

# CENTRAL LIFE

**Central Presbyterian Church**

**August 26, 2020**



**A Season of Peace opens on Sunday, Sept. 6 and concludes on World Communion Sunday, Oct. 4.**

**Prepare by signing up for daily reflections  
by Darla Carter | Presbyterian News Service**

LOUISVILLE — In less than a month, Presbyterian Church (U.S.A.) congregations will begin observing a Season of Peace, a four-week spiritual journey designed to deepen the pursuit of peace.

Spanning from Sept. 6 through Oct. 4, the season is a time for congregations to focus on what it means to be a peacemaking congregation and what it means to be people of peace, said Carl Horton, coordinator of the [Presbyterian Peacemaking Program](#).

“I hope the Season of Peace is a chance for congregations, whether gathered or dispersed, to reflect on their identity and consider anew what they can do to promote peace in their communities and in our nation and in the world,” he said.

The Season of Peace is an important partnership between the Office of Special Offerings and the Peacemaking program, said Bryce Wiebe, director of [Special Offerings](#). It includes resources for churches as well as individuals and families who want to embark on the four-week pilgrimage. One way to start is by [signing up](#) to receive daily reflections by 2020 editor Henry Stone via email. The reflections, known as the *Path of Peace*, also can be downloaded.

For more information, visit the PCUSA website at:

<https://www.presbyterianmission.org/story/season-of-peace-begins-sept-6/>

## Upcoming Sermons...



<b>August 30</b>	Exodus 3:1-15	Moses and the Burning Bush
<i>(Ann Aichinger is on vacation and attending a Conference. Katherine Campbell will be preaching and leading worship.)</i>		
<b>September 6</b>	Exodus 12:1-14	The Passover
<b>September 13</b>	Exodus 15:1-11	Song of Miriam
<b>September 20</b>	Exodus 16:2-15	Gift of Manna in the Wilderness
<b>September 27</b>	Exodus 17:1-7	Water from the Rock

## Congregational Joys and Concerns...

*At Home:* Jean Thomason, Bob and Becky Ingram, Bill and Mary Kay English, Bob Stuart, Bessie Kitts, Betty Watson

*At Brookdale Bristol:* Carol Duhaime for rehab and care

*At Dominion Senior Care:* Hugh and Linda Wise

*At Elmcroft:* Patsy Wampler and Jackie Phillips

Rich Williams will be having surgery on Thursday, August 27 at Vanderbilt;

Niki McGrew received good news about her medical tests;

Becky Widner, Apple Academy Director, continues to recover from surgery;

Winona and Gary Aday have asked for prayer for their daughter, Ariel, who is having complications with her pregnancy;

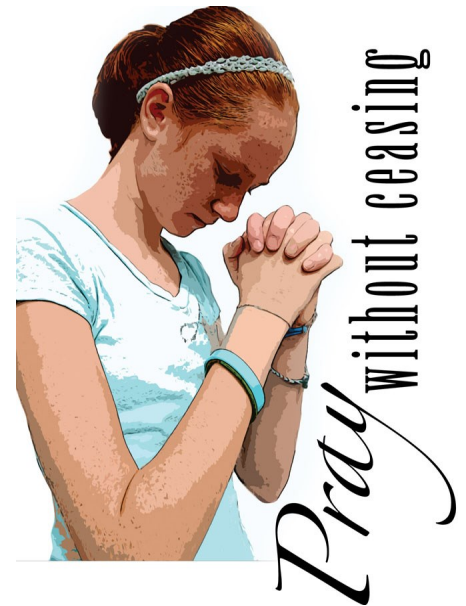
Dick Gordon, who will be having back surgery on September 10;

Emily Ann Thompson, seriously broke her arm and has had surgery;

Joan Keith will be able to take medicine for her health concerns;

Frank Sikora has home health;

Hugh Wise is in hospice care at Dominion Senior Living.



## Thank you...

Dear Central Members,

I want to thank everyone for all the expressions of sympathy over the death of my brother Gene. The calls, cards, prayers, donations, and other gestures are greatly appreciated. I am missing all of you on Sundays and Wednesdays.

Tommy Caldwell

Thank you church friends for the food, cards, calls and my special friend, Donnie, who has so faithfully stayed in touch. I love you all.

Bessie Kitts

## We Extend our Christian Sympathy to...

*"Blessed are those who die in the Lord; they will rest from their labors and their deeds will follow them."*

Revelation 14:13

*Donna Leonard on the death of her mother-in-law, Margaret Elizabeth Hayden Leonard, on August 5, 2020.*

## Continue in Prayer for...

Daphne McCord, Bob Stuart, Bobby Davis, Alice Owenby, Gale Thompson, Betty Watson, Candy Ellis, Coleen Wheeler, Randy Broyles, Jim Matson, Jean Thomason, and Heather Kiser.

## Memorial Gifts...

To the Aichinger Memorial given in Memory of Frank Aichinger by Glenn and Vicki Myers.

To the Memorial Fund given in Memory of Gene Caldwell by Tommy and Patty Caldwell.

To the Memorial Fund given in Honor of Sara Burleson by Paul and Melissa Stroup.

To the General Fund given in Memory of Gene Caldwell by Mary Moffatt.



Retirement party for Patty Caldwell
Sunday, September 25, 3-5 p.m.

Patty Caldwell served Central Presbyterian for over 32 years as secretary and office administrator. She served under 7 pastors, maintained order, and kept things running smoothly. On July 1, 2020, she officially retired, and because of the pandemic, we could not gather to celebrate her. But we now have a plan, and hope that you will join us in congratulating her and thanking her for her many years of service.

On Sunday, September 25th from 3-5:00 p.m., everyone is invited to bring a bag of non-perishable food to the Bristol Emergency Food Pantry at 21 Washington St, Bristol, VA 24201. Patty will be on the loading dock area and our youth will help to unload the food. Please come from State Street and turn onto Washington so that you are able to drive up to the Food Pantry area. There will be a box for cards of congratulations for Patty, and you can talk to her too from a distance. There will also be refreshments available to take with you.

You can also make financial gifts to the Bristol Emergency Food Pantry in Patty's honor by sending your gift to the church, or directly to the Food Pantry. See you there!



Looking for a time to connect with others in the church family? Wanting to join with friends for prayer time? Needing a chance to see one another and say "hello"? Then join us for Wonderful Wednesdays in September on ZOOM! You can join us via video, or you can call in and be part of the group. We will have time to chat and catch up on life as well as spend time in prayer for one another and those on our hearts. Ann Aichinger will also have a brief devotional time with discussion. Below is the ZOOM information, and we will also email it out to the church family on Wednesday mornings.

Topic: Wonderful Wednesdays

Join Zoom Meeting

https://us02web.zoom.us/j/82923591544?pwd=MTIHMEVwWnlWZ3dPRGIXUIZaRlpqQT09

Meeting ID: 829 2359 1544

Passcode: 787706

One tap mobile

+16465588656,,82923591544#,,,,,0#,,787706# US (New York)

+13017158592,,82923591544#,,,,,0#,,787706# US (Germantown)

Dial by your location

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Germantown)

+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)

Find your local number: https://us02web.zoom.us/j/kdq1aYFt4

## Session News...

The Session met on Tuesday, August 18, 2020 via ZOOM. Because there was no official business to do, we spent time sharing what has brought us joy in the last few weeks. Everyone was invited to share, and it was a nice way to connect with one another.

- ◆ Finance and Stewardship Committee is looking ahead at having Stewardship season from October 25- November 15, 2020. They reported that the Gutter campaign is going very well, and we thank everyone for their faithful giving to that fund.
- ◆ Work on the steeple will be happening in the fall.
- ◆ Presbyterian Children's Home of the Highlands will be having their fall fundraiser as a 50-50 Ball Drop (more information in this edition.)
- ◆ Planning will begin for an official retirement party for Patty Caldwell on Sunday, September 27 (more information in this edition.)

Session will meet on September 15, 2020 at 7:00 p.m. via ZOOM.



**RightNow** Media has been given to our church family for the 2020-2021 year (through July, 2021), and we hope you are looking through the many video options and topics. In each future edition of the Newsletter, we will highlight some videos to preview.

### **For pre-school children:**

Veggie tales  
Bedbug Bible Gang  
Adventures in Booga Booga Land

### **For elementary children:**

Buck Denver asks: What's in the Bible  
Mr. Phil Show (5 seasons)  
Monster Truck Adventures

### **Middle School youth:**

The Parables  
Theo  
Torchlighters (movies)

### **High School youth:**

Made to Make a Difference by Max Lucado  
Friends by Sean McDowell

### **For Adults:** Studies by Max Lucado

Check out studies on Exodus (the focus of sermons for September)  
Series of talks on living in the Covid-19 pandemic

If you have family members or neighbors who may want added to our subscription, please email me their email addresses to: [annaichinger@gmail.com](mailto:annaichinger@gmail.com). They will be added as soon as possible.

Let us know what you have found to be helpful and inspiring. Feel free to browse around the site and continue to grow in your Biblical understanding. [www.RightNowMedia.org](http://www.RightNowMedia.org)

## Check it out...

Visit the PCUSA publications website and check out the latest church news and happenings that affect all of us today. Enjoy the enriching articles, and stay informed and connected!

<https://www.pcusa.org/publications/>



## The Virginia Family Nutrition Program: A Healthy Family Starts with You!



We have launched several new nutrition education platforms to better serve our community during this time. We have rolled out many different options that can serve people in a variety of ways based on their access to different technologies. If you, or someone you know can benefit from any of these programs, please contact us at 276-676-6309 for more information (see \* below for program eligibility.)

- ◇ The first new nutrition education option we have to offer is through a partnership with North Carolina State University. This option allows you to access online nutrition education videos in a virtual format that covers every aspect of our normal ESBA nutrition education series, and we will assist you with the online set up so you can watch at your own pace. These are 3-minute, pre-recorded videos and take approximately 2-4 hours to complete. Once you have completed the videos, we will reach out to you for your contact information so we can deliver your free reinforcements to your door. These items include:

MyPlate Magnet	Elastic Stretch Band with DVD
Grocery List Pad	Insulated Lunch Bag
Insulated Grocery Tote	Cutting Mat Set
Water Bottle	Dry Measuring Cups & Spoons
Silicone Spatula	Cooking is a SNAP! Cookbook

- ◇ The second option we have for online nutrition education is to have a ZOOM session. If you would that would be interested in this option, we can exchange contact information and get you set up for our normal **Eat Smart Be Active** lessons or the **Healthy Eating and Staying Active as we Age** lessons, all through ZOOM. Once completed, you will be mailed your free reinforcements.
- ◇ Or, the third option we have for those who do not have internet access or cellular data is our new FNP Talks (Family Nutrition Program Talks). This option covers a wide variety of topics from **How to Shop when Options are Limited, Food Storage Guidelines and Safely Freezing Foods, Keeping Shelf-Stable Foods on Hand, Getting Your Kids Involved in the Kitchen, Quick Lunches, Yoga and Mindfulness at Home**, and MANY MORE! These phone lessons only take about 10-20 minutes and can be completed at your convenience. You do not need to do all of these lessons, and reinforcements are not available.

\* Our target demographic is low-income women under the age of 45 who have children in the home. This target demographic can be taught our ESBA, *Eat Smart Be Active* curriculum, or the ESBA+3 Pregnancy curriculum. We also have opportunities for adults 45+, and they can be taught the HESAA, *Healthy Eating and Staying Active As We Age* curriculum along with the other options outlined below. These curricula cover information relating to MyPlate and the USDA guidelines for food safety, food preparation, and exercise. *How to Shop when Options are Limited, Food Storage Guidelines and Safely Freezing Foods, Keeping Shelf-Stable Foods on Hand, Getting Your Kids Involved in the Kitchen, Quick Lunches, and Yoga and Mindfulness at Home* are also available for these groups.)

## Reminders...

*Central Life*



## Healing Hands Health Center

**YOU CAN HELP the uninsured in our community! Please join us for MASKerade!  
Here's How to Attend Healing Hands' Virtual Gala, August 27, 2020:**

We are so excited that our MASKerade Gala is almost here! Join us virtually on Thursday, August 27th from 6:30-7:30 p.m. You can support one of Bristol's most valued ministries from the comforts of your own home or wherever you choose to participate! A Few Quick Tips:

**1. Register to be a part of our event!** Registration is now open! To register for our ZOOM event on Thursday, August 27th, visit [www.givergy.us/healinghands](http://www.givergy.us/healinghands) or **use the Event Website link below**. Then, go to "Register for Complimentary Tickets" to enter your information. Be sure to enter promo code **123** to ensure your tickets are FREE. **Use the Register for Complimentary Tickets link below.**

Get ahead of the game and support our mission! Bidding for our **Silent Auction** is **NOW OPEN** and will close at 7:15 p.m. on Thursday, August 27th. **Check it out now, and often! Use the Silent Auction is Open link below.** Take a look at the **Live Auction** items to plan what you will bid on during the event! Help us spread the word and share these fabulous items with your friends too! **Use the Preview Live Auction link below.**

**2. Once you've registered:** The day of the event, Thursday, August 27th, you will receive an email containing the link you will use to login and join us for the evening's ZOOM event. We strongly encourage you to pre-register so you don't miss out on the fun! **If you have trouble getting registered before Thursday evening**, please reach out to us for help. **Contact Amy Moseley at 423-534-9604.**

**3. Timeline for our Event: Login for the event starts at 6:00 p.m.** on Thursday, August, 27th. This will give you plenty of time to grab snacks and get ready for some **FUN**draising! The **program for the event will begin promptly at 6:30 p.m.**, so don't be late! You'll hear from our Board Chair, the people we serve, and one of our largest donors. They will share stories of the good work Healing Hands is doing for our community and **ways YOU CAN HELP!** Then, it's show time!

As always, **we are grateful to each of you** who continue to support the mission and ministry of Healing Hands Health Center. These are unusual times and we hate that we aren't able to see each of you at our annual outdoor event. Out of an abundance of caution, we decided to move our annual gala to a virtual platform. We are aware, by hosting a virtual event, we are forfeiting the **chance to say "THANK YOU"** in person. We hope that you understand and will continue to support Healing Hands' mission! **YOU are the reason** we are able to continue serving the uninsured of Northeast Tennessee and Southwest Virginia. **We are so grateful to YOU! Thank you for your continued support! Please Register Early!**

## **FYI...**

**\*\*\* If you would like to continue receiving the Presbyterians Today magazine, please send your \$15.00 to the church office as soon as possible! If you prefer, you can send an email to [office.cpc@bvuv.net](mailto:office.cpc@bvuv.net) and let Lynn know if you want to continue receiving the magazine. We need to receive your \$15, or hear from you no later than Friday, September 4, 2020. Thank you!**

**\*\*\*The office will be closed on Monday, September 7th in observance of Labor Day, and due to the Labor Day holiday, the next edition of Central Life will be published on September 16.**

## We Need YOU!...

In this time of pandemic and financial uncertainty for so many people, Central Presbyterian is able to assist our members when they face financial hardships because of the **Service Fund**. You are invited to give to the **Service Fund** to help people in our church family. To help in assisting during these uncertain times, you may mail a check to the church, or visit the church in-person.



We are looking for several volunteers to help with packing **food bags** for the children at Stonewall Jackson and Washington-Lee Elementary. This will be on Wednesdays at 9:00 a.m. at the church in Central Hall. If you are interested in helping, please contact Diane Abbey, Laurel Broadfoot, or the church office. This is a great way to continue to serve those in need in our local community.

The **Soup Kitchen** is in great need of volunteers. Beginning in September, volunteers will be needed again. For the past few months, The United Company has been able to order boxes of food from Feeding America. However, that is no longer an option. Knowing that most of our volunteers are retirees and therefore may be in the at-risk category, we are concerned that volunteers will be harder to find. The time is the same, 9:00-10:00 a.m., Monday-Friday. We will still have the last two weeks in February as our regular time. This extra volunteering would be on an "as needed" basis. If you are willing to be a volunteer please contact me, Nancy Kiser, at [npkiser@charter.net](mailto:npkiser@charter.net) or 423-956-5289.

## Presbyterian Children's Home of the Highlands, Wytheville, VA



The **Annual Fall Golf Tournament Fundraiser** has been changed for this year due to COVID-19. Instead of hosting a Golf Tournament, this year there will be a **50-50 Ball Drop Raffle**. Tickets will be sold on a first come first serve basis, and ALL proceeds benefit the PCHH. No more than 200 balls will be sold.

All balls will be dropped on a designated green. The ball that is closest to, or enters the hole, will win one-half of the proceeds. In the event of a tie, the balls will be re-dropped until there is a clear winner. In the event that all 200 balls are sold, the one-half of the cash proceeds will be \$5,000. **Each ball will cost \$50.00**, and each ticket number will represent the ball number. Numbers will be randomly selected and the stub returned to you for your records. Two additional prizes will also be awarded this year for - markers on the green, and the closest to the marker.

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**Tickets will be sold until all are gone, or until 1:00 PM on Friday, October 9, 2020.**

To purchase a ball:

- ◆ Donate online at [www.pchh.org](http://www.pchh.org) (please note that it is for the 50-50 ball drop)
- ◆ Mail a check designating \$50.00 for the **Ball Drop** to:

Presbyterian Children's Home of the Highlands  
P.O. Box 545  
Wytheville, VA 24382.

301 Euclid Avenue  
Bristol, VA 24201-4013  
Phone: 276-669-3157  
E-mail: office.cpc@bvu.net  
www.CentralPresBristol.org

# CENTRAL LIFE

## How to Keep in Touch:

[www.facebook.com/CPCBristol](https://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](http://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	<a href="mailto:ann.cpc@bvu.net">ann.cpc@bvu.net</a>
Robert Campbelle, Music Director	<a href="mailto:robertcampbelle@gmail.com">robertcampbelle@gmail.com</a>
Joy Smith-Briggs, Organist	<a href="mailto:gvbjoyb@btes.tv">gvbjoyb@btes.tv</a>
Josie Russell, Youth & Young Adult Dir.	<a href="mailto:josieannrussell@gmail.com">josieannrussell@gmail.com</a>
Lynn Gilbert, Admin. Asst. Newsletter Editor	<a href="mailto:office.cpc@bvu.net">office.cpc@bvu.net</a>
Mary Moffatt, Finance Director	<a href="mailto:finance.cpc@bvu.net">finance.cpc@bvu.net</a>
Trish James, Food Service Director	<a href="mailto:tjames1234@charter.net">tjames1234@charter.net</a>
Becky Widner, Dir. of APPLE Academy	<a href="mailto:applepreschool@yahoo.com">applepreschool@yahoo.com</a>
Barbara Mann, Volunteer Parish Nurse	<a href="mailto:barbar632002@gmail.com">barbar632002@gmail.com</a>

## 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.

