



CENTRAL LIFE

Central Presbyterian Church
January 19, 2022

Reflections From a Rocking Chair

Each month at the Session meetings, there is a question that each elder attending is asked to answer. It is a way for us to get to know each other better as we are leading the church. At our meeting this month, we reflected on what we hope for, or are looking forward to, in 2022 or something we wanted to work on in our lives in 2022. Answers ranged from reading more to traveling more to fishing more, eating better and getting exercise into daily life, considering new job options, decluttering the house, hoping for a better year in dealing with COVID, working on being less judgmental of others, and helping children to gain some household skills and abilities.

Resolutions are a part of a new year, but statistics show that by January 20, most resolutions have fallen away and we have returned to our old ways. Maybe instead of making resolutions about things to change in our life, we can consider goals or new habits to include in our lives. I want to share a few of mine with you.

Since Frank's death in June, 2019, my reading has declined greatly. Before he died, I was reading a book a week. But since then, I am lucky to read a book in a month. But, I have decided to set aside some time each day to read. This includes reading for fun as well as reading "churchy" books. Currently, I am reading two books: *The Patient Ferment of the Early Church: The Improbable Rise of Christianity in the Roman Empire* by Alan Kreider, which was suggested by Rev. Dr. Ray Jones at the Mountain Top Leadership event in October, and *Flying Angels* by Danielle Steele. It is not just about reading books, but also reading articles in the Presbyterian Outlook or the Smithsonian magazine or Southern Living. Reading involves exercising the muscle for memory and concentration.

Another of my goals is to do better with my self-care and improve my health. I am working on walking more as well as eating better foods. I am also trying to improve my sleeping habits to get better rest. Throughout this last two years, it has been easy **not** to keep our routines or to be eating well. I will continue to see my therapist who is helping me navigate this new time in my life, and offering me needed encouragement.

My third goal is to travel. I have several trips planned for this year including going to Ft. Myers, FL to see Chauncey and his family, and have some grandchildren time. Frank's sister is going to join me for part of this trip and we are going to spend a couple of days in Charleston, SC on our way home. In September, I am excited about a trip to Austria, Germany, and Switzerland! I plan to attend a special event of the Passion Play at Oberammergau, Germany. This is an area of Europe that Frank and I always wanted to visit, but never made it there. I am going with Educational Opportunity Tours, and welcome anyone who would like to join me on this trip. (The Passion Play is offered every ten years and was to be offered in 2020. But with the pandemic, they moved it to 2022. This is an 8-hour presentation of the life of Jesus with a break in the middle for a meal. The whole town of Oberammergau is involved in the production and presentation - it is a cast of 1,000s!) I also want to do some local day-trips to see some of the beautiful area that we live in.

These three goals for me involve setting aside time. Sometimes my time gets away from me, and I end up misusing time and not getting done the things that I really need and want to do. Time is one of our most expensive resources and yet by using our time in activities that enrich our lives, we find the time used well.

So, as we are into a new year, what goals or hopes do you have for 2022? What is some new project or skill you want to do? Is there somewhere you want to go or someone you want to be with in this year? As a part of making resolutions, we are all encouraged to write them down and then begin to make them a reality in life. When we make them visible, we can keep them ever before us. My prayer for us at Central is that 2022 will be a year filled with blessings and joy, and that we can continue to grow in our faith as a church community.

Grace and peace,
Ann Aichinger

At Home: Bob and Becky Ingram and Bessie Kitts.

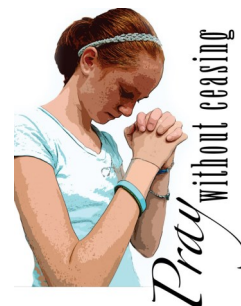
At Brookdale Bristol: Carol Duhaime, Jean Thomason, and Mary Kay English.

At Dominion Senior Care: Linda Wise

At Oakmont: Allen Vance

Pastoral Concerns:

- ♦ Dora Webb is now at Encompass, Bristol for rehab;
- ♦ Glenn Myers is recovering from Cataract and Cornea surgery;
- ♦ Ed Updyke is recovering from a fall;
- ♦ Betty Whitehead will have knee replacement surgery on January 31 in Roanoke;
- ♦ Many in our church are recovering from COVID symptoms, or waiting on test results;
- ♦ Gale Thompson is waiting to have some tests and receive results.



Continued Prayers for:

Randy Broyles, Travis Campbell, Maxine Howell, Bob and Becky Ingram, Jim and Joan Keith, Mark McCord, Don Miller, Alice Owenby, Allen and Retta Vance, Dora Webb, Linda Wise, and Rev. Mike Weller.

Prayers for Family members:

Beverly Bosch (Randy and Phyllis Morris' daughter); Orion Callison, III, son of Peggy Callison; Cathy White's father, Roy.

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 Gutter Replacement Fund in Memory of Hugh Wise, given by Jean Thomason.

Upcoming Sermons...



January 23	REvangelism: Living in Justice	Acts 6:1-7; Micah 6:8
January 30	REvangelism: Teaching	Matthew 28:16-20; 2 Timothy 3:16-17
February 6	REvangelism: Worship, and the Expansive Table	John 4:19-26
February 13	REvangelism: Sacraments, Living Sacramentally	Exodus 20:8-11; Acts 8:26-46
February 20	REvangelism: Fellowship	Luke 19:1-10
February 27	REvangelism: Generosity	Acts 5:1-6; Matthew 14:13-21

Before you look completely forward this year, remember...

How you got [here](#);
The opportunities that you made the most of;
The challenges that tested your grit;
And most importantly, the individuals that came along side you.



On January 2-5, 2022, Josie Russell and Ann Aichinger were chaperones for our group to the Montreat College Conference. Those from our church who participated were Nic Fuller, Kenzie Starling, Alisa Harris and Clark Wilson. They lived in the Neville Cottage which was a nice house, and perfect for our small group.

There were over 500 college students and their adult chaperones at the conference, and everyone took seriously the COVID protocols throughout our time. The theme was **What's Next?** This question was asked in a variety of ways and for a variety of situations. What's next in college for you? What's next for the church? What's next for our nation? What's next for our world? We had two keynote addresses. One was Mary Laura Philpott who is an author, and has continued to ask that question of what's next in her own life. She shared about times when she wrestled with purpose and calling and what it was she was to do in life. Though she had a variety of jobs, she gravitated toward the business of being an author. Rev. Jerry Canon shared about how he had wrestled with his God, given purpose, and

had been a DJ in a club, as well as finding himself heading to Seminary and to serving a church in the Charlotte area.

Instead of small groups, we had Critical Conversations time where we were in a large group and discussed the keynotes and the worship experiences. This was a chance for our group to divide up and chat with each other in-depth on topics and issues raised. We each were able to attend different workshops as well which offered insights into answering What's Next?

Josie Russell:

This was my first Montreat College experience, and I loved it! The theme of "What's Next?" was relatable to people of all ages-including this thirty-something Youth Director. I loved getting to spend time with Alisa, Kenzie, Clark, Nick, and Ann. I appreciate that our church encourages and supports our trips to Montreat to grow in our faith.



Ann Aichinger:

I love the Montreat College Conference experience. I attended a writer's workshop as well as a workshop on the Gospel according to Ted Lasso. As a group, we had a good time with one another and also getting to see some friends from Montreat Youth Conferences and other events. Thank you for making this available for our young adults.

Alisa Harris:

College conference was a great experience overall. I feel that the theme "what's next" allowed us to better understand our personal faith journeys. All the speakers were great, and I personally loved the message from Mary Laura Philpott. I loved getting to experience Montreat, even after graduating, with a great back home group. Our critical conversations allowed me to take what I had heard and tie it in to my life. There are so many great things to say about this conference and I will definitely be back.

Clark Wilson:

I wanted to thank everyone at Central for making this year's college conference possible. I hope to take home what I learned this year and share it with friends and family. Thank you all so much!



Calendar for January 19 - February 2, 2022

Wednesday, January 19	12:00 Noon	Central Life
	5:30-6:00 p.m.	M.S. Youth - Zoom
	6:00-6:30 p.m.	H.S. Zoom Youth - Zoom
	7:00 p.m.	Sanctuary Choir Practice
	7:00 p.m.	Bible Study - Zoom
Thursday, January 20	9:00 a.m.	Backpacks
Sunday, January 23	9:00 a.m.	Worship - Central Hall
	10:00 a.m.	Adult Sunday School
	11:00 a.m.	Worship -Sanctuary
		ONLINE Worship
	3:00-4:30 p.m.	Middle School Youth - In-person
Wednesday, January 26	4:30-6:30 p.m.	High School Youth - In-person
	5:30-6:00 p.m.	M.S. Youth - Zoom
	6:00-6:30 p.m.	H.S. Zoom Youth - Zoom
	7:00 p.m.	Sanctuary Choir Practice
	7:00 p.m.	Bible Study- Zoom
Thursday, January 27	9:00 a.m.	Backpacks
	7:00 p.m.	<i>A Place Where Questions Matter - Zoom</i>
		(new Evangelism Committee event)
Sunday, January 30	10:00 a.m.	Worship - Central Hall - Unity Sunday
		ONLINE Worship
	3:00 p.m.	Pastor Installation Service - Hillsville
	3:00-4:30 p.m.	Middle School Youth - In-person
	4:30-6 p.m.	High School Youth - In-person
Monday, January 31	12:00 Noon	Central Life Articles Due
Wednesday, February 2	12:00 Noon	Central Life
	5:30-6:00 p.m.	M.S. Youth - Zoom
	6:00-6:30 p.m.	H.S. Zoom - Zoom
	7:00 p.m.	Sanctuary Choir Practice
	7:00 p.m.	Bible Study - Zoom

2021 Contribution Statements...

You should have received your 2021 contribution statements in the mail for tax purposes. It is advised that you do NOT file your federal income tax return before you receive your statement from the church.

If you have not received your statement, please contact Mary Moffatt at the church, 276-669-3157.

The Session met by Zoom on Tuesday, January 18, 2022. The following are actions taken by the Session, and reports received by the session:

- ♦ Lee Budd was received as a new member by Reaffirmation of Faith. He will be welcomed on Sunday, January 23;
- ♦ Jackson Williams will be baptized in worship on Sunday, Jan 30 in Central Hall;
- ♦ Josie Russell will be hired as the Central Presbyterian Media Coordinator (a new position), and she will be working on our social media presence including website update, Facebook and Instagram presence, plus working with the Technology Committee with live-streaming worship weekly;
- ♦ Received the resignation of Robert Campbelle as the chair of the technology Committee;
- ♦ APPLE Academy has increased the children in the program to 62, and continues to follow the Virginia health department guidelines with COVID;
- ♦ Evangelism Committee will be starting a new community group called *A Place Where Questions Matter*. The first meeting will be on January 27, 7:00 p.m. by Zoom;
- ♦ The 2022 budget was approved;
- ♦ The first vote was approved that up to \$120,000 can be taken from the endowment to cover the 2022 budget shortfall (the second vote will be taken at the February meeting);
- ♦ The Tynes Loan has been paid off. This provided money for the gutter repair project;
- ♦ The Harmon Estate investments did very well in 2021 and each of the four areas of designated distribution (Youth, APPLE Academy, Music, and Fellowship and Dining) will equally divide \$50,224.00;
- ♦ The local portion of the Peacemaking Offering will go to Abuse Alternatives;
- ♦ Sunday, January 30 will be a Unity Service (as a fifth Sunday Worship) at 10:00 a.m. in Central Hall;
- ♦ On Sunday, January 30, Ann Aichinger will be participating in the installation service of Rev. Rebecca Taylor, who is the new pastor at Hillsville Presbyterian Church;
- ♦ Ann Aichinger will be away on vacation April 21-May 3, 2022;
- ♦ Ann Aichinger will be away September 2-19 on a trip to Austria, Germany and Switzerland, including attending the Passion Play in Oberammergau;
- ♦ The property committee is working on the leak in the balcony area of the Sanctuary and other concerns in the Sanctuary;
- ♦ Mike Vollmer and Ann Aichinger reported on the January 13, 2022 Abingdon Presbytery meeting;
- ♦ Thank you cards were received from members of the staff for Christmas bonuses.

The next meeting will be February 15, 7:00 p.m. by Zoom.

APPLE NEEDS YOU...

The APPLE Academy preschool is in need of a new full size refrigerator. If you, or someone you know has a gently used refrigerator that they wish to donate or even a new one, please call APPLE, or let the church office know. Thank you!

To those of you who assisted in packing and moving Andrea Staley out of her Bristol View Drive home in Bristol, VA to relocate to Maine...

"May God bless you richly for your helping me move January 2021.

Gratefully yours,
Andrea Staley"

COVID Protocol Update

At this time, Central Presbyterian continues to require masks while in the building and we still ask that everyone continues to social distance as best as possible. Though we have had a few people test positive for COVID, they had been fully vaccinated and received their booster shots.

We are well aware that the wearing of masks is something we would all like to be done with, but at this time, and with the rise in case numbers in our local area, this will continue to be required. We appreciate your understanding and continued cooperation.

Winter Weather Reminder

When we have snow or ice on a Saturday night, or a Sunday morning, the church family is reminded to **please** check emails, Facebook, texts, and WCYB for updates concerning Sunday activities. We want everyone to be safe this winter! We will also do our best to have winter weather reports as a part of WCYB's reporting on school and church closings when needed.

Abingdon Presbytery Update...

The Abingdon Presbytery met on January 13, 2022 at Central Presbyterian. Rev. John Langham, pastor at Wytheville Presbyterian Church preached and Rev. Ann Elyse Van Winkle was the liturgist. Thank you to Robert Campbelle, the Sanctuary Choir, and Joy Briggs for being a part of the worship by providing the wonderful music.

Rev. John Markel, pastor at Walnut Grove Presbyterian Church, will be the Moderator of Presbytery in 2022.

Rev. Marc Jones was received as a new member of the Presbytery, and he will be the new pastor at Fairview Presbyterian Church in Hillsville.

The Presbytery spent about an hour in small groups discussing hopes and dreams for Abingdon Presbytery as well as listing the resources and connections that benefit the Presbytery.

The Way Forward Advisory Committee requested a second vote on making the changes to the Manual of Operations concerning the meeting months for Presbytery, as well as guidelines for worship at Presbytery gatherings.

Thank you goes to all those from Central Presbyterian Church who helped make the day run smoothly: Bill and Ann Lamie, Lee Budd, Lynn Gilbert, Patty Caldwell, Barbara Mann, Diane Abbey, Marguerite Buckley, Mike Vollmer, and Ann Aichinger.

Souper Bowl of Caring Food Collection Challenge



During the month of January through February 13, Central Presbyterian Church will be engaged in a six-week Souper Bowl food and money collection challenge to support the Bristol Emergency Food Pantry. This year we are inviting the whole congregation to work together to meet the goal of 5,000 food items and/or dollars. Each food item counts as \$1 toward the goal. Sheree Taylor will be encouraging everyone to participate.

There will be Food Pantry Barrels in the entry area, and blue buckets for your monetary gifts at the worship entry door areas. We will keep the donation amount posted for all to see, and on Sunday, February 13 (Souper Bowl Sunday), we will conclude our formal collection. We hope that this food collection challenge will encourage us all to continue to contribute to the Food Pantry as they help so many in our local area who have food insecurity issues.

Though our efforts will be within our church family, the real winner will be **Bristol Emergency Food Pantry**. This is something every one of every age and ability can participate in. Let's make a difference, and continue to be about the work of Christmas (caring for the needy, feeding the hungry, welcoming the stranger and unwanted child.)

Items needed (no glass jars or containers)

- ♦ Meal kits that **don't** require extra ingredients (ie. hamburger helper)
- ♦ Pancake and muffin mix that only require **water**
- ♦ Canned soups
- ♦ Canned pasta meals (ravioli, spaghetti,
- ♦ Canned meat (tuna, ham, chicken, beef stew, spam)
- ♦ Canned vegetables (**no green beans are needed**)
- ♦ Canned pork and beans
- ♦ Canned fruit (no fruit cups)
- ♦ Dry Rice or Pasta
- ♦ Instant mashed potatoes (plain or flavored)
- ♦ Spaghetti sauce (no glass jars)
- ♦ Cereal (hot and cold)
- ♦ Jelly and Peanut butter
- ♦ Breakfast bars/granola bars
- ♦ Macaroni and cheese (preferably not needing milk or butter)
- ♦ Pantry staples (small containers of flour, salt and pepper, sugar, catsup, oil, etc.)



PLEASE DO NOT BRING RAMEN NOODLES OR GREEN BEANS!

Please do not bring anything in glass jars; they tend to break and are hard to handle.

If you have any questions, please talk to Sheree Taylor or Ann Aichinger.

Let's work together to meet the GOAL!!!

For more information about the Souper Bowl of Caring, see www.souperbowl.org



February Birthdays



Happy birthday! Happy birthday! Happy birthday!

Happy birthday! Happy birthday! Happy birthday!

Todd Pruett	2	Barbara Mann	15
Phebe Campbell	2	Richard Gordon	16
Diane Abbey	3	Lydia Clark	16
Jerry Otis	4	Judith Conn	18
Evan Moore	9	Sandy Williams	18
Cathy White	9	Vivian Wycoff	18
Jack Wagner	9	Josh Kite	18
Cole Lewis	9	Kane Mathis	20
Anne Pratt-Proctor	9	Lauren Eckley	20
Lynn Butcher	10	Will Wade	21
Caitlyn Otis	10	Rosa Van Zyl	25
Scott Mercer	10	Vicki Myers	26
Bob Smith	10	Peyton Boyd	28
Kim Pruett	12	Chris Brown	28
Andrew Clark	12	Kim Sorenson	29

Happy birthday!

Happy birthday!



UNITY SUNDAY

January 30, 2022

One Worship Service

10:00 a.m.

Central Hall

Over the years, Central Presbyterian has gathered for one worship service on the 5th Sunday in January.

This affords us the opportunity to be together to worship God.

We hope you can join us!

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Bristol, VA 24201-4013
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E-mail: office.cpc@bvu.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
331 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@bvu.net
Robert Campbelle, Music Director	robertcampbelle@gmail.com
Joy Smith-Briggs, Organist	gvbjoyb@btes.tv
Josie Russell, Youth & Young Adult Dir.	josieannrussell@gmail.com
Lynn Gilbert, Admin. Asst. Newsletter Editor	office.cpc@bvu.net
Mary Moffatt, Finance Director	finance.cpc@bvu.net
Michelle Blankenship Dir. of APPLE Academy	applepreschool@yahoo.com

OFFICE HOURS: 9:00 a.m. to 2:30 p.m. Monday - Friday.

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.

