



Boones Creek Christian Church

Just Jesus - Grace and Truth

A Monthly Publication

June 2026
Issue No. 6



A message from Ben Cole, Senior Minister

It is hard to believe that June is already here, which means we are about to begin a new season called summer. It also means we just finished another season, our sermon series through the book of Nehemiah.

A few years back, I suppose I stopped seeing the seasons simply as winter, spring, summer, and fall. Instead, I began seeing them as the different seasons God leads our church through, particularly what He wants us to hear from His Word through our sermon series.

Believe it or not, I do not write down every book of the Bible, put them in a hat, and randomly draw one out to decide what we will study next. Instead, it is something the staff and I cover in prayer. I truly believe the seasons in God's Word we have gone through over the last few years are exactly what He has wanted us to hear.

In Revelation chapters 2 and 3, there are letters written to seven different churches. Although each letter addresses different things, there is one phrase repeated in every letter: "Whoever has ears, let them hear what the Spirit says to the churches."

So here is the question: What has the Spirit been saying to us at BCCC over the last several seasons?

- October 2023 Colossians: Jesus is God

I must admit, this was my first series as lead minister. I did not draw it out of a hat, but I did say, "Let's just go through Colossians."

For the rest of these, I believe the series titles themselves bring remembrance to what the Spirit was saying to our church.

- January 2024 Just Jesus: Grace & Truth
- September 2024 EveryONE Matters
- January 2025 Unity in Community: Impacting your Jerusalem
- June 2025 James: The Intersection of Faith & Life
- October 2025 Move
- January 2026 Context: Why have you done this?
- March 2026 Nehemiah: Restoration

You have no idea how many Scriptures came to mind as I typed out those sermon series titles. Listen to what the Spirit has been saying to the church at BCCC.

I am excited as we begin our next series. It became very evident to me and others what God was calling us to in this next season:

1 John: Walk as Jesus did

Please continue to cover our church in prayer that we would all be attentive to the voice of God and what He is saying to us.

For reference on why this newsletter went in this direction, today as I write this it is Wednesday, May 20th. If you were here on Sunday, you heard me preach from Nehemiah, and you definitely know what the sermon was about: UNDERSTANDING. I must have said the word "understand" 1,000 times.

After our Monday night service ended, a lady I had not met before pulled me aside. She began telling me that Sunday was her very first time attending our church. That alone was not the big deal. The big deal was what she said next:

"For the last month, I have been praying to God for understanding."

"Whoever has ears, let them hear what the Spirit says to the churches."

Love to you all,

Inside this issue:

Starting Point Small Groups	2
Senior Game Night Avoid Scams IDES	3
Family Event VBS Student Ministry	4
Attendance Rooted Ladies Retreat	5
Parish Nurse Corner Widow2Widow	6
Journey To Hope Sympathy New Members Baptisms	7
June Sermon Series	8

**Please
follow us
on the
website,
Facebook
and
YouTube.**



Starting Point

Get to know Boones Creek Christian Church through our Starting Point class on June 7th. The class will be held 8:30 and 11:00 AM in room 103. If you are new to Boones Creek, we would love to see you in this class to help you get connected and be part of our growing family. Please visit the Events tab on either the website or the Boones Creek App to register.



Summer Small Groups will start on the week of June 15th. The six-week study called “Love in Action” will follow the 1 John sermon series over the summer and will invite us to serve as small groups.



Senior Game Night

Seniors, join us June 16th at 6:30 PM for Game Night. Brian Snyder will be back leading this group. Please email a baby picture to him at briansnyder@boonescreekcc.org before June 12th. We will meet in the Koinonia Kafe. Please bring a snack to share and use Entry B when you arrive.

AVOID SCAMS

IF YOU RECEIVED A TEXT, EMAIL, OR OTHER MESSAGES FROM SENIOR MINISTER BEN COLE ASKING FOR MONEY IT IS A SCAM

ONLY TWO REAL EMAIL ADDRESSES FROM BEN ARE:

- BENCOLE@BOONESCREEKCC.ORG
- BCOLE3226@GMAIL.COM

IF THERE IS AN URGENT NEED, YOU WILL HEAR ABOUT IT THROUGH THE CHURCH'S REGULAR MEANS OF COMMUNICATION



INTERNATIONAL DISASTER EMERGENCY SERVICE

PROVIDE MEALS FOR HURRICANE RELIEF WORKERS

- PREPARE THE MEAL
- DELIVER TO YOUTH CENTER
- HELP SERVE AND CLEANUP

Sign up today on app or website



Thanks so much to everyone that has prepared a meal or sandwiches for our IDES (International Disaster Emergency Service) volunteers.

You have put a smile on their faces each night when they come in to a hot meal after a long day's work. Remember to go to the BCCC app under Events and sign up to prepare a hot and ready meal for the volunteers.

- Pick your date.
- **Deliver it to the youth center at 5:45pm.**
- **Park in front of the white shower trailer and come down the steps.**
- Help serve and clean up.
- Utensils, paper supplies, and drinks provided.

The number of workers will vary from 5 to 25 people each night. You will be notified in advance of how many to prepare for and if there are any dietary restrictions.




SUMMER OF FUN

FAMILY EVENT!

Family Summer Kickoff at Wetlands Waterpark
 Cost: FREE! Cafe will be open for purchases.
 Wednesday, June 3rd | 6-8pm
 Register on the Events tab on the website or app!



KINGDOM QUEST

AN EPIC JOURNEY TO DISCOVER GOD'S KINGDOM

4yr-5th Grade VBS

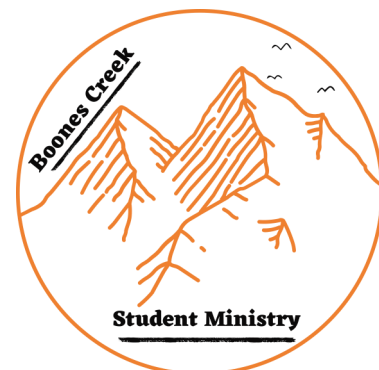
June 7th-11th

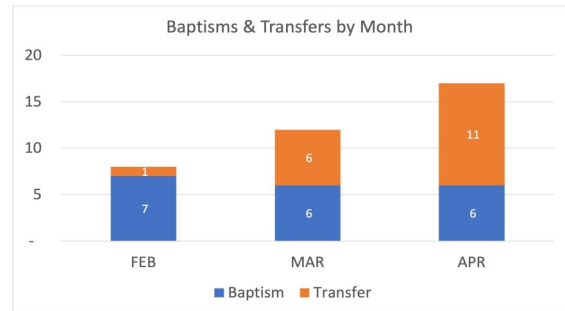
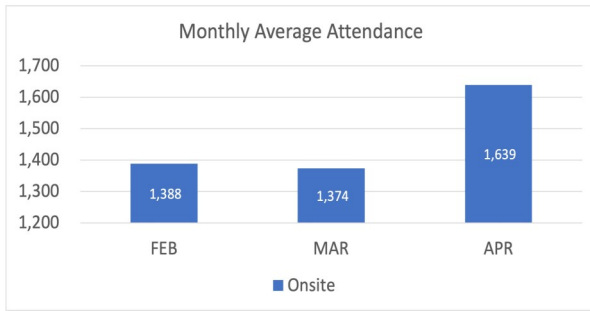
Register on the app or website Now!



STUDENT MINISTRY EVENTS

Go to our website or app and head over to the Students Page to see all of our events and to learn about all things Student Ministry! If you have any questions or would like to contact Ryan Kelley, please email him at ryankelley@boonescreekcc.org.





"To the women of Boones Creek – Mark your calendars to join us for the **Rooted Women's Retreat!** We will be spending our time growing in our relationships with God, growing in our knowledge of his word, and growing in our relationships with each other while staying at Grand Forge Lodge (Hearthside Cabins) in Pigeon Forge September 11-13, 2026. Together, we pray to be a group that is deeply rooted in our faith. There are openings for 30 ladies (18yr +) to attend, and *registration will begin with the Digital Bulletin on Friday, June 26th.* Cost to attend is \$250, which includes all food, housing, and materials. We are so excited and cannot wait to see you there!"



Health Benefits of Vegetables Part 2

Blood sugar management

Non-starchy vegetables have a low glycemic index. This is a measure of food's effect on your blood sugar. Low-glycemic foods have little effect on your blood sugar. The American Diabetes Association recommends at least three to five servings per day of non-starchy vegetables such as broccoli, carrots, or cauliflower.

Weight management

Vegetables are low-energy-density foods. They're high in water and fiber, so they fill you up without adding a lot of calories. Water gives volume to food. Fiber takes longer to digest than other nutrients. Eating more low-energy-density foods can help you lose weight. Studies show that people who eat four or more servings of vegetables per day don't gain as much weight as those who eat fewer daily vegetable servings.

Anti-aging

Polyphenols are natural chemicals that give vegetables their vibrant colors. These chemicals protect against aging in a couple of ways. They reduce the inflammation in your body that contributes to chronic conditions such as heart disease and dementia. Also, they act as antioxidants, protecting your cells against damage from harmful molecules called free radicals in the environment. In general, vegetables are an important source of dietary fiber, vitamins A and C, calcium, iron, and potassium.

You measure vegetable portion sizes in cups. One serving is equal to:

- 1 cup of raw or cooked vegetables
- 1 cup of vegetable juice

2 cups of raw leafy salad greens

How many servings of vegetables the USDA recommends that you eat each day depends on your age and gender. Children should eat 1 to 4 cups of vegetables daily. Women need 2 to 3 cups, while men should eat 2 1/2 to 4 cups of vegetables daily. (Webmd.com)



Widow2Widow

Ladies, looking for some tasty food and fellowship? We will meet at the Olive Garden on Thursday, June 18th at 11:30 AM. Please register on the BCCC APP under Events by June 16th or call church office at 423-282-0248.



Journey to Hope

Journey to Hope is a positive monthly group supporting those with cancer, remission, survivors, and caregivers. Join us on Thursday, June 4th to discuss "Living Water for the Body and Soul". We will have a lite dinner at 6:00 PM in the Koinonia Kafe. Please register on the BCCC App under events or call the church office at 423-282-0248. Please use Entry B when you arrive.

Join us to discuss
"Living Water for the Body and Soul"

Thursday June 4th
 6:00 PM
 In the Koinonia Kafe

Cancer support group!
 Go to EVENTS on the app/website to register



With Heartfelt
Sympathy

Pat Edwards

Welcome New Members

- | | |
|-----------------|-----------------|
| Chris Copeland | Jackie Copeland |
| Kenneth Lane | Anthony Noey |
| Scott Rollins | Susan Rollins |
| Jordan Sanders | Faith Smith |
| Barbara Staskel | Bob Staskel |
| Jana Steward | |



- | | |
|---------------------|----------------|
| Jordan Beckett | Chris Campbell |
| Taylor Campbell | Dustin Smith |
| Rob Staskel | |
| Adrienne Zetterburg | |



305 Christian Church Rd.
Johnson City, TN 37615
Office: 423-282-0248

Address Service Requested

NON PROFIT ORG.
U.S. POSTAGE PAID
JOHNSON CITY, TN
PERMIT NO. 1

- Ben Cole, Senior Minister**
- Brian Snyder, Executive Minister**
- David Eversole, Administrative Minister**
- Kevin McCloud, Worship Minister**
- Lori Drain, Director of Women & Recovery**
- Ryan Kelley, Youth Minister**
- Joey Norris, Children's Minister**
- Mandy Armstrong, Pre-School Director**
- Tammie Payne, Faith Community Nurse**
- Joseph Vargas, Creative Communications Dir.**

- Justin Davis, Union Campus Minister Union**
- Dustin Clawson, Union Campus Youth Minister**

- Carrie Gunning, Administrative Assistant**
- Lizz Bellamy, Administrative Assistant**
- Gabriell Speed, Church Secretary**

- Bruce Holley, Facility Manager**
- Mark Palscey, Maintenance Specialist**

Walk As Jesus Did

June 7th - 1 John 1: 1-4

June 14th - 1 John 1: 5-10

June 21st - 1 John 2: 12-14

June 28th - 1 John 2: 3-6

