

Worship Directory

I can do all things
through Christ who
strengthens me.
Philippians 4:13

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Fear thou not; for I am with thee;
be not dismayed; for I am thy God:
I will strengthen thee; yea, I will help
thee; yea, I will uphold thee with the
right hand of my righteousness.
Isaiah 41:10

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*“I press on toward the goal to
win the prize for which God
has called me heavenward in
Christ Jesus.” Philippians 3:14*

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on this page.

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Cast all your
anxiety on him
because he cares
for you.
1 Peter 5:7



Dowelltown Methodist Church

196 Church Street, Dowelltown, TN
Sunday morning worship 9:00 am
Sunday school 10 am
Wednesday night service 6 pm
Sam Ordnung, pastor
615-497-0862

Ambivalence

The Merriam-Webster dictionary defines ambivalence as "simultaneous and contradictory feelings (as attraction and repulsion) toward an object, person, or action." This is an all-too-human experience that has a physical basis in our two-sided brain. Positive emotions are usually processed on the left side of the brain and negative emotions on the right. A child who has just "appropriated" a cookie after strict instructions to stay away from the cookie jar may feel pleasure at the same time he is feeling guilt or fear. All of our significant relationships have some ambivalence. Parents love their children and yet nothing can be quite as exasperating as a child misbehaving. The secret to dealing with ambivalence is to not let it spoil an otherwise good experience. Going to a party should be fun, though it will perhaps also have some anxiety attached if you aren't crazy about parties, but that doesn't have to ruin the experience. Commit yourself to enjoying the event and you probably will, regardless of the hassles involved. Likewise, our relationships can be spoiled by ambivalence if we focus too much on the negative aspects, but if we commit ourselves to loving the other person despite their flaws then the ambivalence is neutralized. Another way to deal with ambivalence is to reflect on our values and to reconcile our feelings based on the higher value.

"If any of you lacks wisdom, you should ask God. . . . But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do."

James 1:5-8

Your Guide To Local Houses of Worship

BAPTIST
THE BAPTIST TABERNACLE
Braswell Lane, Smithville
Sunday School 10 a.m., Sunday Worship Service 11 a.m., Sunday Evening Worship 5 p.m. (DST) 6 p.m. (CST).
Bro. Tim Pack, Pastor

CALVARY BAPTIST
830 Foster Road, Smithville, 597-5458
Sunday School 10 a.m., Sunday Worship Service 11 a.m., Sunday Evening Worship 6 p.m.;
Wednesday Night Bible Study 7 p.m. 615-597-5458

COVENANT BAPTIST
Corner of Short Mtn Hwy & Miller Rd.
Sunday School 10 a.m., Sunday Worship 11 a.m., Sunday Evening Worship 6 p.m.;
Wednesday Prayer Meeting 7 p.m.
Bro. Bobby Thomason, Pastor

ELIZABETH CHAPEL BAPTIST
Golf Club Lane & Allen Ferry Rd., Smithville
Sunday School 10 a.m., Worship Service 11 a.m. Church Training 5 p.m., Evening Worship 6 p.m.;
Wednesday Evening Bible Study 6 p.m.

FIRST BAPTIST ALEXANDRIA
101 Locust Street, Alexandria
Sunday School 10 a.m., Worship Service 11 a.m., Choir Rehearsal 5 p.m. followed by Evening Worship 6 p.m.; Wednesday Prayer and Bible Study 6 p.m., Children and Youth Group 6 p.m.
"Ministering to the heart, mind and soul."
Bro. Billie Friel, Pastor

**FIRST BAPTIST CHURCH
SMITHVILLE**
101 Church Street, Smithville 615-597-4275 www.fbcsmithville.com
Sunday school for all ages 9 a.m., Morning Worship & Children's Church 10 a.m., Choir Practice 5 p.m., Evening Service for adults & bible study for teens 6:30 p.m.;
Wednesday Adult bible study 6 p.m., AWA-NA 6 p.m., Genesis students (teen ministry) 6 p.m.
Chad Ramsey, Lead Pastor
Jordan Atnip – Student & Worship Pastor

HELTON, THE BAPTIST CHURCH
Five miles from Alexandria on Lower Helton Road, Sunday School 10 a.m., Worship Service 11 a.m.; Conference Night on Saturday night before the first Sunday in each month at 6:30 p.m.
Bro. Dennis Wood, Pastor

NEW HOME MISSIONARY BAPTIST
Located at the corner Short Mountain Hwy. and New Home Road, Smithville
Sunday School 10 a.m., Sunday Worship 11 a.m., Sunday Evening Service 5:30 p.m.; Wednesday Night Prayer Service 6 p.m.; Women's Ministry Meeting 1st & 3rd Sunday at 4:30 p.m.
Bro. Bobby Lee Hale, Pastor

SMITHVILLE FREE WILL BAPTIST
500 Bright Hill St., Smithville
Sunday School 10 a.m., Morning Worship 11 a.m., Sunday Evening Worship 6 p.m.;
Wednesday Bible Study 7 p.m.

Bro. Bernard Houk, Pastor
Everyone welcome.
MT. PISGAH FREE WILL BAPTIST
7516 Short Mtn. Hwy., Smithville
Sunday School 10 a.m., Morning Worship 11:00 a.m., Sunday Evening Worship 6 p.m.; Wednesday Night 6 p.m.
Bro. Danny Bandy, Pastor

UPPER HELTON BAPTIST
217 Upper Helton Rd., Alexandria
Sunday School 10 a.m., Morning Worship & Wee Worship 11 a.m.; Sunday Evening Worship, Wee Worship & Kids Bible Study 6 p.m.; Wednesday Night Bible Study, Disciple Land Kids, Children in Action & Transformed Youth 7 p.m.
Daily radio broadcast on WJLE 11:55 a.m.
Bro. Jimmy Arms, Pastor

**WHORTON SPRINGS
BAPTIST CHURCH**
2976 McMinnville Hwy., Smithville
Sunday School 10 am, Sunday Morning Worship 11 am, Sunday Evening Discipleship Training 5 pm, Sunday Worship 6 pm
Wednesday night music and Missions 5:15 pm
Bro. Mike Carpenter, pastor
615-597-6100
Email wsbc@dtccom.net
www.whortonspringsbaptist.com

CATHOLIC
ST. GREGORY CATHOLIC CHURCH
712 West Main St., Smithville, 615-597-1970.
Services as follows: Sunday 8 a.m. followed by Religious Education at 9:30 a.m.
Wednesday 6 p.m.
Father Michael Baltrus, 931-473-4932

CHURCH OF CHRIST
NORTHSIDE CHURCH OF CHRIST
N. Congress Blvd., Hwy. 56, Smithville, 615-597-1541
Sunday Morning Bible Classes 10 a.m., Sunday Worship 11 a.m. and 5 p.m.;
Wednesday Bible Study 7 p.m.
Call James Hayes 615-597-7794 for transportation.
All are welcome. Our doors are open to all.
Bro. Burnis Lyons, Pastor 615-631-4471

SMITHVILLE CHURCH OF CHRIST
Dry Creek Rd., Smithville, 615-597-4159
Sunday Morning Bible Study 9 a.m., Worship Service 10:00 a.m., Evening Worship Service 6 p.m.; Wednesday Evening Bible Study 7 p.m.
Dan Gullett Pulpit Minister, Jonathan Anderson Youth & Associate Minister.
www.thsmithvillechurch.com

CHURCH OF GOD
SMITHVILLE CHURCH OF GOD
801 West Broad St., Smithville
Sunday School 10 a.m., Morning Worship 10:50 a.m., Sunday Evening Evangelistic Service 6 p.m.; Wednesday Evening 7 p.m.
Rev. Chris Moore; Robin & Emily Phillips, Music Ministers

**CUMBERLAND PRESBYTERIAN
SMITHVILLE CUMBERLAND**

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201 South College Street, Pastor Isaac Gray - Sunday Contemporary Worship Service 8:30 a.m., Sunday School 10 a.m., Traditional Sunday Service 11 a.m., Wednesday Adult Worship 6:30 p.m., Jr./Sr. High Youth Worship 5:30 p.m. www.smithvillepc.com Church Office 597-4197.

**BANKS CUMBERLAND
PRESBYTERIAN CHURCH**
2933 Banks Pisgah Road, Smithville, 931-639-1764 Sunday School 10 a.m., Worship 11 a.m.
Wednesday night prayer service 6 p.m.
www.smithvillepc.org
Greg Whaley, Pastor

EPISCOPAL
**ST. MATTHEW'S
EPISCOPAL CHURCH**
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Worship 10:00 a.m.
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METHODIST
ALLEN CHAPEL METHODIST CHURCH
1037 Coconut Ridge Rd., Smithville
Sunday School 10a.m., Sunday Worship Service 11 a.m., Sunday Night Service 7 p.m.; Wednesday Night 6 p.m. The ZONE for Teens, 1st & 3rd Friday 7 p.m. - 10 p.m.
Bro. Phil Tollett

DOWELLTOWN METHODIST CHURCH
196 Church Street, Dowelltown, TN
Sunday morning worship 9:00 am
Sunday school 10 am
Wednesday night service 6 pm
Sam Ordnung, pastor
615-497-0862

**SMITHVILLE FIRST UNITED
METHODIST CHURCH**
108 North Fourth Street, Smithville
Sunday School 10 a.m., Worship 11 a.m.
Dr. John Carpenter, Pastor
www.smithvillefumc.org.

**WEBB'S CHAPEL FIRST
UNITED METHODIST CHURCH**
6509 McMinnville Hwy., Smithville.
Sunday School 8:30 a.m.; Worship 9:30 a.m., Sunday night worship 6 p.m.
Bro. David Hill, Pastor

NAZARENE
**SMITHVILLE CHURCH OF
THE NAZARENE**
119 Dearment St., Smithville
Sunday School 10 a.m., Morning Worship 11 a.m., Sunday Night 6 p.m.;
Wednesday Night 7 p.m.
Bro. Trent Colwell, Pastor

UNITED PENTECOSTAL
**NEW LIFE UNITED
PENTECOSTAL CHURCH**
860 S. Congress Blvd., Smithville 615-597-8979
Sunday morning service starts at 10 a.m., Sunday Evening Service 6 p.m.; Wednesday Bible Study, 7 p.m. at the Connection Center
Dwayne Cornelius, Pastor
www.newlifemethodist.com

**Family
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302 N. Congress Blvd. Smithville 615.597.4395
400 E. Public Sq. Alexandria 615.529-2116

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A friend loves at all times, and
a brother is born for a time of
adversity.
Proverbs 17:17

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Let us therefore make every
effort to do what leads to peace
and to mutual edification.
Romans 14:19

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For to us a child is born, to us a son is
given, and the government will be on
his shoulders. And he will be called
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6

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