

Trinity Herald Newsletter

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- 12 What we have received is not the spirit of the world,
but the Spirit who is from God, so that we may
understand what God has freely given us.*
- 13 This is what we speak, not in words taught us by
human wisdom but in words taught by the Spirit,
explaining spiritual realities with Spirit taught words.*
- 14 The person without the Spirit does not accept the things
that come from the Spirit of God but considers them
foolishness, and cannot understand them because
they are discerned only through the Spirit.*

1 Corinthians 2: 12-14

MAY 2026
NEWSLETTER



Join us for the 10th annual Tillery's Hustle for Hope 5k and fun walk! This race was started to honor Tillery Phillips' fight against cancer and to support other childhood cancer families. All money raised through this event is donated to Lighthouse Family Retreat, a Christian ministry for childhood cancer families that the Phillips family volunteers with annually. This year at the event, Tillery will "ring the bell" symbolizing being cancer free. We would love to have you join for the run, walk, or just come for the fellowship.

May 16, 2026

Bell ringing and announcements

8:45 am

Race start

9:00 am

Victor Ashe Park

HustleforHope5k.com





Sunday May 31

Fellowship at 9:30 am

Coffee and Donuts!

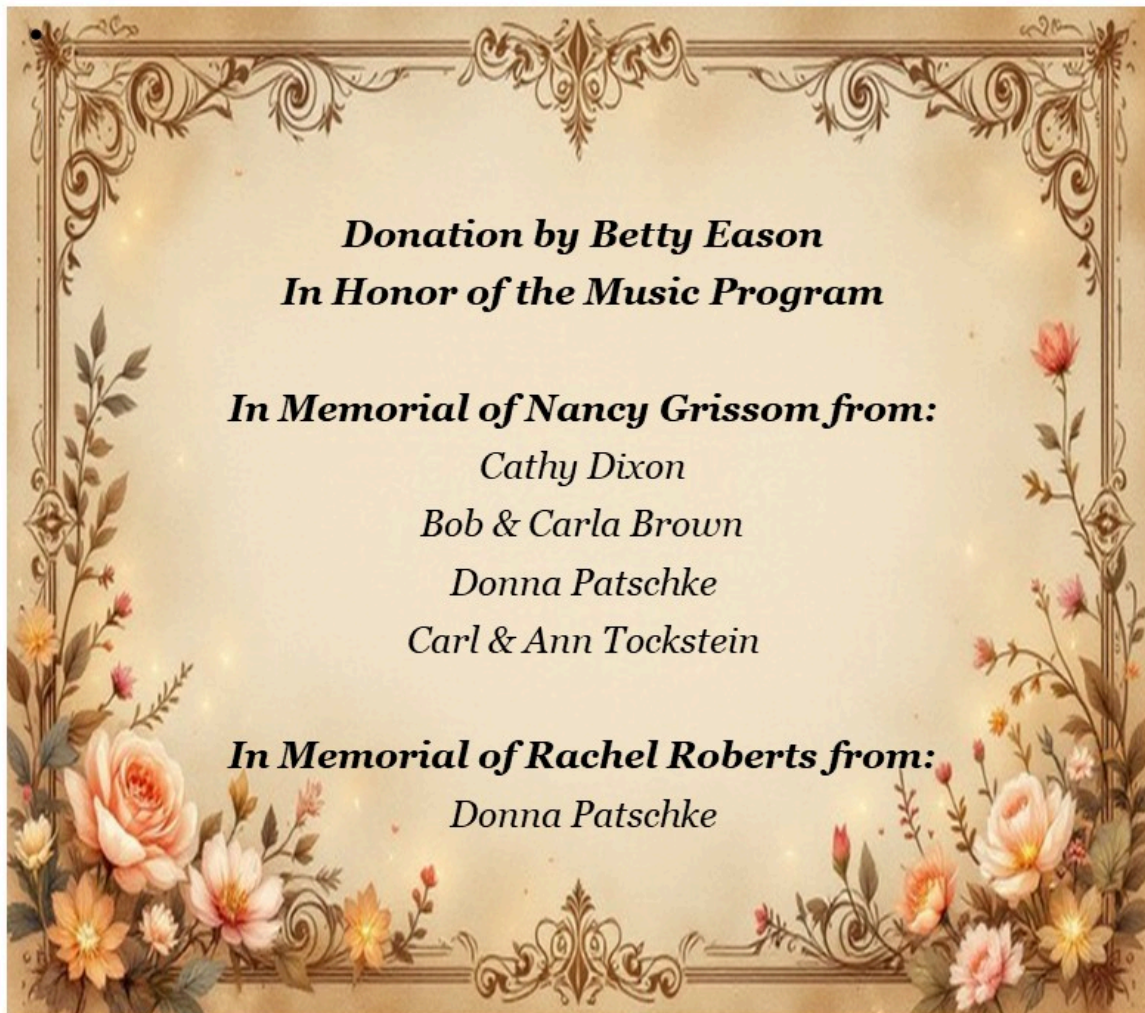
Worship at 10:00 am

Sunday Lunch 11:15 am

Outside

at the Lucille Viator Pavilion

Donations and Memorials given by . .



Legacy IRA

IRA owners age 73 or older may now make a one-time qualified charitable distribution (QCD) of up to \$50,000 from an IRA to fund a charitable life income gift vehicle (CGA or CRT). Payments can be made to a donor and/or donor's spouse. This is great news for individuals who do not need their Required Minimal Distribution and non-profits/churches who need funding and welcome this new opportunity to support their mission. (Source: Holston Foundation)

Food Pantry



We distribute food on Wednesdays 10 am to 12 pm at the main entrance.

For Those In Need

We have no qualifying requirements. If you are in need of food, just ask! Food is available on a first-come-first-served basis on Wednesdays. We suggest that you call the church office at (865) 588-5763 before you arrive to make sure we still have food available that day.

For Those Who Wish To Help

Prayer: Ask our Lord to help us have the resources we need, the people to volunteer, and an end to hunger.

Time: Our Food Pantry gives every church member an opportunity to be the hands and feet of Jesus. On a weekly basis, we take inventory, shop for groceries, pack the food bags, and distribute the food bags. If you have the time to help with any of these tasks, just ask and we'll find a place for you.

Donations: We have a large collection box located at the entrance to the Sanctuary. Below is a list of the items we routinely need!

Food Pantry Shopping List

Canned Tuna or Chicken
Canned Fruit & Vegetables
Boxed Breakfast Cereal
Peanut Butter
Jelly
Cookies

Boxed Mac & Cheese
Spaghetti Noodles
Pasta Sauce
Rice
Club or Saltine Crackers



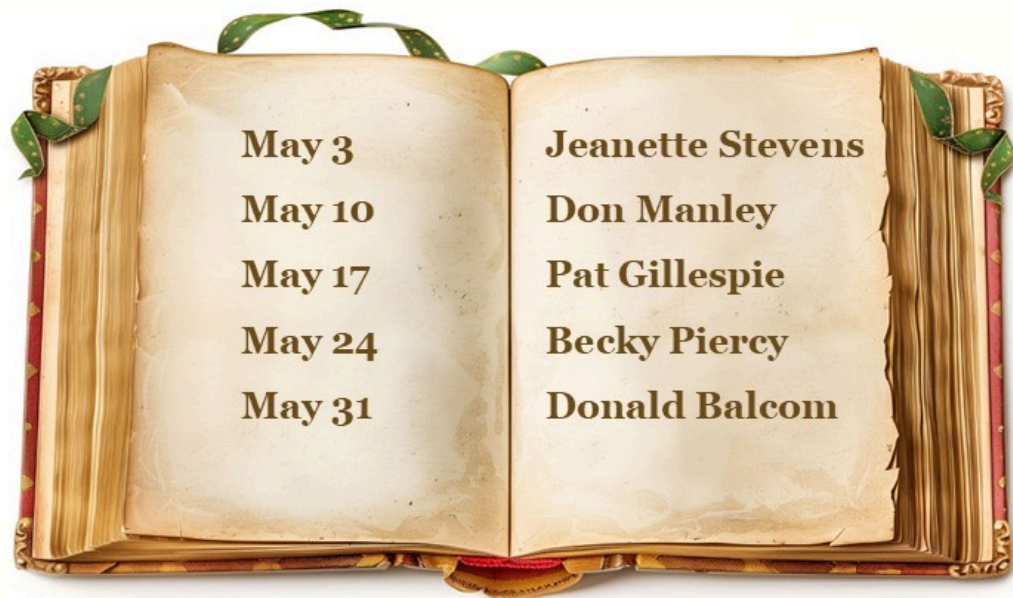
MAY BIRTHDAYS

5/1	Amber Brockelman	5/17	Taylor Fuquay
5/3	Kitty Loewen	5/19	Randy Moore
5/3	Vanessa Waller	5/20	David Black
5/4	Camille Clark	5/21	Chiannah Ruckart
5/4	Mike France	5/22	Angie Carli
5/4	Austin Shaw	5/22	Bill Doan
5/4	Jacqueline Wright	5/23	Trish Burgess
5/4	John Hankins	5/25	Josh Howard
5/5	Nancy Bush	5/27	Rick Nodell
5/5	Holly Fuquay	5/28	Hailey Compton
5/6	Benjamin Hosack	5/28	Kimberly DeRoche
5/6	Mikayla Walker	5/29	James Raxter
5/7	Greg Waller	5/29	Tina King
5/14	Cathy Dixon	5/31	Charles McMillin
5/14	Pat Gillespie		
5/14	Scott Milligan		
5/15	Donald Cook		

Seeking Technical Help

Mike Ooten is looking for a few good people who are interested in learning to video the Sunday morning worship and then edit the video and upload the service to Facebook and YouTube.

If you are interested in learning the processes and volunteers, please talk to Mike or email him at mike.ooten@knoxtrinity.org

A graphic for Pentecost. On the left, a wooden cross is draped with a red cloth. Two white doves are flying around the cross. Below the cross are yellow flowers, a red banner, a book with a cross on its cover, and two lit candles. To the right of the cross is a large flame with a white dove inside it, symbolizing the Holy Spirit.

Wear RED for PENTECOST

As we celebrate the coming of the Holy Spirit,
we encourage everyone to wear RED for
Sunday Morning Worship on May 24 at 10:00 am



Worship with us!

Online worship on
Facebook & YouTube!

In-person worship
in the sanctuary!

Sundays at 10 am!

Join Us Wednesday Nights For Community, Care, and Connection

- 4:30 pm Bible Study I
- 5:45 p.m. Dinner
- 6:30 p.m. Bible Study 2
- 6:30 p.m. Music in Motion and Youth
- 7:30 p.m. Choir

Worship With Us!

Online worship on Facebook and YouTube,
and in-person worship in the sanctuary.
Join us on Sundays at 10 am!

*The deadline for newsletter submissions is the 25th.
Please email your newsletter submissions to contact@knoxtrinity.org*

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