



Reflections From a Rocking Chair

Several people have inquired about our new project, the *Sabbatical Dream Team*? I have been asked a few questions such as - What is this that I hear about a sabbatical? What is that all about? What is involved, and when will it happen? Great questions, so I thought I would begin this conversation and let you, as the church family, in on what is happening and what a sabbatical leave is.

One of the options for churches and pastors is that after 7 years of service in a congregation, the pastor is offered an opportunity to take a sabbatical of 3 months without any pastoral duties. This time is designed for the pastor, and the congregation, as an opportunity to renew, refresh, and prepare for the ministry years yet to come. I have been serving Central for 8 years now as of July 27, and as we have moved through interim and co-pastors, the death of Frank three years ago, and the COVID-19 experience, it is time to refocus on who we are and what God is leading us to be doing in this world. The focus is on how we can be renewed for this work and ministry together as a church family, and for me, as your pastor, in the coming years.

John Dodge, John Barker, Marguerite Buckley, Briggs Allen, Donnie Spurell, Tim Landis, and Sheree Taylor make up the "Dream Team." They are graciously working with me to design a three-month period for congregational life that will be beneficial to the overall community of faith. This also includes providing for pastoral leadership, and preparing for our 150th Anniversary as a church in 2025. We are writing a grant to the Lilly Foundation which provides up to 150 grants per year to congregations. The total grant is for \$50,000 of which \$15,000 will be used by the church for leadership, programs, and planning. Having your voice and input will help make a strong case for this grant application.

The questions for both the congregation and the pastor to consider are "What will make your heart sing?" What might bring some renewed life and energy into ministry and service to Christ in the world by having a chance to refocus life, together?" As we are writing the grant, and filling out the lengthy application, the congregation will be invited to share ideas and dreams for the church, as well as plan for the celebration of our 150th Anniversary year of events. At the congregational meeting in 2023, you will be asked to approve this application for the Lilly Foundation grant which we will submit in April, 2023. By August, if we are approved and awarded the grant, we will then begin to plan the necessary parts for the Sabbatical to be taken from August-October, 2024, although that timeline is a bit flexible.

What am I am hoping to do during this time away? I want to work on my house a bit and transition some areas, and complete the process of cleaning out Frank's clothing and items. I also want to get some rest and take some time to read and work on my own art projects and hone my art skills. I do plan to take several trips, and at least one to Europe. This time is for me. It is not to be spent working on church responsibilities or planning sermons. It is a time for rest and renewal of my spirit.

I ask that you begin praying for this Sabbatical time. Please pray for the planning team, and when you are invited to be a part of the sharing, please join us in those gatherings and meetings. This is an exciting time for Central Presbyterian, and as I look forward to being able to continue as your pastor, I continue my prayers for you every day, that God will lead us together into His great future. If you have any questions about the Sabbatical process or time, please feel free to ask. I am not sure we have many answers right now, but we are working towards making a plan - together.

Grace and peace,
Ann Aichinger

Congregational Joys and Concerns...

Central Life

At Home: Bob and Becky Ingram and Bessie Kitts.

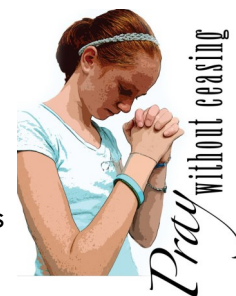
At Brookdale Bristol: Jean Thomason, Mary Kay English, and Diane Abbey.

At Dominion Senior Care: Linda Wise

At Oakmont: Allen Vance

Pastoral Concerns:

- ♦ Ann Pratt-Proctor is back in Bristol/Abingdon recovering from her knee surgery and has attended worship;
- ♦ Danny McInnis is improving and slowly recovering from surgery with physical therapy;
- ♦ Larry Surber, having testing for back issues;
- ♦ Jamie Butcher and her family's home caught fire during a lightning strike.



Continued Prayers for:

Randy Broyles, Travis Campbell, Bob and Becky Ingram, Jim & Joan Keith, Darlene Litton, Mark McCord, Alice Owenby, Ed Updyke, Allen & Retta Vance, Linda Wise, Mike Weller.

Prayers for Family Members and Friends:

Beverly Bosch (Randy and Phyllis Morris' daughter); Orion Callison, III, son of Peggy Callison; Cathy White's father, Roy; Kimberly Fields and Mary Ann Bevins, dear friends of Vicki Myers.

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. (Please help the church office keep this

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

Revelation 14:13

To the family and friends of Don Miller, who passed away at his home on June 14, 2022.

To the family and friends of Angel Anderson (friend of Allen Harris) in the death of her father, Roger Thompson.

Memorials...

To the Backpack Fund in Memory of Frank Sikora, given by Ed Updyke.

To the General Fund in Memory of Don Miller, given by "Ernie" Marie Gross and Amy Francisco, Ann Aichinger, Ralph and Terri Davis, and William and Barbara Wampler.

Upcoming Sermons...

June 26	What If We Followed Jesus Joyfully and Faithfully? Mark 10:17-31; Matthew 8:18-22; John 1:35-42	Central Hall
July 3	What If We prayed as if We Expected Something to Happen? Luke 11:1-4; Matthew 6:5-15	Sanctuary
July 10	What If We Trusted God to Provide? Exodus 16-17:7	Central Hall
July 17	What If We Loved Unconditionally Our Neighbors? Matthew 25	Sanctuary
July 24	Guest Preacher, Katherine Campbell	Central Hall
July 31	What If we Cared for those in need around us? Luke 10:25-37	Sanctuary

Session Notes...

The Session met on Tuesday, June 21, 2022 at 7:45 p.m. in hybrid style (in-person and by Zoom.)

After the devotional and prayer, led by Missy McCord, the Session met with the in-coming class of Elders and asked them the following questions:

- ♦ Share a time when you have had an experience of God's grace in your life.
- ♦ What did you learn about Presbyterian polity (government) that you think is important?
- ♦ Of the Characteristics of Reformed Theology, which one is important in your life and to your calling as an elder of Central?
- ♦ What are your "gifts" and talents that you can use in leadership?
- ♦ The Session approved the guest preachers for when Ann Aichinger will be away: July 24: Katherine Campbell; September 11: Rev. Dr. Don Hudson; September 18: Rev. Dr. Don Hudson. Still waiting to hear back about September 4.
- ♦ Ann Aichinger gave her report about what she has been doing and what is happening in the church. She is currently serving as the Moderator for the First Presbyterian, Gate City church, and guiding them through this time. Thank you to Tommy Caldwell for preliminary work on security issues at the church. The Souper Bowl of Caring Project has invited Central to be a Tackle Hunger Church and serve as ambassadors for the program in the local area.
- ♦ The Montreat Youth conference was great, and there will be 7 attending the Middle School conference. Ada Ritchie will be going as part of the planning team for the 2023 conference. It was approved to have Youth Sunday on Sunday, August 7, 2022 in Central Hall, and Communion will be served.
- ♦ She also updated the Session on the *Sabbatical Dream Team* who is planning for the three months when she will be on sabbatical in 2024.
- ♦ From the Clerk's report, several thanks were received: from the youth group for support to attend Montreat; from Jane Morison on behalf of Highlands Youth Ensemble for hosting their Spring Concert at Central, and from Bristol Faith in Action for financial support.
- ♦ The Session sadly and regretfully accepted Lynn Gilbert's resignation as Office Administrator as her life has changed and she will be moving out of the area. Her last day will be July 15.
- ♦ Finance Committee reported of the receipt of the 2021 Annual review by Glenn Myers, and it was approved. The Mission Committee brought the Community in Schools Back to School Clothing Drive project for approval. We have 30 children to provide clothing for.
- ♦ Having no other business, the meeting was concluded with pastoral concerns, and a closing prayer by Ann Aichinger. Our next meeting will be July 19.

Wanted: Piano/Keyboard player for Contemporary Worship Service

We are needing a keyboard player for the Contemporary Worship. The band rehearses an hour before the worship time, but all the music is distributed earlier in the week. If you are able and willing, or know someone who might be interested, please have them contact one of the band members (Josie Russell, Jack Wagner, Jay Hall, Savannah McCord or Ann Aichinger.)

“More Than Enough”

Reflections from Montreat

Youth Conference Week 1

Thank you to everyone for their support and prayers as we went to Montreat Youth Conference, Week 1. We look forward to sharing our experience with you on Sunday, August 7 during the Youth Sunday Worship. The theme this year was “More Than Enough” and we learned how that can be applied to our life of faith, our school life, our personal life as well as how we live together in our community and world. Here are the reflections from each of our participants about this week.



Montreat creates an environment I like to call, “The Breakfast Club Effect.” It describes the situations when sometimes being forced to mingle with people you’ve never met or would never interact with otherwise, create some of the strongest bonds. Monday morning you meet with a group of 11-14 other youth and this is the beginning of our small group. Montreat has the perfect balance of a welcoming atmosphere that also makes you branch out of your comfort zone! Being in this small group helped me grow and learn to speak up. I had the opportunity to befriend people I most likely would never get chance to without this experience. The speakers, leadership, and everyone else involved work together to make this week unlike any other. - **Callie Eckley**

Being at Montreat has brought me a sense of peace that is unlike anything else I’ve ever experienced. Going into this week I was nervous and anxious, but leaving I feel refreshed and joyful. I’ve loved meeting new people and learning new things. All of the leaders and speakers have been so welcoming and caring. I’m very thankful for this opportunity. I’ve stepped out of my comfort zone and grown in my relationship with God. - **Kendra Proulex.**



My favorite part of being here was small group because I got to meet new people who could relate and would listen to me. It’s always great to have people who listen to what I’m saying about issues even if they don’t agree. Also, having Gail preach keynote was amazing. She poured her heart into it and then some. She spoke with so much passion that you couldn’t not listen to her, and it was an amazing experience. - **Lee Jones**



When people ask to explain how Montreat is, it’s hard to put into words. The feeling that you get here is unexplainable. The friendships, the fun, and the memories that you will never forget. I am grateful for all the experiences here and the friendships made throughout them. I am overwhelmed by the abundance of joy I feel from this week. I’ll miss it, but I am thankful for all the memories and new friends. - **Maddie Harris**



I really enjoyed my experience at Montreat this year. One of my favorite parts of Montreat this year was my small group. Small group was a great way to make new friends, have discussions, and help grow your faith. I also really enjoyed keynote this year. The speaker was amazing. She brought up a lot of important topics. I am so thankful for my experience at Montreat this year. - **Ada Ritchie**

“More Than Enough”

Reflections from Montreat

Youth Conference Week 1

Central Life



This has been my favorite Montreat conference since I started coming back with the youth 5 years ago! The music team, speakers for keynote and worship, recreation leaders, and small group activities all exceeded my expectations. We also brought a wonderful group again this year. They participated in conference activities, made new friends in their small groups, and grew closer as a back home group. I am proud of our group for embracing the traditions of Montreat and everything that makes it special. Ann took wonderful care of us by making sure we were well fed and in good spirits. It was just an amazing time! Thank you to this church for your support through prayers and also by helping us out financially. - **Josie Russell**

What an amazing week! The theme was “More Than Enough” and each aspect and leader invited us to consider how we are enough and how God’s provision is enough. Our group did well together and built a caring community. Of course, we ate well, had lots of fun, studied scripture, and worshipped. Being in that sacred place of Montreat is special because it is a place near God. Our calling is to serve in our homes, schools, community, and church. We are all “More Than Enough” and called to share God’s love with others. - **Ann Aichinger**



THANK YOU!



Central Hall Paraments Dedicated to the Glory of God Created by Zach Baker

The Paraments for Central Hall at Central Presbyterian Church have been designed and constructed to the Glory of God by Zach Baker, as an expression of healing through creativity and for the edification of the Body of Christ, i.e. God's holy church. They were dedicated to the glory of God on Sunday, June 12, 2022.

This project came about in response to a holy desire to embrace renewal in the midst of a global pandemic. Inspiration for each Parament stems from various motifs found in worship spaces across numerous communities. Zach owes an immense debt of gratitude for guidance and for donated materials from friends and neighbors. Additionally, Zach has a passion for creating using repurposed materials: previously loved articles of clothing, fabric scraps, odd and end decorative ribbons - the list could go on!



Advent

The first Parament in the series, for Advent, echoes John the Forerunner's call to "Prepare the Way" - an invitation to run to Christ - the very embodiment of Hope, Peace, Joy, Love - precepts which guide our work and life together by God's gracious light. A color scheme of Purple, blue, and rose aid in making the distinction between the season of Advent from the season of Lent.



Nativity (i.e. Christmas)

Featuring notes of Gold, White, and blue, this Parament is inspired by the classic "trip around the world" quilt piecing. An intentionally small embroidered nativity motif may be found toward the center. "The people who walked in darkness have seen a great light."



Epiphany/Ordinary Time

Ordinary Time is extraordinary! It is during the "green weeks" in which we learn about many of the teaching and healing moments from our Savior. This Parament highlights growth and beckoning to service of God and neighbor, the four gospels, and the themes of Word and Sacrament. The "Word" is symbolized as a lamp, and "Sacrament" by bread and chalice.



Lent "Remember that you are God's beloved dust..."

Even in the midst of the unfolding drama of our Lord's passion, there is much joy to be embraced in our service and witness. A light purple veil surrounds the cross, amidst a darker purple shroud and black background. The King of Glory takes upon Himself the weight of sin and death...but, the story is far from over....



The Resurrection of our Lord ("Easter" or "Pascha")

He is risen! Finally, we can once again exclaim "Alleluia!". The instrument of torture used to crucify our Lord stands as a type of Tree of Life. Death does not have the final say. He is Risen! Gold and white express the glories of the Resurrection.



Pentecost

Renewal. Reform. Blood and fire. The Holy Spirit descends, filling and inspiring the hearts of the faithful. Blue is a type for the realm of eternity, as well as for the water of baptism. Gold with wheat calls to mind the harvest aspect of Pentecost. It is as though the dove that Noah sent out once again takes flight carrying justice, reconciliation, peace, and inclusion. Truly a glorious harvest, indeed!

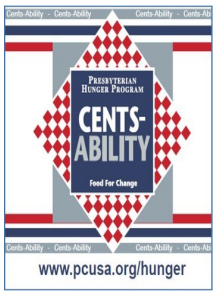


As we are all busy in the summer with vacations and trips, it is easy to get out of the habit of being a part of the faith community here at Central. Please remember that you can join us for online worship on Sundays at 10:00 a.m. through the Central Presbyterian Facebook page. Or, you can watch the pre-recorded worship anytime, available on our website as well as on Facebook (Central Pres. and Ann Aichinger's pages.) We do ask that you don't forget about supporting the work of the church financially as well. So, now is the time you can catch up with your pledge or giving. If you have any questions about your giving record, please contact Mary Moffatt, Finance Director at 276-669-3157 or finance.cpc@bvuu.net.

Calendar for June 22 - July 6, 2022



Tuesday, June 21	12:00 Noon 5:30 p.m. 7:45 p.m.	Staff Meeting Vacation Bible School Session Meets - In person and by Zoom
Wednesday, June 22	12:00 Noon 7:00 p.m.	Central Life Sanctuary Choir Practice
Sunday, June 26	10:00 a.m.	Worship in Central Hall (Pre-recorded and live-streamed available)
Monday, June 27	5:00 p.m.	Finance Committee - In-person (sm. dining room)
Tuesday, June 28	7:30 p.m.	Sabbatical Planning team
Wednesday, June 29	6:00 p.m.	Youth to <i>Just Jump</i>
Sunday, July 3	10:00 a.m.	Worship in Sanctuary (Pre-recorded and live-streamed available)
Monday, July 4	OFFICE CLOSED	(Independence Day observed)



Cents-Ability Offering (formerly known as Five Cents a Meal Offering)

Over the years, as a church family, we have been engaged in helping those who are in need of food. We participate with the Bristol Emergency Food Pantry by offering canned and dry goods as well as financial support. But we have also participated in the PCUSA Hunger program through the *Cents-Ability Offering* (formerly known as Five Cents a Meal Program.) This is an opportunity for everyone of all ages to participate in sharing from our abundance with those who are in need.

Cents-Ability originated in 1976 as *Two-Cents-A-Meal*, a project begun by Presbyterian Women to involve individuals and families in a corporate response to world hunger. Over the years, presbyteries have developed similar programs entitled *Pennies for Hunger*, *Nickle a Meal*, etc. Many of these programs benefit local hunger ministries as well as the national and international projects of the Presbyterian Hunger Program (PHP.)

Cents-Ability is a small first step in the battle against hunger and poverty. Everyone is invited to contribute a few cents at every meal. This simple act is an expression of thanksgiving for what we have received. It is also a commitment to share with others in response to Jesus' command, "You give them something to eat." You are invited to consider giving at least five cents-a-meal which if you eat three meals a day for a month totals \$4.50. For a family of four that would be \$18 for a month. These small acts of faithfulness can add up. By doing this as a church family we can make a difference, and this is an opportunity for all of us to remember to give thanks for all that God has given us.

The Central Gardening Group...



The group pictured that gathered to work on the flower beds at the church are Joe Davis, Patty Caldwell, Linda Waldron and Mike Vollmer. The devotional shared on Thursday, June 9 was from Genesis:

The Lord God took the man and put him in the Garden of Eden to work it and take care of it. - Genesis 2:15.

Planted in God's Garden by Don Byker

I notice the subject of gardening sprouting up everywhere. The cultivation and care for living, growing things is grounded deeply in the soul of who we are as created beings in God's garden.

In the beginning, God planted us human beings in his perfect garden. Previous verses from the creation story make clear that God is the original gardener. He created the vegetation—seed-bearing plants, trees that have fruit with seeds, shrubs, and all kinds of trees. From the beginning, God intended this first garden to produce food for all kinds of creatures and humankind year after year.

Genesis 2:15 shows that God planted people in that first garden "to work it and take care of it." This suits us because we are from God—created in his image to be like him—and we are also from the ground. We might even say that gardening—working and caring for growing things—is in our bones. Cultivating the gifts of God for the glory of God is what we are meant for.

Gardening involves cultivating, planting, watering, pruning, protecting, harvesting, and much more. When we are drawn to the world of soil, plants, and trees, it is no coincidence. We're designed to care for the earth, other creatures, and each other. Cultivation is rooted in our beginning and continual thriving in God's garden.

Lord, thank you for this vision of the garden you planted in paradise for us to work and care for with you. Recreate us in Christ back to your purpose for our lives. Amen.

July Birthdays



Happy birthday! Happy birthday! Happy birthday!

Bethany Lewis	1	Barbara Oakley	18
Vicky Wilson	2	Mary Moffatt	19
Christian Dodson	2	Collin Waldron	19
Caroline Jones	3	Lindsey Hale	20
Greyson Meade	3	Jessee Wagner	20
Clark Wilson	5	Matthew Coker	20
Marguerite Buckley	5	Meredith Hale	21
Becca Reese	8	David White	21
Carolynn Anderson	10	Sam Scott	22
Maddie Harris	11	Emma Prince	25
Kim Moore	12	Mike Dodge	28
Winnie Hendricks	12	Jenna Wagner	28
John Barker	14	Jeanie Franklin	29
Michelle Mercer	14	Bob Ingram	31
Eugene Waldron	15	Alice Blanton	31

Happy birthday! Happy birthday! Happy birthday!

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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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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.

