



CENTRAL LIFE

Central Presbyterian Church

April 21, 2021

Canoeing the Mountains---Part 2

Last month, I wrote about a book, *Canoeing the Mountains*, and how the idea of the Lewis and Clark Expedition to find a waterway to the west coast offered insight into living in this new time. In the midst of the pandemic and how life is changing so fast, especially in the church, we can learn much from their experiences. With their orders from President Jefferson, they were convinced that the Missouri River flowed to the Pacific Ocean. But as they came to the head waters of that river, and by carrying their canoes over the next mountain, they saw the “horrible mountains” of the Rockies. These mountains were nothing like the Appalachians or any other eastern mountain range, and they were faced with a decision: to continue into this uncharted territory or turn back, defeated. They chose to continue on with their adventure.

Lewis and Clark demonstrated their willingness to not know everything that was ahead of them on this journey, and were willing to adapt to the situations that they would face. They had to abandon their canoes and even their training as explorers of waterways. They had to set aside what they knew and learn new skills to travel over the Rocky Mountains. They had to deal with cold temperatures, grizzly bears and wildlife, and obstacles in their way while holding fast to their core values, and be open to learn new ways of navigating **off the map**.

For 6 days last March, I had the opportunity to go to the Galapagos Islands with my mother. We had a chance to see the wildlife, and to learn how many species had to adapt to their environment. It was most obvious with the Darwin finches, which are found on many of the islands but have different food sources. Over time, the finch's beaks had to adapt in shape and structure in order to access food on the particular islands. Some developed thick short beaks for getting seeds out of small shallow holes of cactus or trees on the more arid desert-like islands. Others developed long, thin beaks to get food from deeper holes on the islands that were lush and green and had a variety of flowers and trees. But the changes to the beak structure meant that the birds had to adapt to new ways of foraging; otherwise they would die.

In church leadership, we are often called upon to be adaptive in our environment. One aspect of this “adaptive” leadership is that everything comes into question. “What are the core values of our organization, what are those things that we must have as a part of who we are, and what are those things that are non-essential and must be evaluated as a part of the future?” None of these questions are easy to answer, but Jesus was adaptive in his leadership. When he would travel to an area, he held on to core values, and he dealt with individuals in their cultural situations. He did not try to change their culture to get them to follow him. He simply met them where they were and invited them on the journey.

So what does this mean for many of us who are tired and standing on the threshold of a new place in church life? What does that mean for many of us who are wondering how to go forward and yet tempted to turn back to the “old normal?” Going back, even to the pre-March 13, 2020 days is no longer an option; there are no maps or best practices for this time. But with adaptive leadership, and by facing the future together with hope and faith in God's guiding presence, I am excited about what we are going to be able to do.

As I am writing this, my own anxiety is on the rise. I am scared and fearful of what happens if we fail. But I am also excited about what lies ahead and what God has in store for us. We will try something new, and if we fail, we will learn and try something else. It will take lots of time. It will take lots of trying. And, there will always be the temptation to just go back to doing what we have always done.

So I ask that you pray faithfully for our church, and for our leadership as we navigate this new time. Pray for God's guidance to be upon us that we might see the new ways to go into the future, and pray that we can have the courage to take the risks to follow God.

Grace and peace,
Ann Aichinger

At Home: Bob and Becky Ingram, Bob Stuart, and Bessie Kitts.

At Brookdale Bristol: Carol Duhaime, Jean Thomason, and Mary Kay English.

At Dominion Senior Care: Hugh and Linda Wise

Pastoral Concerns:

- * Jean Thomason as she continues to deal with her back pain;
- * Myron Wilson's father, Ray, as he is in rehab recovering from a stroke;
- * Jean Bane as she is recovering at Abingdon Rehab and will be moving to Elmcroft in about 1 week;
- * Marguerite Buckley is recovering from hand surgery;
- * Ellie Rampe has been diagnosed with lung cancer and will be seeking treatment and consultation at UVA;
- * Ken Hale's mother, Lorraine, is now at her home recovering and has 24-hour care;
- * Mary Wampler's mother, Barbara, had a massive stroke on Saturday, and fell and broke her neck. She has been moved to Exit 7 rehab after her stroke.
- * Glenn Himstedt's mother is in hospice care in Illinois. Glenn is there with her.
- * Rev. Caroline Hawthorne, and the Hunt Memorial UMC church, as she is struggling with CoVID and is possibly on a ventilator, but in critical condition. She is the pastor of Hunt Mem. Church, and shares responsibilities in pastoring with St. Luke's UMC and Virginia Ave. UMC. Caroline was a part of the vaccine trial and received the placebo, not the vaccine.
- * Melvin Shelton, the church's custodian (working with Gale Thompson's company), had a mini-stroke on Saturday, April 17 and is going to have some rehab. Address: 23515 Watuaga Road, Abingdon, VA 24211

Continued prayers for:

- * Doris Crabtree is struggling with her health, and will eventually have back surgery;
- * Bob Ingram is dealing with severe back issues;
- * Allen Vance is home and doing well;
- * Courtney Reese as she continues to seek help with her MS;
- * Bob Stuart as he is at home and dealing with health issues;
- * Joy Briggs and her husband, Guy, and his health concerns;
- * Don Miller, as he continues to deal with health concerns;
- * Mark McCord as he is continuing toward a kidney transplant;
- * Vickie Salyer and her family, as several members are dealing with CoVID, and others with health concerns.

Please call the church office (276-669-3157) with any pastoral concerns, and please feel free to contact Ann Aichinger or any of the Elders through email, Facebook, or by phone.

Memorials...

To the Memorial Fund in Memory of Doris Mann, given by Jean Thomason.

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.



Due to the area's recent 911 system upgrade, many of us will have an address change. This change will become effective on May 1, 2021. As a result, this change has prompted us to begin work on a new church directory. Even though you have mail delivery for up to one year at your current address, making the address change now will benefit all of us as we move forward.

The new church address will be: 331 Euclid Avenue, Bristol, VA 24201

We are asking that those of you who will be affected by the address change to please let the church office know your new address as soon as you can so that there will be no interruption in receiving any church-related correspondence, newsletters, financial statements, and notices.

Please send your updated address information to office.cpc@bvu.net and include:

1. Name 2. Old Address 3. New Address

This is a great time to update phone numbers, email addresses, and any other information. We will work on updating this information throughout the summer, but don't delay....take care of this **today!** Thank you.

Ann Aichinger will be taking two weeks of vacation from April 22 - May 5. Dr. Brian Alderman will be leading worship and preaching the two Sundays that she is away. These worship services will be available online at CentralPresBristol.org.



While Ann is away, if there are any concerns or questions, you are asked to please call the church office and Ann will be notified. If you have an urgent need to speak with her, you will be able to reach her by cell phone.



Let us Know...

As we continue to make plans for returning to in-person worship and gatherings, we ask that you please let the church office know if you are vaccinated for CoVID-19, or when you will be getting your shots. We hope to reach herd immunity within our church family soon so that we are able to be with one another again.

Please email the church at office.cpc@bvu.net or call 276-669-3157.

Address Updates...



Jean Bane will be moving to Elmcroft Assisted Living Center. Her new address: 826 Meadow View Rd, #316, Bristol, TN 37620

Marguerite Buckley is a new member and her address: 219 Wildwood Dr. Bristol, TN 37620
Phone: (704) 281-3319 Email: mbnc51@yahoo.com

Nancy Norman has moved into Sunnyside Assisted Living. Her new address: 3935 Sunnyside Dr., Suite B, Rockingham, VA 22801-2337

Presbyterian Women!

Please notice that the Presbytery is calling us together, and I do hope some of you will be able to attend. I will plan to go, as well as Mary Ann Blevins. If you are interested and able to attend, and would like to ride with me, please feel free to call Thais Sikora at 423-416-4390, and we will make plans.

ANNUAL SPRING GATHERING

*Presbyterian Women of Abingdon Presbytery
Synod of the Mid-Atlantic*

Saturday, May 1, 2021

**GLADE SPRING PRESBYTERIAN CHURCH
FELLOWSHIP HALL BUILDING
33234 Lee Highway
(Exit 29 I-81)
GLADE SPRING, VIRGINIA**

Social Distancing and Masks Required
Bring Your Own Lunch
(Bottled Water Will Be Provided)

Registration: 10:00 A.M.

Middle School Youth Montreat Day Trip

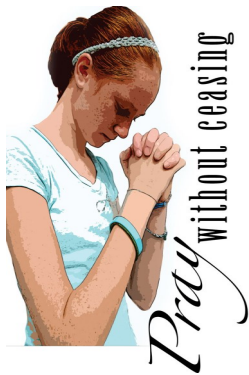
On Saturday, April 10th, Ann Aichinger and Josie Russell took six of the middle school youth group members on a day trip to Montreat, North Carolina. It was a wonderful opportunity for this group to see the place we love and visit each summer for the Montreat High School Youth Conference. This gives them a glimpse of Montreat, and something to look forward to in years to come!

We enjoyed a delicious meal at My Father's Pizza which was graciously paid for by a church member who wanted to treat our youth. Although it was a little rainy, we did some shopping in Black Mountain, saw the conference center where these youth will attend the conference in a few years, visited the Montreat Store where many of us purchased Montreat sweatshirts to beat the cold temperatures, and enjoyed a day of fellowship with one another. We love our youth, and these day trips are such a fun way to spend time with one another.

Josie Russell
Director of Youth and Young Adults

Included in the photo L to R:

Bella Ritchie, Keira Hamrick, Vivian Wycoff, Caroline Richards, Rebecka Reese, and Juleeauna "Lee" Jones.



In 2016, a gentleman came to worship at Central. He had been hiking the Appalachian trail from Georgia and found his way to our church. His name is **Bill Burley**, and over the years he has kept in contact with us. He did eventually finish hiking the Appalachian Trail!

On April 7th, Bill was diagnosed with squamous cell carcinoma on the left tonsil area. It is a stage 3 carcinoma, but fortunately it has not spread. He has asked for our prayers while he is undergoing radiation treatments. Bill says that the doctors are very hopeful for him with an 80% chance of cure. Please keep Bill in your thoughts and prayers.



Who is graduating in your family this Spring or Summer that you want recognized at Central? We need the name of the student, school attended, degree (and area of study), future plans (further schooling, work, etc.)

Please send this information to the church office by email, office.cpc@bvu.net or by calling 276-669-3157. We will recognize our graduates on Sunday, May 16 as a part of our worship service!

May Birthdays



Happy birthday! Happy birthday! Happy birthday!

Bill Canter	2
Sheree Taylor	2
Tyler Wilson	4
Olivia Hollo	4
Hugh Wise	4
Randy Morris	5
Carol Curry	6
Ann Lamie	7
Sarah Poore	8
Steve Clark	9
Peggy Callison	9
David McFarlane	10
Alice Owenby	10
Collin McCord	12
Kathryn Smith	14
Connie Bullock	15
Carly Hollo	15

Terry Parks	16
Mary Wampler	20
Connie Wadsworth	20
Leslie Taylor	21
Jim Butcher	22
Ed Updyke	23
Glenn Himstedt	23
Beth Timp	25
Tim Landis	27
Rachel Ellis	27
Tal McBride	27
Elodie Blevins	27
Alexander Kiser	29
Hunter Meade	29
Grace Himstedt	30
David Kalb	30
Juanita Large	31

Happy birthday! Happy birthday! Happy birthday!

Happy birthday!

Happy birthday!



Wanting to learn more about the Bible and how to read it? Have you wanted to look in-depth at a particular book of the Bible, or consider a theme of scripture? There are several interesting resources to help you and your family in developing a stronger discipleship and understanding of Scripture. Check out **The Bible Project** (free on YouTube channel and also on RightNowMedia.org) and **The Chosen** (which is free on YouTube) which looks at the lives of the disciples and followers of Jesus, and Jesus' encounter with them and others. Remember that as a church, we have a gift subscription to RightNowMedia.org which has all kinds of videos for children, youth, and adults to help with understanding scripture and learn through Bible Studies.

Sharing Good News

In Scripture, we are called to rejoice with one another. So we invite you to share your good news with the church family. Maybe you have had a promotion or gotten a new job? Maybe there's a new baby in your family, or your child was given an award or had an accomplishment? This is not about boasting, but about sharing so that we can rejoice with one another and celebrate life together. So, if you have something to share, send it in to the church office, office.cpc@bvnu.net, or call **276-669-3157** so we can include in upcoming newsletters.



Central Pres Chain Gang out for a bike ride at Burke's Garden. Tim Landis, Frank Goodpasture, and Gale Thompson made the 17 mile ride on Saturday, April 17 in 52 degree overcast weather. Looking good---and ready for the next ride. Everyone is invited to join the Chain Gang. Contact Tim Landis to find out about the next ride.

At APPLE Academy, Terry Wright's class demonstrated a Mentos (candy) Volcano. Everyone cheered as it spewed and squirted out liquid up to 6 feet in the air! Run, Terry---don't get covered with that Mentos volcano. Three of the classes came out to watch the excitement!



The Session met on Tuesday, April 20, 2021 at 7:00 p.m. by Zoom. Each member was asked to share what they were looking forward to as we come back to in-person worship and gatherings.

- * Ann Aichinger gave her pastor's report which included information about Palm Sunday and Easter Sunday services and thanked all those involved. She also expressed her thankfulness to the Middle School Youth group for their hard work this year in reading through parts of Genesis.
- * The memorial service to celebrate Daphne McCord's life will be held on Saturday, June 19, 2021 at 2:00 p.m. in the Sanctuary with all CoVID guidelines being followed.
- * John Barker and Ann Aichinger reported on the April 8, 2021 Presbytery Meeting.
- * APPLE will be having graduation on Thursday, May 20, 2021 at 6:00 p.m. in the church parking lot.
- * Care and Concern Committee had a written report.
- * Sandy Wilson reported for Christian Education that we are working to have children's time during the worship service.
- * Sunday, May 16, 2021 we will recognize graduates and the 2020 Confirmation class.
- * There will be an offering for children during worship and held in lower level fellowship hall or outside.
- * Nursery will be offered during worship for a minimal number of children. Courtney Reese and Leslie Mumpower will be staffing that on Sundays.
- * Finance, Budget, and Stewardship had a written report with the financials for last month.
- * Mike Vollmer reported that Property and Maintenance are looking into having the windows replaced on the oldest part of the building as well as looking at having the outside of the Sanctuary windows painted.
- * John Barker reported on the work of the Worship Committee and brought the recommendation to begin in-person worship on Sunday, May 9, 2021 at 10:00 a.m. in the Sanctuary, and then alternate between Sanctuary and Central Hall through September. We will evaluate how things are going throughout the summer. There will be a broadcast of the service to the parking lot each Sunday as well as an online presence of pre-recorded worship. CoVID guidelines will be followed including: wearing of masks, physical distancing, accommodations for Communion and offering, and orderly arrival and departure to the worship space. This was approved unanimously.
- * There will be silicone colored bracelets for identification: **BLUE** for those who have been vaccinated for Covid; **RED** to indicate for people to stay away; **YELLOW** for staying 6 feet away; **GREEN** for staying 3 feet away. These bracelets are embossed with *Central Presbyterian* and *Love God & Love Others*.
- * A concern has been raised that there needs to be a TV/Screen in the Sanctuary for words of music, scripture, images, etc. to be available as a part of worship services.
- * John Barker and Nancy Kiser reported that the Nominating Committee has met and has begun its work.
- * New Business was brought up concerning the erosion of the bank in the alleyway. The Session received a letter from Ken Hale, the church's attorney, along with a report from a Civil Engineer concerning the erosion and the responsibility of the adjoining neighbor's yard. Also included were two letters from Mr. Gray Bland, adjoining neighbor. The Session agreed to send Ken Hale's letter to Mr. Bland to inform him of the need to deal with the drain pipe from his yard onto the church's property by May 20. there was also a request for work to be performed on the bank to stabilize it, and for plantings in order to help avoid future erosion issues.



April 25 Brian Alderman, guest preacher and worship leader

May 2 Brian Alderman, guest preacher and worship leader

May 9 From Generation to Generation Exodus 1:15-2:10, 2 Timothy 1:1-7



MARK YOUR CALENDARS!

JOIN US FOR IN-PERSON WORSHIP

IN THE SANCTUARY

MAY 9, 2021

10:00 A.M.

FOR YOUR CONVENIENCE

WE WILL ALSO BROADCAST

THE WORSHIP SERVICE IN THE PARKING LOT

AND

THE PRE-RECORDED WORSHIP SERVICE WILL BE ONLINE

WE HOPE YOU WILL JOIN US ON THIS SPECIAL DAY

301 Euclid Avenue
Bristol, VA 24201-4013
Phone: 276-669-3157
E-mail: office.cpc@bvuv.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@bvuv.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@bvuv.net
Mary Moffatt, Finance Director	finance.cpc@bvuv.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.

