



Reflections From a Rocking Chair

Let's travel back in time: It is March 1, 2020. We just started Lent, and little did we know what was coming our way in less than two weeks. I returned to the U.S. from Ecuador, and found that the COVID virus had taken hold of the world's population. The church Session had to make the hard decision of closing the church for a period of time in response to the virus. We hoped to have worship on Easter, but that did not happen. We continued to seek answers and information, and learned new ways of navigating through a strange time.

Then, we thought maybe summer 2020 would offer us a chance to return to "normal" life. But as school was to begin, new alternatives were put into place, and we continued to struggle with the strangeness and uncertainty of this new time. There was talk of vaccines being developed and being available by the middle of 2021, and we had hope that we could gather for outside worship on Palm Sunday and Easter 2021. However, we faced issues of rising COVID case numbers, and of variants, and continued wondering when we would get our lives back, again, and gather for worship or dinners with family. As a result, we have had to make real decisions about the safety of those around us, for ourselves, and for the greater community.

We are in our third Lenten season and still dealing with the issues of the COVID Pandemic, and raising questions about how to return to "normal" lives in the midst of great uncertainty. Our anxiety and stress levels are raised along with our awareness of how much of our world still struggles with disease, hunger, war, and violence. The pandemic did not stop many aspects of the reality that still exists in our world. So much of life is still moving forward in a "normal" kind of way. Days and weeks continue to pass. We still go to the stores for items we need. We still continue to go to work and school. We still continue to watch and hear about the news that is going on locally, nationally, and globally.

As we spend these next 40 days (plus Sundays) in our journey toward the hope and joy of Easter, we face so many things that are still uncertain. Maybe this Lenten season is a time to be full of grace and kindness to ourselves, and to seek ways to place our hope on those things that are certain. We know that the Word of God (scriptures as well as the presence of Jesus) are sure foundations for our lives. We know that as a community of faith, we remain present and connected to one another as best as we can.

As we enter these 40 days of Lent and these uncertain times, I am reminded of stories in Scripture and how those before us dealt with times of uncertainty. The children of Israel who left Egypt and were in the wilderness for 40 YEARS with no known end to their journey. For Jesus, as he began his ministry in the wilderness and faced temptations offered by the devil and lived through 40 days of much struggle and uncertainty. Both of these stories call us to ground ourselves, and our lives, in the things that are both secure and certain. The Israelites continued to follow God and He continued to provide for their daily nourishment. Jesus leaned into his relationship with God, and committed his identity and purpose to being connected with the God who is the Creator and Sustainer of Life.

As disciples of Jesus, we are invited to spend these days together in grounding our lives in those aspects of our faith that are certain. First, we know that God is present with us and in our world, giving us a place of safety and refuge and offering us sustenance and protection. Second, God invites us to celebrate God's goodness and bounty whether in daily meals or gathered around the Lord's Table, as well as sharing our stories and being within an inclusive community. Third, we know that we are on a lifelong faith journey, and that we are following the One who is the Way, the truth and the Life. May we find our strength, resilience, and hope in this time, as we seek to follow Christ in this season.

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, Dora Webb

Pastoral Concerns:

- ◆ Danny McInnis has a torn rotator cuff and is having surgery March 8;
- ◆ Kelly Hamrick as she is recovering from her surgery.

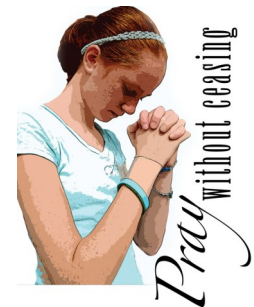
Continued Prayers for:

Randy Broyles, Travis Campbell, Bob and Becky Ingram, Jim & Joan Keith, Darlene Litton, Mark McCord, Don Miller, Alice Owenby, Roger Thompson (Angel Anderson's father), Allen & Retta Vance, Dora Webb, Linda Wise, Mike Weller, Betty Whitehead.

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.



Upcoming Lenten Sermons...

March 6	Trust and Resilience	Luke 4:1-13
March 13	Trust and Resolve	Luke 13:31-35
March 20	Trust and Openness	Luke 13:1-9
March 27	Guest Preacher	
April 3	Trust and Anointing	John 12:1-8
April 10	Palm/Passion Sunday	Luke 22:14-23:56
April 17	Trust and Joy	Luke 24:1-12



Congregational Corporation Meeting

Sunday, March 6, 10:00 a.m. Central Hall

The Session has called for the Annual Congregational Corporation Meeting of Central Presbyterian Church on Sunday, March 6, 2022 at 10:00 a.m. This meeting will be hybrid, with an opportunity to join us by Zoom.

Join Zoom Meeting

<https://us02web.zoom.us/j/88063171367?pwd=aEIUNXB0V05PUkVMYUJPNUNmeFBqQT09>

Meeting ID: 880 6317 1367 Passcode: 868557

"A Place where Questions Matter"...

Central Life

Are you looking to get to know and meet new people around you and in your community? Would you like to meet others through thought provoking questions? If so, come join us on Zoom on the third Thursdays of the month at 7:00 p.m. for open discussion and the opportunity to get to know one another better. For additional details and questions, please contact either Laurel Broadfoot or Marguerite Buckley (704-281-3319.) Brought to you by Central Presbyterian Church.

The question for our March 17 meeting will be...Do you believe in luck, or do you believe that people make their own luck? Why? Give examples or some personal experiences.



Thursday, March 17, 7:00 p.m. by Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/82509465310?pwd=d3JxNUZtaDJ1dUF1K3lwWkhrVHdvUT09>

New Church Directory...

We have a new Church directory that will be available on Sunday. We ask that each household pick up **ONE** copy and use this new directory.

Many of the Bristol, VA addresses have changed over the Past year. We have updated these addresses, phone numbers, and emails based on the updates we received from you per our requests. If you have a correction, or know of one for someone else, please let Lynn Gilbert in the church office know so we can get that information out to the church family as soon as possible.

REMEMBER that you can also access the directory, ONLINE with your Realm Account. Sign up now!

Welcome New Kitchen Coordinator...

Sumer Lowry joins our staff as the new Kitchen Coordinator!

Sumer has worked in the radiologic medical field for 15 years. She and her husband have a daughter, Piper, who is 4 years old, and Sumer has been a stay-at-home mom.

She began her catering and meal preparation business for friends. She offers this service to many, and brings her love of cooking and serving others to our church.

Please welcome her on Wednesday evenings, and when you see her around the church preparing for Wednesday night dinners.





Calendar for March 2-16, 2022

Wednesday, March 2	11:30-1:00 p.m.	Ash Wednesday Observance - Drive-thru Ashes
	12:00 Noon	Central Life
	5:30 p.m.	Lenten Dinner and Programs
	6:10 p.m.	Ash Wednesday Service
Thursday, March 3	7:00 p.m.	Sanctuary Choir Practice
	9:00 a.m.	Backpacks
	10:30 a.m.	Meal on Wheels
Sunday, March 6	4:00 p.m.	Care and Concern Committee Meeting
	9:00 a.m.	Worship and Communion - Central Hall
	10:00 a.m.	Congregational Corp. Meeting - Sanctuary
Tuesday, March 8	11:00 a.m.	Worship and Communion -Sanctuary
	3:00-4:30 p.m.	ONLINE Worship
	4:30-6:30 p.m.	Middle School Youth - In-person
	6:00 p.m.	High School Youth - In-person
	7:30 p.m.	Presbyterian Women - Hybrid
Wednesday, March 9	11:00 a.m.	APPLE Committee Meets
	6:00 p.m.	Worship Committee Meets
	7:30 p.m.	Lenten Dinner and Programs
Thursday, March 10	5:30 p.m.	Ash Wednesday Service
	7:00 p.m.	Sanctuary Choir Practice
Sunday, March 13	9:00 a.m.	Backpacks
	9:00 a.m.	DAYLIGHT SAVING TIME BEGINS - MOVE CLOCKS AHEAD 1 HOUR
Monday, March 14	10:00 a.m.	Worship - Central Hall
	11:00 a.m.	Adult Sunday School
	3:00-4:30 p.m.	Worship -Sanctuary
Tuesday, March 15	3:00-4:30 p.m.	ONLINE Worship
	4:30-6:30 p.m.	Middle School Youth - In-person
	12:00 Noon	High School Youth - In-person
Wednesday, March 16	12:00 Noon	Central Life Articles Due
	5:30 p.m.	Staff Meeting - In-person
	6:10 p.m.	Session Meets - Zoom
Sunday, March 20	7:00 p.m.	Central Life
	12:00 Noon	Lenten Dinner and Programs
	12:30 p.m.	Ash Wednesday Service
		Sanctuary Choir Practice
		Fellowship lunch at Perkins (Exit 7)



Presbyterian Women...

The monthly meeting of the Presbyterian Women will be on Tuesday, March 8 at 11:00 a.m. We will gather both in-person and on Zoom in the small Dining room, and will look at Lesson #7 in our Study Book, *What my Grandmothers Taught Me*.

The Biblical account of Mary, a young girl who is in complete disgrace, and yet who has the courage and faithfulness to say yes to God and meet difficulties with thoughtfulness and steadfastness will be the focus of our discussion.

We hope to see all women on Tuesday. There will also be a recording of the study and it will be available on the church website (CentralPresBristol.org) for those who are unable to attend.

Mary Ann Blevins and Thais Sikora, Co-Moderators

Join Zoom Meeting

<https://us02web.zoom.us/j/84146926389?pwd=Tyt3ZVZZUzFBZW1IM01WZ0I4OVBMQT09>

Meeting ID: 841 4692 6389 Passcode: 545123

2022 Pledge Update...

On behalf of the Session and the Finance Committee, thank you so much for the faithfulness of this church family as we continue to navigate these interesting times. We are grateful for the response to the 2022 Stewardship Campaign. We have received 73 pledges for a total of \$225,475. This includes 32 families who increased their commitment from 2021. You can check your financial giving by using your Realm account.

If you have not made a pledge yet, or want more information about making a financial commitment in 2022, please contact Mary Moffatt, Finance Director at finance.cpc@bvum.net or call her at 276-669-3157.

COVID Protocol Update...

We have a number of people in our church family who have tested positive for COVID and are quarantining. Please keep our church family in your prayers, and if you are not feeling well, please stay at home and get tested, if possible.

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.

Are you willing to come out and eat a meal together in Central Hall and participate in a program? Or would you rather have a "to-go" dinner and join us by Zoom or Live streaming?

Beginning Wednesday, March 2 (Ash Wednesday) we are going to offer a Lenten dinner and program for all ages. Dinner will be served from 5:30-6:00 p.m. Following dinner, we will have an adults study, a Youth group gathering, children's program, and nursery. Please sign up on the sheet in the entry area if you are planning on attending. We will offer a "to-go" meal, but we ask that you sign up for it so we can have it ready for you on Wednesday evenings.

During the Lenten season, the menu will be a soup, salad, and a dessert. Dinner cost will be \$5 per person with a maximum of \$20 for a family. If you are interested in participating and helping, please call the church office at 276-669-3157 and let Lynn Gilbert know so that we can make plans for our Lenten season together. You can also email the church office at office.cpc@bvu.net or use the sign-up sheets.

Dinner this week will be will be Chicken and Rice Soup, Salad, Roll, and Blueberry Lemon Trifle.

Join Zoom Meeting

<https://us02web.zoom.us/j/89834122960?pwd=cUMzaG9BbDhGTmhqTHd2RTN5bG12QT09>

Meeting ID: 898 3412 2960

Passcode: 763132

Adult Study will be *Embracing the Uncertainty: A Study for Unsteady Times*

March 2: Ash Wednesday service – Peter and the Uncertainty of Forgiveness (Matt 18:21-22)

March 9: The desperate Father and the Uncertainty of Faith (Mark 9:14-29)

March 16: The Crowd and the Uncertainty of Worry (Luke 12:1-34)

March 23: Lazarus and the Uncertainty of Mortality (John 11:1-44)

March 30: Zacchaeus and the Uncertainty of Surrender (Luke 19:1-10)

April 6: Jesus and the Uncertainty of Obedience (Matthew 26:36-46)

April 14: Maundy Thursday Worship Service in Central Hall with Communion (no dinner)

Together
WE MAKE A DIFFERENCE



During the season of Lent, we celebrate that God connects with us through Jesus' resurrection and connects us with "those who have least" — that's how Matthew 25 puts it — and that's what One Great Hour of Sharing is all about. Connecting.

Our gifts provide relief from natural disasters, food for the hungry, and support for the poor and oppressed.

This Lenten season, please give generously to *One Great Hour of Sharing...March 2 - April 17, 2022.*

<https://specialofferings.pcusa.org/offering/oghs/>

As we begin this new season of Lent, we often decide on something to either give up for Lent or some spiritual practice to include in our daily living. One of the disciplines that can be added is to set aside a time, each day, for Bible reading and devotional time through the 40 days. This year, we have three Lenten devotionals available for the church family:

- ◆ **The Cross and Me: A devotional for families with young children.** Included for each day is a story, a prayer, and a family activity.
- ◆ **Abundant Mercy: Family Devotions and Activities for Lent.** This is for families with children elementary through high school age, as well as households without children. Included each day is a scripture reading as well as Biblical background on the passage. There is also an activity on receiving mercy and an activity of extending mercy to those around you. Our Youth groups will be using this as a part of their weekly gatherings.
- ◆ **A Season of Grace: Lenten Devotionals for Seniors.** This devotional booklet is for those older adults, and invites readers to ponder Christ's journey to the cross and to the empty tomb. Each day offers Scripture passage, a reflection piece, and an activity to do that day in light of the reflection. This devotional is also in large print.

These three devotionals will be available on Ash Wednesday, on Sunday mornings, and in the church office during the week. We hope you will join us in these Lenten devotionals.

Online and Live-Streaming Worship Options...

We are seeking to offer many ways for the church family, those who are friends of the church, and those who might be interested in being a part of a faith community to connect and be a part of worship. To start making this happen, we have added the option for **Live-Streaming of the 9:00 a.m. Contemporary Worship service.**

On Sunday mornings at 9:00 a.m., you can join us on the Central Presbyterian Church Facebook page. We will continue the pre-recorded option of worship with limited liturgy, and this will be uploaded to the church website **CentralPresBristol.org** and to Ann Aichinger's Facebook page.

If you do join us online, we ask that you please make a "**Comment**" and let us know you are joining us! This will help us keep an accurate record of our attendance each Sunday. If you have any questions, please feel free to contact Josie Russell, our Social Media Coordinator.

Thoughts for Lent...

Lent is often a season when we seek to give up something (chocolate, sodas, social media time, etc.), but what if, instead, we chose to pick up a new spiritual practice or activity. Here are some suggestions as well as some additional online resources.

- ◆ Check out resources on **RightNowMedia.org** to study a particular book of the Bible or a theme in Scripture.
- ◆ The online daily devotional **www.d365.org** offers a directed time of *Pause, Listen, Think, Pray and Go*. This is a great resource for all ages to engage with scripture.
- ◆ We have several different devotionals available at the church for households to use in this season.

More on the Mathematics of Lent

Several years ago, I wrote an article for the newsletter about the “Mathematics of Lent,” citing the need to “add” to our Lenten activities instead of “subtracting” (chocolate, and all the other things people ‘give up.’) Instead, we would be well-advised to “add” things, e.g., Bible study, visiting elderly neighbors, donating to the Food Pantry, increasing our prayer life, etc. Much of the past two years has demanded that we give up many of the things we love, including attending church together as one body in Christ. For the past two years we had to give up ‘in-person’ Lenten Organ Meditations. Last year, we recorded them and posted them on line, but that’s just not the same as coming to church to see and hear the excellent guest organists who come to enrich us with a half-hour of organ music on our beautiful Dyer and Assoc. pipe organ. There is simply nothing like being in church, even if we are socially distanced, and listening to live music presented to enhance our Lenten experience. So the good news for this year?



THE LENTEN ORGAN MEDITATIONS ARE BACK IN-PERSON

Wednesday, March 16	Matthew Brickey Organist, Munsey Memorial UMC, Johnson City
Wednesday, March 23	Nick Andrews Organist, St. Johns' Episcopal, Johnson City
Wednesday, March 30	Stephanie Yoder Organist, Emmanuel Episcopal, Bristol, VA
Wednesday, April 6	Joy Smith-Briggs Organist, Central Presbyterian, Bristol, VA

Please join us as these four organists offer their talents to the Glory of God. You will be blessed by them. Come, bring a friend and share the experience. The programs begin at 12:05 p.m. and last from 30 to 40 minutes. They are designed to give you time away to meditate on the meaning of the 40 days and nights Jesus spent in the Wilderness, and to anticipate the joy of Easter morning.

Joy Briggs

(Programs are free; however, should the COVID situation change, some programs may have to be cancelled.)

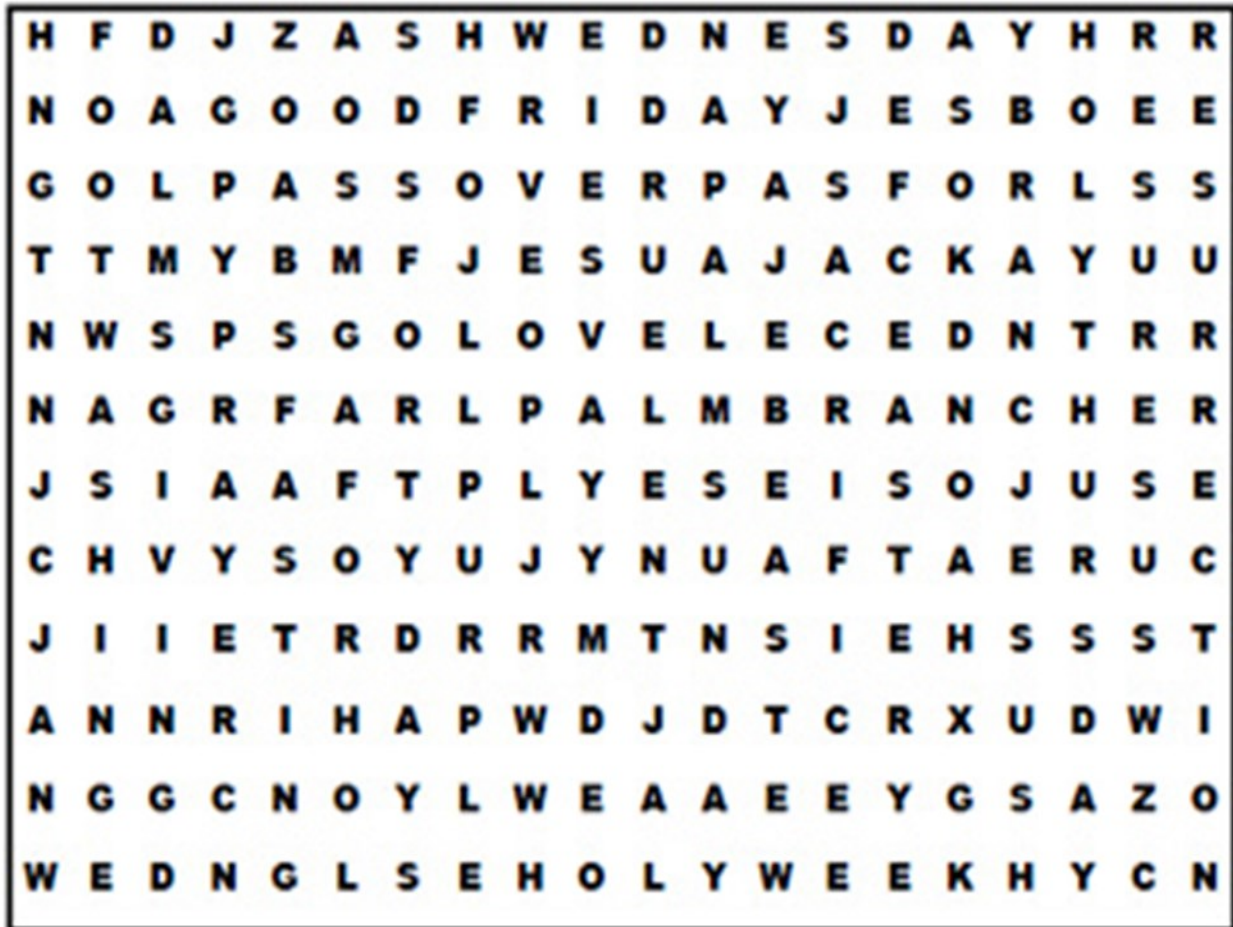
Thoughts for Lent...From Pope Francis (in 2021)...

*Fast from hurtful words and say kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and contemplate simplicity.*

*Fast from pressures and be prayerful.
Fast from bitterness and fill your heart with joy.
Fast from selfishness and be compassionate to others.
Fast from grudges and be reconciled.
Fast from words and be silent so you can listen.*

So what is it that you will engage in to grow closer to Christ and to grow deeper in your relationship and love of God? Choose, and see how your life becomes richer because of God's spirit at work, in you.

ON THE ROAD TO EASTER WORD SEARCH



Ash	Holy Week	Palm Branch
Wednesday	Holy Thursday	Forty Days
Sacrifice	Good Friday	Jesus
Almsgiving	Holy Saturday	Passover
Prayer	Easter	Foot Washing
Fasting	Palm Sunday	Resurrection
Lent	Purple	Love



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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.



How to contact us:

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Mary Moffatt, Finance Director	finance.cpc@bvuv.net
Sumer Lowry, Kitchen Coordinator	sumerlowry83@gmail.com
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.

