



Central Life

Central Presbyterian Church

March 25, 2020



Dear Friends,

What interesting times we are living in. And since I got back from my trip to Ecuador and the Galapagos Islands (which was fabulous and I will share my pictures and stories with you soon), I have had to learn a lot of different things very quickly. I have had to figure out how to do Zoom meetings, and how to upload videos and how to improve lighting and sound, and also how to use my time wisely but not to work on church stuff all the time.

I want to encourage you to do a few things.

1) DO NOT listen to the news or updates all day long. It will simply drive you crazy. Be sure to find rational, reliable, and intelligent sources for your information. There are lots of different messages being given, and some are very contradictory to the truth. Listen to the people of science and medicine who are the experts in this crisis.

2) Be gentle with yourself. We are in a marathon and not a sprint. You do not have to get everything accomplished in one week. We will be dealing with this new reality for a month or more. So pace yourself. Make a schedule, and allow yourself some rest and renewal time each day.

3) Eat well. Get some exercise, and get some good sleep. It would be real easy to eat junk food and not move from the couch and just watch TV all day and all night. Remember we are in this for the long haul and so you need to plan out meals, eat vegetables and fruits. Go for a walk or work in the yard, or clean out those closets. Go to bed at your usual time and get up in the morning, shower and dress for the day. It is so tempting to get lazy and sloppy with our lives, but this is the time for self-discipline and self-care.

4) Remember we are in this together. If you need to talk to someone, call your elder who is reaching out to you, or check in with your small group or Sunday school class members. You have relationships with people of our church, so lean on each other in this time. Get a cup of coffee and share a phone or virtual conversation. If you need to talk to me, feel free to call (828-446-8699 or 276-285-3651) or text or Facebook chat or email (annaichinger@gmail.com).



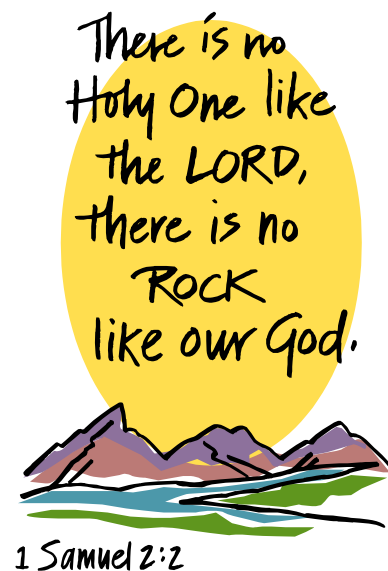
Church Leadership

Daily I am making a 3-5 minute video on updates. Hopefully this is helpful to you and your family. Feel free to share them with others. You can find these on Facebook on my page (Ann Fitzgerald Aichinger) or on the church's page (Central Presbyterian Church) or on the church's website (www.CentralPresBristol.org) under the Sermon videos tab on the front page. **[see links on last page]** A big thank you goes out to Ed Updyke who is assisting me in getting these loaded to the website. In the comment boxes, you can let me know if you have a question or an issue you want me to try to address. I do include a Scripture of the day for you to spend some time in reflection.

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I am also working on getting worship opportunities recorded and uploaded to the website. On Sunday, March 15, I put something together very quickly, and then on March 22, I gave a little more substance to worship. As I am looking ahead to Palm/Passion Sunday and Easter and the events of Holy Week, I am working on sending out bulletins and orders of worship so that you and your family will be able to participate as we worship God. So watch your email for updates on this.

As I was visiting Chauncey and his family in Ft. Myers on my way home from Ecuador, I was exposed to the virus. Chauncey was diagnosed with a positive test on Thursday, March 19. So I have been instructed by the Health Department to stay home until Monday, March 30. I am fine. I have a freezer full of food and I have had some food delivered in. I am working at home and trying to keep up with all that is happening while also taking care of myself. As of this writing, I do not have any symptoms and I am taking care of my own health and well being.



On Monday, March 23, I was a part of a large conference call with Governor Ralph Northam and 3000+ faith and community leaders in the state of Virginia. They helped us as clergy and community leaders to know how best to help those in our care. Lots of people are going to be affected by this crisis and not only financially. But we need to work on keeping our connections with one another and seeking out the help that is offered. With the closure of non-essential businesses and buildings, that includes church buildings. But the Church is still at work. Continue to wash your hands well several times throughout the day as well as wiping down surfaces you touch throughout the day. If you have symptoms of the virus, call your primary care physician, and ask for their recommendations. You will probably need to be tested.

For those who are experiencing employment losses and financial issues, you are encouraged to file for unemployment, as the governor is working to open those options up quickly. If you need food, text FOOD to 877877 and you will be given the closest feeding site for you to acquire food. If you need other kinds of services call 211 or visit www.211virginia.org and you will talk to a real person who can help you get the resources you need for your family (shelter, food, childcare, senior care, etc.). Through the Department of Social Services, you can go to www.commonhelp.virginia.gov and apply for multiple programs and services. There are no age restrictions for these programs. United Way is working on setting up resource options too. To see our local United Way website go to www.unitedway.org/local/unitedstates/# and type in your zip code.

If you have a small business and need an Economic Disaster Loan, Virginia is offering loans at 2.75% but you are encouraged to apply now and not to wait. This is through the Urban League of Virginia and the Small Business Administration. You can also call 800-659-2955 from 7 a.m. to 9 p.m., 7 days a week. I hope that Tennessee and other states will have similar programs in place.

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Please fill out your census form. This will help to determine the resources needed for all the states. You can go online and fill out your information, or you can call the number listed and ask for a paper form to fill out and mail it back in.

The church is seeking to continue to function even though the building is shuttered. Mary Moffatt continues with her work with the financial side of the church. I am seeking to work on worship and other opportunities for us as a church family, including starting a Confirmation class for our youth, and preparing them to join the church on Pentecost (May 31). The Session is calling the congregation and church family and checking in on you. The committees and the small groups and classes are continuing to be engaged virtually and by phone. Bills are still being paid, and our financial gifts to missions and groups are being sent out. So I ask you to be faithful in your giving. You can mail in your offering (301 Euclid Ave, Bristol, VA 24201) or go to the website, CentralPresBristol.org and click on the DONATE button and make your gift that way or do a draft from your bank. But please continue to support the work and ministry of Central Presbyterian in this time.

This is not a time to panic, nor to become overwhelmed in the new reality. This is an opportunity for us as the church, as the Body of Christ to bear witness to the hope we know in Jesus Christ. I hope that you will look for the good that is happening in this crisis. To see how we are caring for each other better and to realize that we have taken each other for granted. See the value in relationships and continue to work on your own devotion to the Lord. To quote Andy Griffith: "I firmly believe that in every situation, no matter how difficult, God extends grace greater than hardship, and strength and peace of mind that can lead us to a place higher than where we were before." We are in this together. You are not alone. You are loved and cared for, and though we are separated one from the other, the grace of Jesus binds us together.



I ask for your continued prayers for me and for our church family, for our community and our nation and our world. Check on each other. Remember to pray. Hold on to hope and show the love of Jesus to the world.

Grace and peace,
Ann Aichinger



NOTE...
The Session will be meeting electronically on Tuesday, March 31, to discuss future plans and make recommendations about how to proceed with activities and events for April and beyond.





Suggestions for New Officers

The Nominating Committee is seeking wisdom concerning the recommendation of five elders for the Class of 2023. **The Nominating Committee for 2020** is Nancy Kiser and David White from the Session, and Lynn Butcher, Jay Hall, Alisa Harris, Tim Landis, and Gena Prince from the congregation.

Elders are chosen to discern the will of Christ and the wind of the Spirit as they seek to guide the congregation. They should be people who have lived out their faith and demonstrated their commitment to the PCUSA and Central Presbyterian Church. The current elders who have served three year terms are not eligible for reelection this year.

All who are recommended must be members in good standing of Central Presbyterian Church and should be involved in the life of this church: worship, education, and fellowship, as well as faithful givers.

Current Session

2020: John Dodge, Doris Hall, Allen Harris, Gale Thompson, Linda Waldron, David White

2021: John Barker, Lois Clarke, Nancy Kiser, Donnie Spurell, Jenna Wagner

2022: Laurel Broadfoot, Sandy Wilson, Mike Vollmer, Don Hagaman, and Rob Hollo

My suggestions to consider for Elders:

PLEASE return this form to the Church Office by Wednesday, April 8.

One Great Hour of Sharing Special Offering Send at any time.

In Isaiah 58, God issues a call and a challenge—to love one another more deeply by sharing what we have with those in need. Together, we become the household of God where those seeking shelter, food, and renewed hope are welcome. Each gift to OGHS helps to improve the lives of people in challenging situations through three impactful programs:

Presbyterian Disaster Assistance works alongside communities as they recover and find hope after the devastation of natural or human-caused disasters.

Presbyterian Hunger Program takes action to alleviate hunger and the systemic causes of poverty so all may be fed.

Self-Development of People invests in communities responding to their experiences of racism, oppression, poverty, and injustice and educates Presbyterians about the impact of these societal ills.

IF WE ALL DO A LITTLE, IT ADDS UP TO A LOT!



APRIL

Remember to pray for each person on their birthday.

- 1 - Diana Conco
- 3 - Tim Ferguson
- 4 - Tommy Caldwell
Dora Webb
- 7 - Ben McCord
- 9 - Cody Calloway
- 10 - Katie Timp
- 12 - Eric Moore
- 13 - Laurel Broadfoot
- 15 - Jeff Taylor
Betty Watson
- 18 - Ken Moss
Jeremy Taylor
Jonathon Taylor
- 19 - Patty Faulkner
Claire Morison
- 20 - Paula Woolwine
- 21 - Mary Kay English
Todd Ellis
- 22 - Larry Surber
- 23 - Briggs Allen
- 24 - Fred Osborne
Marvin Tadlock
- 25 - Will Prince
- 28 - Cindy Timp
Patrick Long
- 30 - Aiden Kite





News for the Church family

Continue in prayer for...

Daphne McCord, Bobby Davis, Hugh & Linda Wise (both at Dominion Senior Care), Candy Ellis, Patsy Wampler (Elmcroft), Bill English, Randy Broyles, Jim Matson, Darla & Jonathon Vandyke, Jackie Phillips (Elmcroft), Jean Thomason, Bessie Kitts, Barbara Mann, and Alice Owenby (Rehab in Asheville).

Sympathy to...

Mike Barnes, his daughter, Tasha, and grandson, Carson, on the death of Carson's father, C. Adrian White, II, in Bristol last week.

Memorial Gifts...

To the Memorial Fund for Sara Burleson by Mr. & Mrs. Richard Kane and Jim & Lucy Brennan.

CENTRAL STAFF:

Ann Aichinger, Pastor

ann.cpc@bvu.net

Robert Campbelle, Music Director

robertcampbelle@gmail.com

Joy Smith-Briggs, Organist

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Josie Russell, Director of Youth & Young Adults

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Patty Caldwell, Office Manager/Newsletter Editor

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Mary Moffatt, Finance Director

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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

You may call and leave a message at church, but the office is not staffed regularly at this time.

We hope to be able to still get Hydrangeas for whenever we celebrate Easter. They are available to purchase through the church Flower Committee for \$12.50 each. If you would like one (or more), fill out this form, attach a check or cash for \$12.50 each, and return it to the office by **Monday, April 6**. These beautiful hydrangeas can be planted outdoors after Easter.

Gifts to Bristol Faith in Action are also encouraged as an alternative to hydrangeas.

All donations will be listed in the bulletin on Easter Sunday. Please designate your donations below.

My name _____ Phone number _____ I have enclosed:

\$ _____ for _____ hydrangea(s). \$ _____ for Bristol Faith in Action.

It will be given (circle one) In memory of: In honor of:

Given by: (how you want it listed in the bulletin)



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

276-669-3157

www.CentralPresBristol.org



How to Keep Up:

[www.facebook.com/
CPCBristol](https://www.facebook.com/CPCBristol)

You do not have to sign-in or log on. Just click the “not now” and the site will pop up.

www.CentralPresBristol.org

Click on “View Sermons” to see Ann’s videos for each day.

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 grades):

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

Music Rehearsals:

Praise Team, Sunday	7:45 a.m.
Sanctus Choir	
Wednesday rehearsal	7:15 p.m.
Sunday warm-up	10:30 a.m.
Handchime Choir, Wednesday	5:00 p.m.
Handbell Choir, Wednesday	6:15 p.m.
Children's' Choir, Wednesday	6:00 p.m.
Central Brass	
Various times, ask Robert Campbelle	