



Central Life

Central Presbyterian Church

October 30, 2019



YOU ARE INVITED

to a Special Church-wide
Thanksgiving Dinner

WEDNESDAY, NOV. 13
5:30 pm

Provided by the Harmon Estate
For YOU!



Come and enjoy
Turkey and dressing
and all the holiday favorites
as we celebrate
2020 Vision for Central



Please make **reservations** by
emailing (office.cpc@bvu.net) or
calling the church office (276-669-3157)
or sign up on Wednesday night or Sunday mornings.
Transportation can be provided if needed, let us know that also.

You don't want to miss this!
See you there!!

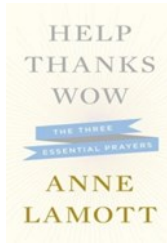


*Ponderings
from a
Rocker*

As we enter November, we come into a time to be thankful. With the main holiday of this month being Thanksgiving, we are reminded to be grateful for the many blessings we have received and for the people who have been a part of our lives. But November is not the only time we are to be thankful.

Every day of our lives we are called to be thankful to our God.

Anne Lamott in her book Help, Thanks, Wow: Three Essential Prayers says that these are three simple prayers that we can easily pray at any time: Help when we find ourselves in trouble or in need; thanks which is the prayer God loves to hear from his creation; and Wow when we experience something that catches our attention or is so beautiful or amazing. When talking about the prayer of thanks, she says, "Gratitude begins in our hearts and then dovetails into behavior. It almost always makes you willing to be of service, which is where the joy resides." Our gratitude is to move us into some kind of action.



This action can be deciding to volunteer at a school or with an agency, to write notes to those in our church and community who need a word of kindness and care, to serve on a board or decision making group for an event or activity that seeks to work on justice or peace issues. There are many different ways to live out of our gratitude.

Ciara Conlon, blogger, author, and speaker says, "Gratitude is such a powerful emotion, one that can make your life better in so many ways. It's quite difficult to feel depressed or sorry for yourself when you are feeling gratitude." She cites that keeping a simple gratitude journal can actually improve your overall physical, emotional, and mental health. So what is a gratitude journal? It can be a page in your devotional book or a special notebook for you to write down at least 5 things you are grateful for today. And each day, you add 5 new things, not to repeat. So be very specific with your entries. Then after a week or a month, look back over your list. You might be surprised. (For more ideas of living a grateful life, check out her blog: 40 Simple Ways to Practice Gratitude—Lifhack.)

Our life of gratitude is ultimately a statement of our faith in God in Jesus Christ. Throughout the Bible we hear the call to be thankful, to be mindful of God's work in our lives, to see how the presence of God has made a difference in who we are. As we come to our time of making our annual commitments to the church, I invite you to put your gratitude into action, and to step up to the 2020 challenge of increasing your pledge by \$20 a month for this next year. Then watch over this next year and see how God continues to bless you and provide for you in ways that allow you to continue to be generous.

Give thanks with a grateful heart,
Give thanks to the Holy One
Give thanks because He's given Jesus Christ, His Son.
And now let the weak say, "I am strong."
Let the poor say, "I am rich
because of what the Lord has done for us."
Don Moen, "Give Thanks"

I am grateful for you and your continued support for the work and ministry here at Central.

Grace and peace, *Ann*



2020 Vision Challenge

This year's Stewardship Challenge is to increase your giving to Central Presbyterian Church by \$20 a month (or \$240 extra for the year). This comes out to \$5 a week which is the equivalent to purchasing a coffee or a quick lunch. It may not seem like much, but if everyone is willing to participate in this challenge, we will be diligently working on decreasing the deficit of the budget. Maybe you are thinking that you could do more. That is great. How about increasing your giving \$40 a week which would help to cover a contributor who is unable to make that kind of extra gift?

If you are not now pledging, we do ask that you prayerfully consider making a pledge of some amount this year as a part of your commitment as a disciple of Jesus Christ. Take the first step and make a pledge. If you already pledge, prayerfully consider how God is calling you to meet the 2020 Vision challenge. If you have any questions, please visit the Welcome Desk on Sunday mornings and talk with one of the members of the Finance Committee. Remember: November 17 is Commitment Sunday. Come prepared to make your commitment to Central and the work of God.



Central's 2020 Vision

Wednesday Night Activities

Join us each week for Wednesday Night Supper and Activities.
 • Supper is at 5:30 PM (\$5.00 donation) with prayer and programs starting at 6:00 pm.

There will be informative and fun activities for all ages, including Children's Choir, and a nursery for under 3 year olds.

October 30:	Rob Hollo and Ken Hale: Wills and Estate planning
November 6:	Guest Speaker: Orlanda Carr, from the Presbyterian Foundation
November 13:	Living Thankfully and Generously, Stewardship 2020 Celebration party (see page 1)
November 20:	Stump the Pastor (Part 2) - bring your questions and wonderings and we will work on them together

Menus:	Oct. 30—Potato Soup, grilled cheese sand“witches,” salad bar, brownies
	November 6—Meatballs & gravy, potatoes & green beans, salad bar, dessert
	November 13—Thanksgiving Celebration Dinner (reservations requested)
	November 20—Egg casserole, pancakes, bacon, fruit

Don't miss this great time of good food (from Trish & crew), fellowship, and fun!



Coming up...

The Men's Bible Study and Prayer Group meets each Monday, 7:00 a.m. at Shoney's.

PW Coordinating Team - Tuesday, November 5, 11:00 AM

Committee Chairs - Tues, November 5, 6:30 PM

Church Committees - Tues, November 5, 7:00 PM

Meals on Wheels - Thursday, November 7

Presbytery Meeting in Tazewell - Thursday, November 7

Finance Committee - Wednesday, November 13, 12:00 PM

Session - Tuesday, November 19, 7:00 PM

There will be just one edition of the "**Central Life**" **newsletter** published in November (due to Thanksgiving) on Wednesday, November 20.



Upcoming Worship

9:00 a.m.
and 11:00 a.m.

- Nov 3: Stewardship 2020,
Gratitude Leads to a Legacy
Luke 17:11-19
- Nov 10: Stewardship 2020, *What Are You Going to Do with What You Have?*
Matthew 25:14-30
- Nov 17: Stewardship 2020,
Where Your Treasure Is...
Luke 12:33-34
- Nov 27: Christ the King Sunday



Grandparents raising Grandchildren

Are you a caregiver for your grandchildren? On a fulltime basis or part-time? Then you are invited to be a part of a small group to offer support and resources for those who are finding themselves as a part of a Grand-family.

In our local area, 25% of children are being cared for by someone other than biological parents, and often this responsibility falls on grandparents.

For help and support, come to our next gathering on Thursday, November 14, 11:30-12:30 at the church. We will begin looking at topics and issues in the book, [The Grandfamily Guidebook](#).

Everyone is invited to join us---please bring your own lunch, and we will provide drinks and cookies. If you have any questions, please talk to Casey McComish or Diana White or Ann Aichinger.

BACKPACK BOXES FOR CHRISTMAS 2019

The Session has approved us to furnish 30 families (of the children who receive backpacks each week) with a box of food at the Christmas break. We ask the Congregation to support us in this mission, doing some shopping for the items listed below.



Items requested during November:

- * Canned vegetables—16 oz. (almost none of these were received in October)
- * Little Debbie Christmas cookies or desserts
- * Egg noodles—family size package
- * Mac and Cheese individual cups
- * Cereal Bars (eight count boxes)

Look for a special box in the entry area for your donated items.

If you have questions, please contact either Thais Sikora, at fsekora@yahoo.com or Diane Abbey at abbey.diane@yahoo.com.

A big THANK YOU to everyone who has already made donations for the food boxes.

RADA KNIFE FUND RAISER

Another knife order will be sent in next week. You may have forgotten to order or decided on another gift you needed. If so, pick up an order form from the church office and turn it in by Sunday, November 3.



Presbyterian Women Coordinating Team will meet at 11:00 AM on November 5 in the small dining room. This is an important meeting as we have some decisions to make regarding our program year.

All Presbyterian Women will meet on November 12 at 11:00 AM in the small dining room as we celebrate our 2019 Thank Offering where we express our deep sense of gratitude for our many blessings. We will learn how our participation has made a difference to people around the world.

Our program will be followed by our Bible Study, Lesson #3, *Words of Love: Keep the Sabbath*, led by our own Reverend Ann Aichinger.

Following the Bible Study we will be served lunch by Trish James at a cost of \$7.00.

Hope to see all of you there. Your Co-moderators, Thais Sikora and Mary Ann Blevins



NOVEMBER BIRTHDAYS

- 1 - Nancy Kiser
Verle Sutphin
- 4 - Tyler Wycoff
- 6 - Jackie Phillips
Eleanor Rampe
- 7 - Danny Clark
- 8 - Phyllis Morris
- 10 - Rob Blanton
- 15 - Terri Surber
Joseph Timp
- 16 - Clayton Kiser
- 17 - Mark McCord
- 18 - Christa Anderson
Nicholas Fuller
Avery Herold
- 19 - Josie Russell
- 21 - Nancy Arnold
- 22 - Terri Davis
Debbie Wagner
- 24 - Harper Ellis
- 25 - John Dodge
- 28 - Vickie Clark
- 30 - Kelly McBride





Forever Young (55+ and friends) Trip



November 8 we will go to Riverfront Seafood Restaurant in Kingsport. The bus will leave the church at 11:00 am. (Donation for gas is \$2.00 per person.)

Sign up on the bulletin board across from Room 114, near the church office. Contact David White if you need more information (276-696-1931).

Mark your calendars, too, for the next trip which will be Friday, December 6, to Pigeon Forge.

Youth Events for 5th-12th graders

Wednesday, Oct. 30 5:30 p.m. -7:00 p.m.
Wednesday, Nov. 6 5:30 p.m.-7:00p.m.



Saturday, Nov. 16 **Volunteering at Second Harvest Food Bank**
packing boxes for Project Thanksgiving
Meet at the church at 10:45 a.m. if you are riding with Josie.
Volunteer from 11:30 a.m.-1.30 p.m. Lunch after volunteering

I will be asking for commitments on this soon because Second Harvest needs an accurate number of volunteers for planning purposes. This is open you anyone age 10 and over. Parents and friends are welcome.

Josie Russell, Youth Director josieannrussell@gmail.com 423-383-9291

Parents of Youth

It is time to sign up for our 2020 trips.
There is a **\$50 non-refundable** deposit for each event.



Winter Retreat, January 24-25, in Pigeon Forge (Total cost \$100), then we will help with worship on Sunday, January 26.
Montreat Youth 1, June 7-13, in Montreat, NC (Total cost \$150)
Montreat Middle School (completed 5th-8th grade), July 15-19, Maryville College, Maryville, TN (Total cost \$150)

We will have a meeting to discuss dates and place to go for the Summer Mission Trip. Watch for this soon.





Mark your Calendars:
Friday, Dec 6, 6:30-8:30 p.m.
Parents' Night Out

Drop your children off at the church in the care of our youth, and head out to go Christmas shopping or to dinner, or however you want to spend your evening. (Please feed your children before coming.)

Cost is \$15 per child with a discount for larger families. We will care for children from 6 months-4th grade. This is a Youth fund raiser.

CENTRAL STAFF:

Ann Aichinger, Pastor

ann.cpc@bvu.net

Robert Campbelle, Music Director

robertcampbelle@gmail.com

Joy Smith-Briggs, Organist

gvbjoyb@btes.tv

Josie Russell, Director of Youth & Young Adults

josieannrussell@gmail.com

Patty Caldwell, Office Manager/Newsletter Editor

pcaldwell.cpc@bvu.net

Mary Moffatt, Finance Director

finance.cpc@bvu.net

Trish James, Food Service Director

tjames1234@charter.net

Becky Widner, Director of APPLE Academy

applepreschool@yahoo.com

Barbara Mann, Volunteer Parish Nurse

barbar632002@yahoo.com

OFFICE HOURS: 9:00 to 4:30, Monday-Friday

Volunteers

For Sunday, November 3:

Coffee helpers - Don & Bernice Hagaman
Greeters

9:00 - Caroline Jones, Jean Thomason

11:00 - Randy & Phyllis Morris

Children's Church Leaders

9:00 - Kellie Campbell

11:00 - Monica Alderman

Head Usher for November – Glenn Myers

For Sunday, November 10:

Coffee helpers - David & Cathy White
Greeters

9:00 - Sydney Collier, Nikki McGrew

11:00 - Glenn & Vicki Myers

Children's Church Leaders

9:00 - TBD

11:00 - TBD

Head Usher for November – Glenn Myers

Food Pantry Helpers for November 14 -
Beth Parks, Laraine Williams, Laurel
Broadfoot

For Sunday, November 17:

Coffee helpers - Ken & Cindy Hale
Greeters

9:00 - Larry & Lois Clarke

11:00 - Rich & Jackson Williams

Children's Church Leaders

9:00 - TBD

11:00 - TBD

Head Usher for November – Glenn Myers

Attendance:

October 20, 2019 - 116 in worship

October 27, 2019 - 118 in worship

News for the Church family



Continue in prayer for...

Ruby Brown, Charles McChesney (Christian Care Center), Darla & Jonathon Vandyke, Jackie Phillips (Elmcroft), Sara Burlison (Oakmont), Daphne McCord, Bobby Davis, Duke James, Hugh (Dominion Senior Care) & Linda Wise, Candy Ellis (Encompass Healthcare), Patsy Wampler (NHC), Alice Blanton (hip surgery), and Michelle Mercer (back surgery).

Sympathy...

We express our deepest sympathy to the Caldwell family. Hannah Marie Roosen was born on October 24, 2019. Though she was born at 35 weeks and weighed 6 lbs. 1 oz., she had multiple medical problems, and died on October 25. She is survived by her parents, Ryan and Susan Roosen, and brother, Julian, of Springfield, Ohio and grandparents, Tommy and Patty Caldwell.

Thank You...

Thank you to everyone for the lovely notes and cards and gifts for Pastor Appreciation Month. Also thank you to the Session and others for their donations in my honor to the Evangelism Fund at Central. A special thank you goes to all the children who made lovely pictures and left them at my office door. Thank you to the APPLE teachers and children who gave me a lovely dozen pink roses and then added fingerprint butterflies to the bouquet. I am so honored to be serving alongside of you all in this wonderful church. I give thanks for our life together and for your love and ministry to me in this time.

Grace and Peace,
Ann Aichinger



Faithful Friends

The next gathering of Faithful Friends will be on **Saturday, November 23, 10-11:30 a.m.** at the church in Room 100. We will look at Lesson 12: Complete Surrender in Experiencing the Spirit by Henry and Melvin Blackaby. All women are welcome to be a part of this event. Come see how the Spirit is working in our church and in our lives together.

Holston Habitat for Humanity: House for the Mays Family



Thank you to all those who came out to help at the Habitat House for Summer and Richard Mays. We were working on walls and siding and roofing. You can go out to see how things are progressing. The address is 110 Lilly St. Bristol, TN. Thank you also to those who provided lunch for our work crew.

You can still go out to volunteer at the site. Be sure to sign up online at www.holstonhabitat.org. Make a difference in this world.

Central Presbyterian Church
301 Euclid Ave
Bristol, VA 24201-4013

276-669-3157

www.CentralPresBristol.org



SUNDAY, NOVEMBER 3

Daylight Saving Time ENDS

Set Your Clock BACK One Hour This means you have an extra hour to sleep!

Schedule of Services & Rehearsals:

Sunday:

Coffee Time	8:45 and 9:45 a.m.
Informal Worship	9:00 a.m.
Sunday School for all ages	10:00 a.m.
Liturgical Worship	11:00 a.m.

Wednesday Night Activities:

Supper	5:30 p.m.
Programs for all ages	6:00 p.m.

Youth Group (5 to 12 graders):

Wednesday Night	5:30 p.m.
Special Events as scheduled	

Music Rehearsals:

Praise Team, Sunday	7:45 a.m.
Sanctuary Choir	
Wednesday rehearsal	7:00 p.m.
Sunday warm-up	10:30 a.m.
Handchime Choir, Wednesday	5:00 p.m.
Handbell Choir, Wednesday	6:20 p.m.
Children's' Choir, Wednesday	6:00 p.m.
Central Brass	
Various times, ask Robert Campbelle	