

**Central Presbyterian Church
October 6, 2022**

Thriving Communities Update

October 3-5, a team of six from Central went to Montreat to begin the work of Thriving Communities. This is a 2 year program that we hope will guide us as a congregation in this new time. This first gathering involved practicing prayer as paying attention: Being engaged in conversation with God, one another, and the community around us.

We will be working to expand our leadership team, and if this interests you, please talk to any of us. Come join us on the journey as we work to offer renewal, refreshment, and reconnection as a community of faith.

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Reflections on the Thriving Communities Retreat

I had the privilege of attending the Thriving Communities Workshop at Montreat for three days. It was an enlightening experience in which we engaged with other churches from all over the country.

It definitely shed a new light and showed me a different perspective on how we look at the church and our community. The workshops taught us to be better listeners and observers with our congregation and our community.

My take away was to focus on what we have in common more so than our differences and when we do this we can make changes in our church and community. The size of your congregation does not matter, it is the dedication and passion of your people.

Sandy Wilson

What does it take for a church to thrive? Even more basic is the question of what thriving is. Those are questions I hope we can find the answers to through the process we began to examine at Montreat on October 3.

I suspect every congregation thrives—or not—in its own way, so there will be no one answer. What comes next for Central Presbyterian Church after Covid. How do we continue to build on our “faith in action”? How can we continue to follow Christ’s direction to let our light shine? This is the answer we all seek. I hope for insight through this process.

Linda Barker

I am so excited about being involved in this new opportunity to ask the questions for a new time in being the church. This opportunity is for the whole congregation to be involved, so you are welcome to be engaged as you are able. Great things are ahead for us!

Ann Aichinger

Who are we? Where are we going? What do we believe? Why do we do what we do in community?

Sooo many questions, yet even more blessings to count. A season of introspective reflection and renewal is at hand, right on time. This “new normal” presents a new opportunity to ask the questions we’ve longed to ask, and boldly pray the prayers we’ve never prayed before.

Ask. Work.
Walk. Pray.
Let’s do this!

Zach Baker

To discern where Central is going (and where we want to go), we must take stock of where we’ve been—who we were, who we are, who we want to be.

This path toward creating a thriving church must go hand-in-hand with creating a thriving community. Central has always looked outward to the community around us: how can we best continue to do that? What has worked in the past? Are there things we need to do differently and more effectively going forward?

These are the questions we must ask as we discern our path forward.

The first step is learning who we are individually. What do we want individually for Central to be and do?

So those of us who attended the Thriving Communities training will be talking to you one-on-one: what is important to you? How would you help?

And then, we need you to join us in connecting with others! In encouraging others to connect with ever more of us! We are not a small “task force” trying to decide where Central should go. We are just the first small group in an expanding task force that will embrace the whole church. Because, if Central is to move forward, we must all be moving, learning, and getting to know each other better.

We can’t yet predict where we will ultimately go. But with the leading of the Holy Spirit, we can discern our path and will surely get there!

Robert Campbelle

Being a part of the Central team that attended this adventure was a great experience for me. The purpose of this is to help congregations build an opportunity/ framework by which they can thrive in this fast-changing world.

I believe Central Presbyterian has always been on the leading edge of seeking “the Winds of the Spirit”, and I believe that by embracing this opportunity we will find our horizons will become broader and we will see our congregation thrive and grow in many ways.

You will be hearing more about this soon.

John Barker



9:00 a.m. Worship in Central Hall
10:00 a.m. Sunday School for all ages
Preschoolers: Nursery, Room 111
Elementary: Upstairs, Room 205
Adults:
Standard Lesson Bible Study: Parlor
Contemporary Issues: Room 100
The 5 Love Languages: Small Dining Room
11:00 a.m. Worship in the Sanctuary

Congratulations to...

Brandon and Katie Hall on the birth of a son, Paxson Lee Hall. He was born on October 1, 2022, weighing 7 lbs 9 oz. The family lives in Ashburn, VA. Paxton's proud grandparents are Jay Hall and Doris Hall.



The Bristol Tennessee Middle School Volleyball Team on winning the TN State Volleyball Championship in their division. Vivian Wycoff is a member of the winning team.

Pastoral Concerns:

- ♦ Bob Ingram and Becky Ingram with continued health concerns;
- ♦ Ken Moss will have surgery on October 14;
- ♦ Mark McCord is at home with home health & rehab after his heart surgery;

Continued Prayers for:

Randy Broyles, Travis Campbell, Robert Campbelle, Jim & Joan Keith, Jeanne Kiger, Bessie Kitts, Niki McGrew, Alice Owenby, Ed Updyke, Retta Vance, Linda Wise.

Prayers for Family Members and Friends:

Paul Cox (Jean Thomason's brother), in hospice care; Jane Davis Copenhaver, (Bobby Davis' sister); Roy Smith (Cathy White's father); Roger McGhee (Christy Blevins' father); Glenda Leonard (friend of Missy McCord); Kellen Napier (7 month old with cancer); Connie Perry, (Sandy Wilson's aunt, who has cancer); Jamie Butcher and family (dealing with restoring their home after a fire); Orion Callison, III (son of Peggy Callison).

Sympathy to...

The family and friends of **Central member, Allen Vance**, who died on Sunday, October 2. Visitation with the family will be on Saturday, October 8, from 1 to 2 p.m. at Central, with the funeral following at 2:00.

Christie Davenport and family on the death of her uncle Howard on Sept. 19;
Tommy Caldwell and family on the death of his cousin, Linda Samper, in Galveston, TX.

Please call the church office (276-669-3157) with any pastoral concerns.



THANK YOU, ANN, FOR ALL YOU DO!



Are you speaking in the right "Love Language?" Bible Study

We all know how exhausting these last two years have been for everyone and recognize it may be a good time to practice some self-care and focus on our own wellness. The 5 Love Languages Adult Bible Study will help get you back on track, not only for yourself, but also your relationships with your family and friends.

We will be working through the international bestseller, "The 5 Love Languages," written by Dr. Gary Chapman, senior associate pastor at Calvary Baptist Church in Winston-Salem, NC. The objective is to identify your "love language" and the type of personal interactions that fill your "love tank" and therefore, enhance your own feelings of happiness and well-being and strengthen relationships with loved ones. This is also applicable to children and helps to ensure you are speaking their "love language" to promote communication.

Join us at 10 a.m. each Sunday in the Small Dining Room to discover ways to live your best life!



Join us for the weekly Wednesday supper and program!

Kids will join their friends for Wednesday Night Kids Club with music and fun activities.

Menu for October 5: Soup and salad and dessert

PHOTOS, PHOTOS, PHOTOS!

WE NEED YOUR PHOTOS!



We ask everyone to please take pictures of any church activities or events and send them to Josie Russell, Social Media Coordinator, to post online. Thanks!

josieannrussell@gmail.com



Wednesday Night fun at Central!



All women are invited to study “Celebrating Sabbath - accepting God’s Gift of Rest and Delight,” written by the Reverend Carol Bechtal and led for us by our own Reverend Ann Aichinger.

When: Tuesday, October 11, 2022 11:00 a.m.

Where: Small Dining Room

This study will continue for the next eight months. Books are available in the church office. We hope you will join us on the second Tuesday of each month.

Your Co-Moderators: Mary Ann Blevins and Thais Sikora

Blessing Bags

On Wednesday, September 28, church members packed 40 blessing bags. These bags include hygiene and snack items, and they are great to keep in your car so that you can give them to someone you see who is experiencing homelessness.

You can stop by the church office to pick up a couple to take with you so that you can hand them to someone who needs it!



Youth Group

The Youth Group has been busy since school started back! We have been working on an awesome fall schedule with a mixture of service projects, meaningful lessons, and of course, some fun! We already donated a big box of dog food, which we packed in individual baggies, to the Bristol Emergency Food Pantry so that their clients can grab it to feed their four legged friends in addition to themselves.

Wednesday, October 5th

5:30 p.m.-7:00 p.m.
dinner and activities at the church

Sunday, October 9th

2:00 p.m.-3:30 p.m.
activities at the church

Wednesday, October 12th

5:30 p.m.-7:00 p.m.
dinner and helping with the kiddos!

Sunday, October 16th

2:00 p.m.-3:30 p.m.
activities at the church



Becca Reese helps with the Blessing Bag service project.



Mountaintop Is Almost Here!

October 15

Central Life

The Presbytery's Education and Leadership Development committee members are excited for this year's new and redesigned Mountaintop Event.

Everyone is invited to come to Royal Oak in Marion on Saturday, October 15, for music, fellowship, and learning.

This year's theme is "Seeing Mission through a Different Lens" with guest speaker Robert Gamble, the executive director of This Child Here, a ministry to street children in Ukraine. We'll also hear about mission and outreach being done by churches within our presbytery, so that we can learn and grow together. Registration begins at 8:30, and Valley Grass will begin playing at 9:20.

Calendar for October 5 - 20, 2022



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| Wednesday, October 5 | 12:00 Noon 1:30 p.m. 5:30 p.m. 7:00 p.m. | Central Life published Widow's Grief Group Wednesday Night Supper and Activities Sanctuary Choir rehearsal |
| Thursday, October 6 | 10:30 a.m. 4:00 p.m. | Meals on Wheels delivery Care and Concern Committee |
| Saturday, October 8 | 2:00 p.m. | Funeral for Allen Vance (visitation from 1-2 p.m.) |
| Sunday, October 9 | 9:00 a.m. 10:00 a.m. 11:00 a.m. 2:00 p.m. | Contemporary Worship - Central Hall Sunday School for all ages Traditional Worship - Sanctuary Youth Groups |
| Tuesday, October 11 | 11:00 a.m. | Presbyterian Women Bible Study |
| Wednesday, October 12 | 4:45 p.m. 5:30 p.m. 7:00 p.m. | Finance Committee Wednesday Night Supper and program Sanctuary Choir rehearsal |
| Saturday, October 15 | 9:00 a.m. | MountainTop Educational Event - Marion, VA |
| Sunday, October 16 | 9:00 a.m. 10:00 a.m. 11:00 a.m. 2:00 p.m. | Contemporary Worship - Central Hall Sunday School for all ages Traditional Worship - Sanctuary Youth Groups |
| Tuesday, October 18 | 7:00 p.m. | Session |
| Wednesday, October 19 | 12:00 Noon 1:30 p.m. 5:30 p.m. 7:00 p.m. | Central Life published Widow's Grief Group Wednesday Night Supper and Activities Sanctuary Choir rehearsal |

Help us earn money for APPLE Academy!

It is time once again to link your FOOD CITY ValuCard to APPLE Academy! It's easy and free and does not effect your points earned for fuel! Last year we received a check for \$959.30 from Food City and we only had 13 linked cards, just imagine what we would receive if everyone participated!!

This year Food City is making \$700,000 available to participating schools to invest in classrooms, equipment and essential supplies. For every dollar spent at Food City* using your ValuCard, one point will be earned for APPLE Academy. The more points earned the larger share of the cash our school will receive. All you have to do is link your ValuCard to APPLE and you'll automatically earn points every time you shop! Linking online is easy - log into your Food City account, and select our preschool.

Use the information below to link your ValuCard and help us start raising money for APPLE! **(If you linked last year, you will also have to re-link this year)** If you need help linking your card, stop by the office and we will be glad to help you!

How Can I Link My Food City ValuCard?

- Visit <http://www.foodcity.com/schoolbucks>
- Click the blue "Login" button under *Customer Login*
- Enter your username and password for your Food City online account.
- At the top of the page click, "My Account". This will load the customer dashboard page.
- Below the *Fuel Bucks* section, you will find "My School Bucks" section. (The total school bucks earned will show here as well)
- Click the "Update School" link listed below. Select the school and click, "Save"



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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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| Ann Aichinger, Pastor | ann.cpc@bvuvu.net |
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| 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 to 12:00 Monday & Friday,
9:30 to 2:30 Tuesday & Thursday,
11:00 to 4:00 Wednesday.
Please call 276-669-3157 for
office hour changes and updates.

