019. The Smoky Mountain District had 22 members who attended with 4 of those being first timers.

The Smoky Mountain District United Methodist Women Annual Meeting will be held at Broadway UMC on November 2, 2019. We will meet for breakfast and then have our meeting. Registrations will be coming out very soon.

Take time to ponder the haves and the have nots and know that because of you the have nots have.

2020 Hands-On Mission Project- Zimbabwe Holston Annual Conference

Unlike school supplies, food items have expiration dates. Be sure and check the dates and make sure they do not expire until 2021 in order to cover transport time and having a useful life for the people in Zimbabwe.

The Smoky Mountain District has been asked to put together 400 Food Buckets for the 2020 Holston Annual Conference Hand-On Mission Project. *Note: A \$5.00 donation for packing and shipping is to accompany each bucket. Each church is ask to bring ONE check for the total donation amount. Make checks out to Smoky Mountain District and put 2020 Hands-On in the memo line.* * Do not put money in the bucket!

1-Bag Corn Meal (4-5 lb.)	1-bag grits, butter flavor	1-bag rice (2 lb.)
1 bag dried beans (2 lb.)	1-powdered milk (10 oz. or less)	
1 box quick/instant oats (18 oz. or less)	1 bottle cooking oil (48 oz. or less)	
1 box Splenda/sucralose (50 ct. or less)	Canned Ham (2 lb. total)	

Your buckets need to be delivered to Fairview UMC, 2508 Old Niles Ferry Road, Maryville, TN 37803:
Date and Time will be announced later

At-Large Members-Annual Conference 2020

Nikki Bolden-Friendsville UMC
Scott Burnette-Pigeon Forge, First UMC
Ginny West Case-Green Meadow UMC
Liz Chancey-Alcoa, First UMC
John M. Clayton-Gatlinburg, First UMC
Mary Coppedge-Broadway UMC
Margaret Denney-Mountain View UMC
Nell Douglas-Gatlinburg, First UMC
Jerri Ewell-Gatlinburg, First UMC
Kim Henry-Peck's Memorial UMC
Cynthia Hulse-Friendsville UMC
Stephanie Jordan-Broadway UMC
Steve Jordan-Broadway UMC
Tammie Kelley-Pleasant Hill (K) UMC
Nancy Lampe-Mountain View UMC
Phil Large-Maryville, First UMC
David LeGrow-Wears Valley UMC
Marvin Lopez-Gatlinburg UMC
Brad Lunde-Maryville, First UMC
Jennifer McIntyre-Broadway UMC
Millie Meese-Cokesbury UMC

Carole Myers-Tuckaleechee UMC
Joyce Overton-Middlesettlements UMC
Emmit L. Rawls-Alcoa, First UMC
Dennis Reid-Fairview UMC
Ronnie Shell-Sevierville, First UMC
Tom Simpson-St. Mark's (B) UMC
Lori Sluder-St. Mark's (B) UMC
Lynn Tittsworth-Logan's Chapel UMC
Laura Willington-Gatlinburg, First UMC
Jane Whitaker-Trinity UMC
Alex Wilson-Seymour UMC
Donna Yeane-St. John UMC

Alternates:

Julie Hays-Broadway UMC
Lindsey Kizer-Fairview UMC
Cathy Wimberly-Young-St. Paul UMC
Connie Vincent-Oakland UMC

At-Large Members by Position in District

Glenda Eastridge Susan Daffron
Daniel Goodman



2019 Charge Conference Schedule

Sunday, October 20, 2019, 3:00 p.m. at Colonial Heights UMC

Bethel (Seymour); Colonial Heights; Hillcrest;
Mountain View; New Salem; Seymour

Sunday, October 27, 2019, 3:00 p.m. at Loudon UMC

Axley's Chapel; Bethel/Vonore; Loudon; Martel; Meadow;
New Hope; Oakland; Philadelphia;
Pleasant Hill (Roane); Trinity-Lenoir City

Sunday, November 3, 2019, 3:00 p.m. at Sand Branch

Asbury; Bethel (East Knox); Beulah/French Broad;
Kodak; Piney Grove; Pleasant Hill (Knox);
Sand Branch; St. Paul (East); Trentville

Sunday, November 10, 2019, 3:00 p.m. at Broadway UMC

Alcoa, First; Broadway; Camp Ground;
Logan's Chapel; Maryville, First;
Peck's Memorial; Pleasant Hill (Blount);
St. John; Tuckaleechee; Walland

Sunday, November 17, 2019, 3:00 p.m. at Sycamore Tree

Binfield; Carpenters; Fairview; Friendsville;
Green Meadow; Immanuel;
Middlesettlements; St. Mark's (Blount); Sycamore Tree;
Union Grove (Blount); Williamson Chapel

Sunday, November 24, 2019, 3:00 p.m. at St. Mark(Knox)

Cokesbury; Ebenezer; St. Mark (Knox); Zion