



CENTRAL LIFE

Central Presbyterian Church
February 17, 2021

Reflections From a Rocking Chair

Habits are those things that we do as a part of our routine. Actually, the definition of habit is “a settled or regular tendency or practice, especially one that is hard to give up.” Habits can be made or broken with 30 days of awareness in doing that particular practice or action. In the season of Lent, there is a tendency to want to break a habit or give up something that seems to get in the way of our relationship with God. So we say, “I’ll give up chocolate or coffee or pizza or even quit social media for the 40 days (plus Sundays) of Lent.” And that is all well and good, and if you see that those things impede your relationship with God and with others, that might be a wise decision. We can also choose to start a new habit or a new practice or a spiritual discipline. So I offer a couple of different ways in living in this Lenten season.

The first way is through the words of Pope Francis who offers us ways to improve our relationship with God and others by fasting from something and picking up a new practice. Even to work on one of these statements could in fact change your prayer life, and your daily living, such that you are able to begin to see the presence of Christ all around. He writes:

*Fast from hurtful words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness and fill your heart with joy.
Fast from selfishness and be compassionate to others.
Fast from grudges and be reconciled.
Fast from words and be silent so you can listen.*

The second option is to have a bag and put into it an item each day from your closet. It can be an article of clothing, a toy or a book - anything to lighten your load of possessions. Then, at the end of Lent, take that bag to a shelter or charity store where those things might be used by someone else.

And a third way is to set aside time each day for devotional and Bible study. I know it is hard when your day seems so busy and there is too much to do already! But I have found that when I schedule it in my day, I am able to focus on that passage of scripture and spend some time in prayer. You might want to add that you will write one sentence about what you read, learned or reflected on. Then at the end of the week, or even at the end of Lent, you can look back on your notes to be reminded of those lessons learned.

On the Internet there are all kinds of options for living into Lent as we prepare for the coming of Easter and the celebration of New Life. Find what works for you and commit to doing this practice for the 40 days of Lent (including Sundays) starting on Wednesday, February 17 through April 3, and make it a habit for your life as a disciple of Jesus. You might be amazed at how God is able to work in, and through you, and bring newness to your life and to those around you. May this Lenten season be a time of growth, transformation, and seeking to follow the Lord.

Grace and peace,
Ann Aichinger

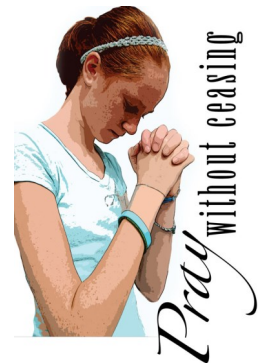


At Home: Bob and Becky Ingram, Bob Stuart, Bessie Kitts, and Jean Bane
At Brookdale Bristol: Carol Duhaime, Jean Thomason, Mary Kay and Bill English
At Dominion Senior Care: Hugh and Linda Wise
At Encompass Bristol: Allen Vance

Allen Vance did not have a stroke on Friday, February 12, and is at Encompass Bristol for rehab. He loves to get notes and cards. His address for about 3 weeks is: **Rehabilitation Hospital of Bristol, Allen Vance, Room 163B, 103 North St., Bristol, VA 24201;**

Bill English fell on Saturday, February 13 and went to the Bristol Hospital to be checked out;

Robert Campbelle, as he recovers from his procedure today in Winston-Salem to cauterize some cells at the end of esophagus. He is cancer free;



Randy and Phyllis Morris as they recover from procedures and illnesses;

Betty Whitehead will be having knee replacement surgery in March in Roanoke;

Mark McCord is proceeding forward with kidney transplant at University of Tennessee Medical;

Courtney Reese as she continues to seek help with her MS and symptoms;

Joy Briggs and her husband, Guy, as he dealing with health concerns (including some dementia type issues) and she is caring for him at home;

Don Miller, as he continues to deal with health concerns;

Nancy Kiser's daughter had a clear scan for her cancer;

Sam Wagner, brother of Jack Wagner and Terri Surber, is starting a second round of chemo;

Connie Bullock's sister, Linda Olson, as she is continuing to battle cancer.

Tammy Morris, who has been in prison for 5 years, is now home on parole and staying with her father Jonesborough. Hopefully we will see her soon. Her new address is: 116 Laurel View Rd., Jonesborough, TN 37659.

Memorials...

To the Backpack Fund in Memory of Casey McComish and Candy Ellis, given by Jim and Lynn Butcher.

To the General Fund in Memory of Patsy Wampler, given by Jean Thomason.

To the Memorial Fund in Memory of Patsy Wampler, given by George and Beth Parks, Joe and Pat Lawson, and Mr. and Mrs. Robert L. Blevins, Jr.

To the Memorial Fund in Memory of Candy Ellis and Daphne McCord, given by Anne Harris, and Wade and Robbie Whitehead.

To the Music Fund in Memory of Daphne McCord and Candy Ellis, given by Jim and Lynn Butcher, Joy and Guy Briggs, Pamela B. Jones and Family, and Mary Moffatt.

To the Service Fund in Memory of Daphne McCord, given by Ed and Betty Whitehead.

Continue in Prayer for renewed health and strength for...

John and Linda Barker and their family, Bobby Davis, Alice Owenby, Coleen Wheeler, Randy Broyles, and Jim Matson.

Thank You...

Dear Friends,

We have moved into our new house after being in Roanoke for 9 months. Our new address is :

4380 William Court, Roanoke, Virginia 23018. Our new home phone number is: 540-566-3044.

We also have a new mail box with the same address!! We think of you all often and miss you. Love to all,

Ed and Betty Whitehead



Central Life



Sermons...

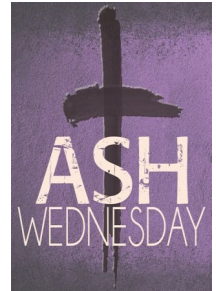
Lenten Sermon Series: "Living as People of the Covenant"

February 21	Lent 1: Visible signs of the covenant	Genesis 9:8-17
February 28	Lent 2: Life in the Covenant	Genesis 17:1-7; Mark 8:31-38
March 7	Lent 3: Who is God? Who is the Lord?	Exodus 20:1; John 2:13-22
March 14	Lent 4: The Greatest Hope	Numbers 21:4-9; John 3:14-21
March 21	Lent 5: Hope in the Darkness	Jeremiah 31:31-34; John 12:20-33
March 28	Palm/Passion Sunday	Reading from Mark's Gospel

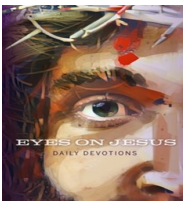
Ash Wednesday, February 17

The season of Lent begins with Ash Wednesday; a day to be reminded of our humanity and our need for God's grace and mercy, and we are offering the opportunity for the imposition of ashes on Ash Wednesday here at the church.

You are invited to drive up to the covered portico and receive the ashes from Pastor Ann Aichinger. We will also have adult Lenten devotional books and activity booklets for the children.



Times are: 12:00 - 1:30 p.m.
4:30 - 6:00 p.m.



This year's Lenten devotional is entitled, "Eyes on Jesus" and has daily devotionals and prayers for the 40 days of Lent (including Sundays.) There is also space to make notes or write down your reflections through the season.

When the people in the Passion narrative looked at Jesus, what did they see? Who misunderstood Him? Who acknowledged Him as the Son of God? *Eyes on Jesus: Daily Devotions* will direct our attention to Jesus Christ. Through each devotion, we will "fix our eyes" on what Jesus has done to save us from our sins by His Holy, precious blood, innocent sufferings, and death. And because of the Savior's justifying work, we will celebrate what God sees when He looks at us.

If you did not get your Lenten devotional on Ash Wednesday, you can still get a copy. If you are able to come by the church, there are copies available in the church office and on the table outside the office. If you are unable to come by, please call the church office, and we can send it to you by mail. Be sure to give your mailing address.



The Session met on Tuesday, February 16 by Zoom. The following items were approved:

- Annual Congregational Meeting and Corporation meeting will be held by Zoom on Sunday, March 7 at 1:00 p.m. We will elect the Nominating Committee and hear the State of the Church from Rev. Ann Aichinger.
- Nominating Committee was presented to the Session and will be elected by the Congregation on March 7 at the Annual Congregational Meeting. Those who are nominated are: John Barker, Chair; Nancy Kiser, Nancy Arnold, Barbara Mann, Barbara Oakley, William Wampler, and Maddie Harris (Youth.)
- The second vote to approve the use of up to \$65,000 in 2021 from the Endowment as needed.
- Thanks to Mary Moffatt who applied for and was granted Payroll Protection Plan for a total of \$91,000 to be used in 2021.
- On Palm/Passion Sunday (March 28) and Easter Sunday (April 4) there will be worship provided in the parking lot and will be broadcast over our car radios.
- The Trumpet En Chamade (in the Sanctuary) has been repaired. The total cost is \$6,287, and will be covered by monies from the Music Memorial Fund, the Memorial Fund, and undesignated Memorial gifts for Candy Ellis. Memorial Monies up to \$5,000 were approved to be used for this project. Only \$2,839.50 will be used.
- The youth will be going to Montreat for a Day trip on Saturday, April 10.
- The Youth will be going to the Summer conferences of Montreat. High School Conference is June 6-12, and the Middle School Conference is July 13-19. It was approved to request for scholarships from the congregation to help our youth attend.
- There will not be an Easter Egg hunt this year, but the Christian Education Committee is planning on other Easter activities for April 4.
- The PCUSA Statistical Report for 2020 was approved. It will be sent in by February 28.
- Ann Aichinger reported on her work and the funeral/memorial services that have been held for members who have died. She suggested that there be a memorial service in the summer when we all can be together to remember all those who have died in this last year.

Central Appalachian Project: June 7-11, 2021

It is time to plan on being a part of this year's CAP mission trip from Central Presbyterian to Harlan, KY. This year's week is planned for June 7-11, 2021.

Everyone (any age) is invited to join and be a part of this week of making a difference in that community. If you are interested, or if you want to know more about this project, please contact Larry Clarke at 423-335-7865.

Join us for Wonderful Wednesdays in February on ZOOM. We will have time to chat and catch up on life as well as spend time in prayer, and have time of discussion and study. We are discussing Bob Goff's *Everybody, Always* which is a video series on *RightNowMedia*. Our lessons will be:



February 17 We will begin our Lenten study.

The invitation and access for each of the Wednesday gatherings on Zoom is as follows: Join Zoom Meeting

<https://us02web.zoom.us/j/89657603909?pwd=ZXcyakYrYUYxcm84aGxKTWJ4SGhrQT09>

Meeting ID: 896 5760 3909 Passcode: 252722

(If you have trouble getting into the meeting each week, please text Pastor Ann.)

March Birthdays



Happy birthday! Happy birthday! Happy birthday!

Ben Arnold	2
Larry Clarke	4
Kellie Campbell	4
Twana Meade	6
Nicholas Wilson	6
Eva McBride	8
Jane Morison	9
Brian Scott	10
Will Wampler	11
John Ellis	11
Monica Alderman	12
Donnie Spurell	13
Lois Clarke	15
Greg Taylor	15
Gary Aday	15
Rita Estes	16
Bobby Davis	17

Juleeana Jones	18
Winona Aday	19
Ainsley Repass	19
Gena Prince	20
Jim Otis	20
Glenn Myers	21
Bruce Hendricks	21
Tyler Franklin	21
Brie Kite	21
Courtney Reese	22
Rebecca Meade	26
Robbie Blanton	29
Carter McCord	29
Missy McCord	30
Linda Waldron	31
Karen Rohr	31

Happy birthday! Happy birthday! Happy birthday!

Happy birthday!

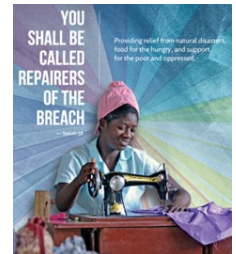
Happy birthday!



February 21, 2021: PDA Blue T-shirt Sunday and the *One Great Hour of Sharing* Offering

One Great Hour of Sharing: Our Lenten Offering (February 17-April 4, 2021)

For over 70 years, *One Great Hour of Sharing* has provided Presbyterians a way to share God's love with our neighbors in need around the world. In a world of disaster, hunger, and oppression, millions of people lack access to sustainable food sources, clean water, sanitation, education, and opportunity. This year's theme is from Isaiah 58: "You shall be called repairers of the breach."



The three programs supported by One Great Hour of Sharing - **Presbyterian Disaster Assistance**, the **Presbyterian Hunger Program**, and **Self-Development of People**, all work in different ways to serve individuals and communities in need. From initial disaster response to ongoing community development, their work fits together to provide people with safety, sustenance, and hope.

This year during the season of Lent, you are invited to give financially to this offering to provide assistance and resources to those in need. You can send your checks to the church and be sure to mark the Memo: One Great Hour of Sharing offering. To learn more about this special PCUSA offering or to read stories about how people have been helped through generous gifts, please go to the website at:





The Central Presbyterian Church Session calls for

The Annual Congregational Meeting of Central Presbyterian Church
and
The Annual Corporation Meeting
to be held on
Sunday, March 7 at 1:00 p.m. by Zoom.

State of the Church will be given by Rev. Ann Aichinger

Election of the Nominating Committee. Those nominated are:

Ruling Elders:	John Barker, Chair	Nancy Kiser
Congregation Members:	Nancy Arnold	Barbara Mann
	Barbara Oakley	William Wampler
Youth Representative:	Maddie Harris (Youth)	
Ex-Officio:	Rev. Ann Aichinger	

Annual Corporation Meeting will be moderated by John Barker, President
All members are encouraged to attend. Join Zoom Meeting:

<https://us02web.zoom.us/j/83099653762?pwd=ejN4VWFqbXBMQVBveDkzN1M4cjVKQT09>

Meeting ID: 830 9965 3762

Passcode: 513941

Dial by your location: +1 646 558 8656 US (New York)
+1 301 715 8592 US (Washington DC)
+1 312 626 6799 US (Chicago)

+1 669 900 9128 US (San Jose)
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)

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Bristol, VA 24201-4013
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E-mail: office.cpc@bvu.net
www.CentralPresBristol.org



CENTRAL LIFE

How to Keep in Touch:

www.facebook.com/CPCBristol: You do not have to sign-in or log on. Just click “not now” and the site will pop up. Scroll down to find the latest message.

www.CentralPresBristol.org: Click on “View Sermons” then scroll down to see Pastor Ann’s videos for each day.

Options for giving to the work and ministry of Central Presbyterian:

- * You can give in a check, or cash, in the offering plate, dropped by the office, or mailed to:

Central Presbyterian Church
301 Euclid Avenue
Bristol, VA 24201-4013
- * You can give through your online banking to Central.
- * You can set up an automatic deposit from your account; please talk with the Finance Director on how to do this.
- * You can TEXT to **CentralPres** (no spaces and Capital C and P) to **73256**. You will be directed to make your donation through Realm.
- * You can give one time, or regularly, through your **Realm Connect** profile.



Reminder: Please continue to send in your pledges and financial support for Central Presbyterian. Although the church building may not be fully operational, the work and ministry is still happening.

How to contact us:

Ann Aichinger, Pastor	ann.cpc@bvu.net
Robert Campbelle, Music Director	robertcampbelle@gmail.com
Joy Smith-Briggs, Organist	gjbjoyb@btes.tv
Josie Russell, Youth & Young Adult Dir.	josieannrussell@gmail.com
Lynn Gilbert, Admin. Asst. Newsletter Editor	office.cpc@bvu.net
Mary Moffatt, Finance Director	finance.cpc@bvu.net
Trish James, Food Service Director	tjames1234@charter.net
Becky Widner, Dir. of APPLE Academy	applepreschool@yahoo.com
Barbara Mann, Volunteer Parish Nurse	barbar632002@gmail.com

Office Hours:

The current office hours are 9:00 a.m. to 2:30 p.m., Monday-Friday. Please call 276-669-3157 for office hour changes and updates.

