



# CENTRAL LIFE

**Central Presbyterian Church**  
**May 5, 2021**

## ***Canoeing the Mountains - Part 3***

In the book *Canoeing the Mountains* by Tod Bolsinger, the idea of the Lewis and Clark Expedition to find a waterway to the west coast has offered us new insight into living in this time. With orders from President Jefferson, Lewis and Clark were convinced that the Missouri River flowed to the Pacific Ocean. But as they came to the head waters of that river, and carrying their canoes over the next mountain, they saw the “horrible mountains” of the Rockies. Faced with a decision to continue into uncharted territory or turn back defeated, they chose to become adaptive in their leadership, move forward, and learn new ways of living off the known map.

By moving into the unknown Rockies territory, Lewis and Clark hoped to cross the western Continental Divide at Lemhi Pass. They knew that when they got to that point of their journey, they would be at the head waters of the Columbia River, and would be able to use their training and skills. But as they got to Lemhi’s Pass, they became more aware of the “reality” of the geography; more mountainous, higher elevations with snow, and more dangerous than the mountains they had just crossed. They were now faced with having to learn and lead with new set of adaptive skills to help bring the whole team along with them to include the Corps of Discovery as well as Native Americans traveling with them. In order to press onward and keep the morale and hope of the whole group intact, Lewis and Clark had to deal with their own disappointments of unanticipated discovery.

It can be very disorienting when tough decisions have to be made to move forward. Often times as humans, we want to stay where we are or even return to what we know. We want to make the same decisions, do the same programs, and so the same activities. But in a new place and time, such as we are now in, the old ways will often fail because they are not a part of the new, the now. In order to learn new things within uncharted territory, there are four steps to help lead us through: First, go calmly (without having anxiety dictate our responses) and face the unknown. Second, recognize systemic issues that cause us to do things the way we have always done. Third, understand that we are all learning together in this new time and that there is no map or guidebook to consult. And last, learn to ask good questions.

How easy it would be to simply return to our pre-Pandemic lives! Do you remember what that looks like? To be able to gather when we want, and with whomever we want, and to go about our lives as we used to. But we are not able to do that because our world, and our perspective has now changed. By holding on to old assumptions and plans will keep us anchored to the past. Instead, we need to travel with the Spirit of God into this new time by lifting the anchors and hoisting the sails.

As we venture together into this new era of church life, we need to evaluate what core values we need to keep and hold onto. We need to also be willing to let go of the things that have held us back, and identify those things that are not really working for us anymore. And this, my friends, is scary. Even for me. I am also uncertain like you are, and I just want to continue doing what I know best to do. But that is not what I am sensing from the Spirit of God. I am clinging to the hope that God is doing a new thing with our church family, with our community, and with our world. Even more so, I believe that God is planning great, new things for all of us that we cannot even begin to imagine.

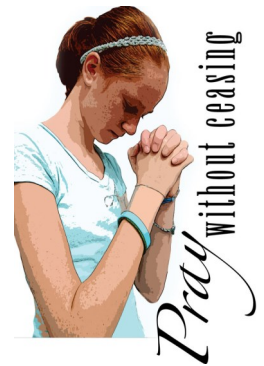
I invite you to continue to pray for the leadership of the church as we seek to discern the workings of God in our midst, and as we seek to follow Christ into this unknown. Pray, also, for one another that we all might travel together, calmly and courageously, and living to serve Christ in new ways in this uncertain world. “*I do not know what the future holds, but I know who holds the future*” (Abernathy.) I do not know where we are going, but I trust God’s guidance for us as we go. Some come along and join the journey. Pray, and keep watch for God is leading us to a new place.

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:

- \* Dora Webb is recovering at home from a mild stroke;
- \* Doris Hall is having cataract surgery today, May 5;
- \* Jean Thomason as she continues to deal with her back pain;
- \* 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.



### 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.

### 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

The Family of Jean Bane, who passed away on Friday, April 30, 2021. A chapel service and Inurnment will be held May 7 at 1:00 p.m. for family and invited guests. A church service will follow in the summer.

The family of Suzanne Corley, who passed away on Tuesday, April 27, 2021 in Louisiana.

### 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.

## Memorials...

## Central Life

To the General Fund in Memory of Jean Bane, given by Mary Moffatt.

To the Meals on Wheels Fund in Memory of Johnny Mann, given by Caroline Jones.

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

To the Music Fund in Memory of Bill English and Jean Bane, given by Robert W. Smith and Ralph and Terri Davis.

To the Youth Scholarship Fund in Memory of Candy Ellis, given by Andrew N. Rest.

### Condolences may be sent to the family of Jean Bane at the following:



**Emmett (Trish) Hoge Bane III**  
1718 Kingsbury Drive  
Nashville, TN 37215

**Martha (Charles) Bane Larimer**  
118 Meadow Lark Lane  
Grover, NC 28073

**Elizabeth Bane Frazier**  
6 Main Street  
Asheville, NC 28803

### Condolences may be sent to the brother of Suzanne Corley at the following:

**Mark Corley**  
1574 Washington Street  
Eugene, OR 97401



Congratulations to Nic Fuller for being offered an internship at ETSU's Quillen College of Medicine.

Congratulations to Mark Ellis for a career milestone recognition of working for Sherwin-Williams for 20 years.

Congratulations to Katherine Campbell who will begin a year-long chaplain residency program at the Veterans Administration in Johnson City. She will be discerning about where God is calling her to serve -in the area of Chaplaincy or in the local church.

## 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](mailto:office.cpc@bvu.net) or call 276-669-3157.**

## Sermons...

May 9

From Generation to Generation

Exodus 1:15-2:10, 2 Timothy 1:1-7

**Healing Hands is proud to be teaching students the concept of healthcare as a Christian ministry.**

Healing Hands has begun building *The JD and Lorraine Nicewonder Education Center*, a 6 bedroom dormitory with an Education Center, Wellness Teaching Kitchen, 4 office spaces, and a small meeting space. To kick things off, we received a **\$695,000 grant**, and were given two pieces of property directly across the street from our clinic, for a total of one acre from Dr. and Mrs. Sarfraz Zaidi and Ballad Health. BurWil Construction has begun work on the Center, and Baker's Construction is generously grading the site as a gift to Healing Hands.

For 6 years we have had students from the University of Tennessee College of Dentistry in Memphis rotate through our clinic. 4 seniors come every 2 weeks from Memphis to Bristol! We house them and UT pays a dentist to be their preceptor. Beginning January 2022, Healing Hands will be able to house 12 students at a time instead of the 4 that we currently house, and we hope to attract medical and pharmacy students as well.

Thank you for your continued support,

*Helen Scott*  
Executive Director



Visit Us: [www.healinghandshealthcenter.org](http://www.healinghandshealthcenter.org)

Like Us: [www.facebook.com/healinghandshealthcenter](https://www.facebook.com/healinghandshealthcenter)

Follow Us: @healinghandsTVA

Shop For Us: [smile.amazon.com](https://smile.amazon.com)

For more information on how you can support *The JD and Lorraine Nicewonder Education Center*, contact Helen Scott at 423-652-2516 or [helen@healinghandshealthcenter.org](mailto:helen@healinghandshealthcenter.org)

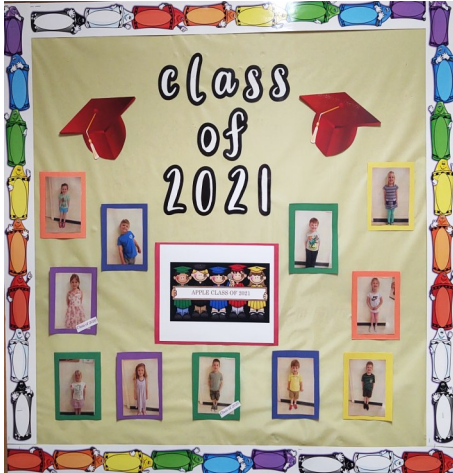
### **Presbyterian Women Monthly Meeting**

As we begin thinking about the year ahead of us, I would like to invite all of you to meet in the small dining room at 10:30 a.m. on Tuesday, May 11 prior to our in-person 11:00 a.m. Bible Study with Ann Aichinger. This meeting will also be broadcast on Zoom for those who cannot attend in person.

Mary Ann Blevins will be leading the Celebration of the Birthday Offering Program during the Bible Study time. I look forward to seeing all of you who are able at the 10:30 a.m. meeting.

*Your Co-Chairman,*  
*Thais Sikora*





**Congratulations to the APPLE Academy Graduating Class of 2021!**

**Thank you for sharing your little ones with us.**

**We are going to miss you**



**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](mailto: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!**

### **Sunday, May 16, 2021**

- \* Worship will be at 10:00 a.m. in Central Hall
- \* We will celebrate with our 2021 Graduates, as well as recognize and officially welcome the confirmation class of 2020. At this worship service, Callie Eckley will be baptized (she is a Confirmand also.)  
Following Worship, all of the youth, and their families, are invited to gather at Bella's with Josie Russell and Ann Aichinger for a celebratory lunch.

### **Sunday, May 23, 2021**

- \* Is Pentecost, and it is the day to wear **RED**. This is a church holiday where we celebrate the giving of the Holy Spirit to the early church. At Central, the significance of the red carpet reminds us to be people who are led by the Spirit of Christ in our worship, in our service, and in our living. Please wear **RED** as we celebrate this special church day.



## IN-PERSON WORSHIP IS SUNDAY MAY 9, 2021 AT 10:00 A.M. IN THE SANCTUARY

It is exciting to be preparing to return to in-person worship on Sunday. But things will be different as we are working within the COVID restrictions and guidelines from the CDC. As we return, be mindful that we will be learning how to best do this, and we ask for everyone's cooperation in this. **We do ask that if you are not feeling well, that you please abstain from gathered worship until you are feeling better.**

For those who are uncertain about coming into the building for worship, we will be broadcasting to the parking lot on 106.7 FM. You will receive a bulletin, and a reminder for the correct station to hear worship. There will continue to be an online presence with pre-recorded worship on the church website on Sunday mornings at [www.CentralPresBristol.org](http://www.CentralPresBristol.org). Below are the guidelines that we will follow for in-person worship:

- 1. Wearing of masks is required in the building.** You will need to wear your mask correctly, which is covering both nose and mouth, being hooked around your ears and under your chin. You will need to keep your mask on the entire time while inside.
- 2. We will be asking everyone to wear silicone wristbands (provided) to help us to have a visual for those who have been vaccinated.** There will be **BLUE** wristbands available, and we ask that you wear it when you are at the church. (The wristbands also have Central Presbyterian on one side and Love God, Love Others on the other, which makes them a tool for evangelism.)
- 3. There will be wristbands that are RED, YELLOW and GREEN to indicate how close others can be to you.** **RED** will indicate that you are asked to keep a good distance away. **YELLOW** indicates that you prefer that others stand about 6 feet away, and **GREEN** indicates that you will permit people to be 3 feet away from you. But we ask that there is no physical touch which includes handshakes and hugs.
- 4. The balcony will NOT be open for worshippers and everyone will be seated on the main floor.** Ed Updyke and the sound crew will be up there doing their job.
- 5. Pews are marked off to provide at least a 6 foot distance between family groups.** The pew or area where you would usually sit may be unavailable. We ask that you please find another space to sit.
- 6. Singing will be permitted as a part of worship, but with your mask on.** In order to sing with a mask, you do not have to sing loudly, but sing softly as we all praise the Lord together. Hymnals and Bibles will remain in the Sanctuary.
- 7. We will not pass offering plates as a part of worship.** The Central Pres. offering box will be at the entry to the Sanctuary, and offering plates will be at the door to the choir area. You can drop your tithes and offerings as you come into worship or as you leave.
- 8. For children, there will be a Children's Message time at the front of the Sanctuary with Pastor Ann** after which they will be invited to go out with an adult who will lead them in Sunday school time for the rest of the worship service. The children will then meet the parents and families under the portico outside as you leave. On Communion Sundays, they will be offered communion as a group.
- 9. There will be a nursery available for those under 3 years old.** Leslie Mumpower and Courtney Reese will be the staff members and will be following guidelines as well. You may drop off infants and toddlers in the nursery for their care.
- 10. We will not be using friendship pads to sign in.** Instead, we will be taking a picture of the gathering congregation each week as a record of those attending. This will allow for accurate contact tracing if we have an exposure.
- 11. In the church building, you are not permitted to shake hands or hug one another out of care for each other. Please respect one another's space.**

We know that this seems like a lot of rules, and yet we have all been living with most of these this last year in some form. Please be patient, and cooperative as we are still a work-in-progress!



## Recycling Opportunities at Central Presbyterian Church

Central Presbyterian offers a few ways to recycle your used items to help others:

- ♦ **Aluminum Cans** - Even though there has been a price drop, we continue to recycle cans. Please put them in the container under the canopy.
- ♦ **Cell phones** - These are given to either Abuse Alternatives or the Bristol VA Police Senior Resource Center to use as 911 phones. There is a container in the church office.
- ♦ **Printer/Toner Cartridges** - Bring any type of these and place them in the brown bin at the end of the office hallway.
- ♦ **Eyeglasses and hearing aids** - We collect all eyeglasses and hearing aids and the members send them to be re-fitted for people who are unable to afford these vital items, here and abroad. There is a box in the brown bin for these.
- ♦ **Sewing supplies and fabric** that you may not need any longer is wanted for the Little Girls Dresses and Little Boys Shirts and Britches that are sent overseas, and for Stuffed Animals that are sent overseas to give to children who are receiving their vaccinations. Place these in the brown bin in the hallway.

## Calendar for the week of May 9, 2021

|                     |                |                                               |
|---------------------|----------------|-----------------------------------------------|
| Sunday, May 9       | 10:00 a.m.     | Mother's Day<br>In-Person Worship/Parking Lot |
| Tuesday, May 11     | 11:00 a.m.     | Presbyterian Women In-Person/Zoom             |
| Wednesday, May 12th | 5:30-6:00 p.m. | Middle School Youth - Zoom                    |
|                     | 6:30-7:00 p.m. | High School Youth - Zoom                      |



Due to the area's recent 911 system upgrade, many of us will have an address change. This change is now effective as of May 1, 2021, and as a result, 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 is:**

**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@bvuv.net](mailto:office.cpc@bvuv.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.

301 Euclid Avenue  
Bristol, VA 24201-4013  
Phone: 276-669-3157  
E-mail: [office.cpc@bvuv.net](mailto:office.cpc@bvuv.net)  
[www.CentralPresBristol.org](http://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@bvuv.net">ann.cpc@bvuv.net</a>                   |
| Robert Campbelle, Music Director                | <a href="mailto:robertcampbelle@gmail.com">robertcampbelle@gmail.com</a> |
| Joy Smith-Briggs, Organist                      | <a href="mailto:gjbjoyb@btes.tv">gjbjoyb@btes.tv</a>                     |
| Josie Russell, Youth & Young Adult Dir.         | <a href="mailto:josieannrussell@gmail.com">josieannrussell@gmail.com</a> |
| Lynn Gilbert, Admin. Asst.<br>Newsletter Editor | <a href="mailto:office.cpc@bvuv.net">office.cpc@bvuv.net</a>             |
| Mary Moffatt, Finance Director                  | <a href="mailto:finance.cpc@bvuv.net">finance.cpc@bvuv.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.

