



CENTRAL LIFE

Central Presbyterian Church
November 16, 2022

Reflections from a Rocking Chair

Gratitude: /'gradə,t(y)ood/ noun--- the quality of being thankful; readiness to show appreciation for and to return kindness.

November is the month when we focus on Thanksgiving and how we can express our gratitude to God for our many blessings and to one another. It is sad when we rush over this holiday and jump from Halloween right to Christmas. But we are given about three weeks to be mindfully grateful.

One aspect of gratitude is that when we express that we are grateful for what we have, for the opportunities we have experienced, we discover that in fact we have enough. Our culture tells us that life is all about acquiring more and more, when in fact, most of us have enough. Actually, most of us have more than enough. It is in the practice of expressing gratitude, that we discover that in fact what we have is truly enough.

Another aspect of gratitude is finding something good in others and to express that with words of thanks and by giving compliments or affirmations. This might be to someone in your own household or family, or in your friendship circle. But we also need to extend our gratitude to those who offer services of all kinds: mail delivery staff, city workers, garbage collectors, cashiers, those who stock store shelves, and those who gather up shopping carts in parking lots. So many of these people are overlooked in our day to day living, but they are providing services that help our lives. So why not offer a word of kindness and gratitude.

This year my parents will be coming to visit me for Thanksgiving. One of the traditions that I bring are Turkey notes. These are notes written from the turkey to individuals at the table about this last year. It is fun to have everyone read them aloud as a part of the dinner. In our family, I write them (on behalf of the turkey). But you could invite everyone to draw a name and write a note of gratitude to that person.

Gratitude is something that is not just for one month of the year or only for one day. But as followers of Jesus and as children of the Living God, we are to live every day gratefully. If you are not sure what you are grateful for, then I encourage you to start a gratitude journal. Everyday write down five things that you are thankful for. Then the next day write down five different things. Try not to repeat from your list, and you will discover more and more that you are grateful for. For example: on a cold morning warm, slippers; on a dark night, having light to see; having so many choices for food to eat; being able to read your favorite magazine or website. There are so many things we can be thankful for; it just takes practice to be aware of all of our blessings.

I am so very thankful for this church family, for its continued ministry and seeking to work together in living as Christ-followers in this community. I am grateful for those new opportunities that we have to expand our support and giving and ministry. All of these things can happen because of your generosity. May this season be a time to express gratitude to God and to others. May you discover that in fact you do have enough, and in having enough, you can share of what you have with those who are least among us.

Happy Thanksgiving!

Ann Aichinger



Advent Organ and Flute Meditation November 27, 3:00 p.m.

It has been a few years since we have had the Advent Organ meditations live in the sanctuary, but COVID is sufficiently behind us that we can once again enjoy the 'in person' experience.

Those of you who attend the Traditional services on Sunday mornings will remember the delightful flutist who offered her talents several weeks ago. Since she was so enthusiastically received, it occurred to me that she would be a wonderful addition to the Advent Organ program. So, I invited her to join me and she graciously accepted.

Our program is scheduled for **Sunday, November 27, at 3:00 p.m.** It will last about 45 minutes and give you a head start on preparing your hearts for the coming of the Christ Child.

So, let me tell you a little bit about my friend, Martha Egan. Martha has participated in area instrumental and vocal groups for many years. One of her great joys in life is playing and teaching flute and piccolo. Presently, she teaches at two area church locations and at Music Doctors in Kingsport, TN. In addition to flute and piccolo, she teaches alto flute, recorder, beginning clarinet, Irish Tin Whistle, Native American Flute, and Pan Flute.

Her primary flute instructors were Eugene Orner (the first multiple woodwind graduate of Eastman School of Music) and John Meachem, flute professor at the University of Tennessee, Knoxville.

It is our pleasure to present this program for your enjoyment. Please come and bring a friend.

Joy Briggs

Session Notes:

The session met on Tuesday, November 15, both in-person and by Zoom. Christy Blevins led the devotional and opening prayer. We shared with one another a teacher who was influential in our life and why we are thankful for that person. Patty Caldwell, John Barker, and Ann Aichinger shared about the November 10 Presbytery meeting at Sinking Spring Presbyterian Church.

Ann Aichinger reviewed her report including a trip she will be taking in March, 2023 to cruise the Danube River in Europe. She did request that Communion be served at the Christmas Eve service at 5 p.m. All agreed to that. She reviewed the calendar.

We received reports from the committees and the following items were approved:

- * Hiring of Brenda Lester as the Office Administrator (see her bio on page 4 of this newsletter)
- * Christmas Day Worship will be at 11 a.m. in the Sanctuary and we will sing carols.
- * New Year's Day worship will be at 11 a.m. in Central Hall with Communion.
- * John Barker was elected as representative to Presbytery on January 12, 2023.

The next meeting will be on December 20 at 7 p.m. Cindy Hale closed the meeting with prayer.



**Join us for the weekly
Wednesday supper and program!**

Upcoming programs and menus:

November 16: Game Night

Menu: Chicken Alfredo, veggies, salad, & dessert

November 23: No dinner---Enjoy the holiday!

November 30: Let's Go Caroling

December 7: Making Christmas Ornaments to give away

December 14: Who's Coming to Our House? Play for children

Come join the fun of decorating the church for Christmas!

We need lots of people to help with decorating and getting the church ready for Advent and Christmas.

When: Sunday, November 20, 12:15 p.m.-1:30 p.m.

Then we will all go to Bella's for lunch.

We need those who are willing to climb up ladders and those who can help fluff wreaths. We also need strong people to help bring up the Christmas decorations from the basement.



Presbyterian Children's Home of the Highlands Offering: November 20

On Sunday, Nov 20, we will take a special offering to support the Presbyterian Children's Home of the Highlands. This is a place where children and youth can live when home is not safe. This is located in Wytheville, VA and is part of the on-going support of this church. If you have any questions, please talk to Mike Vollmer who is a member of the Board of Directors. You can find out more about PCHH by going to their website: www.pchh.org Special envelopes and fliers will be included in the worship bulletins on Sunday. Please make checks out to Central Presbyterian and in the memo put PCHH offering. Thank you for supporting this important work.



"ADVENT-ure Begins" Workshop,

Sunday, November 27, 4-5 p.m.

Advent is a special season for us to prepare for the coming of the Christ Child. This year, **everyone is invited** to come and be given the adventure with gathering items for Advent for your home. Plus we will have some decorations to make as well as refreshments to share. We will have wreaths and candles available for you to use at your home. So come join us for a wonderful way to start Advent together.

Upcoming Sermons

November 20: Thanksgiving, Christ the King Sunday: Celebrating God's Greatest Gift
November 27: First Sunday of Advent: A Season of Watching and Waiting
December 4: Second Sunday of Advent: A Season of Waiting and Responding
December 11: Third Sunday of Advent: A Season of Responding and Rejoicing
December 28: Fourth Sunday of Advent: A Season of Rejoicing and Love
December 25: Christmas Day (11:00 a.m.) Lessons and Carols Service



Angel Tree with the Salvation Army



This year we will have 20 children and 3 adults to purchase gifts for through the Bristol Salvation Army. There are 10 boys and 10 girls. The angel tags are available at the church on Sunday, November 20, for pick up. You will need to give contact information when you choose a child. You are asked to purchase for that child what is indicated on the tag, which usually includes an outfit and shoes, and possibly a coat, and then a toy or two. Please leave all gifts unwrapped and put in one bag and attach the Angel tag.

Return your gifts to the church by Sunday, December 4, so they can be delivered to the Salvation Army where they will be given to families for the children. If you have any questions, talk to Sheree Taylor.

Welcome Brenda Lester

Church Office Administrative Assistant

Brenda Lester returned to the Tri-Cities area recently after caring for her parents whom had terminal illnesses. She has an extensive background in management, leadership, and administration. She enjoys various activities such as: wood-working, crafts, singing, playing her 12-string acoustic guitar or 6-string acoustic guitar, writing songs, and reading. Brenda also has a deep commitment to helping others and recently also enhanced her medical background by obtaining her CNA License. She is always seeking ways to learn and enhance the lives of those around her in a positive direction.



She has been married to Martin, who is an Over the Road Truck Driver, for 9 years.

She has two sons – Austin and Christopher. Austin is a freshman at King University studying Business as well as pursuing his Baseball goals. Christopher is a junior at Volunteer High School in Church Hill, TN. Christopher is currently a member of the ROTC program and looking to join the military after graduation.

Nativities Available...

We will again have the **Miniature Nativities** for purchase as gifts or for your own use. These come from France and are available to order. These miniature nativities are a blending of two traditions in France. Following the French Revolution when religious displays were outlawed, the faithful French simply shrunk their nativities to a size that could easily be hidden. The second tradition is to hide a small prize into a king cake at Epiphany, and often these trinkets were the tiny nativity figures used. Many families in France have pieced together their cherished miniature nativities over the years, by acquiring the figures in their slice of cake.

Central Life



Nativities are available for purchase in the church office. You may purchase and take your Nativity with you. Please complete the order form and return with your payment to the church office.

Calendar for November 16 - December 7, 2022



Wednesday, November 16	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
Sunday, November 20	9:00 a.m. 10:00 a.m. 11:00 a.m. 12:15 p.m.	Contemporary Worship - Central Hall Sunday School for all ages Traditional Worship - (Thanksgiving Offering) Church Decorating
Wednesday, November 23		NO ACTIVITIES
Thursday & Friday, November 24-25		CHURCH CLOSED
Sunday, November 27	9:00 a.m. 10:00 a.m. 11:00 a.m. 3:00 p.m. 4:00 p.m.	Contemporary Worship - Central Hall Sunday School for all ages Traditional Worship - Sanctuary Advent Organ and Flute Meditation ADVENT-ure Workshop
Tuesday, November 29	7:00 p.m.	Sabbatical Team
Wednesday, November 30	5:30 p.m. 7:00 p.m. 7:30 p.m.	Wednesday Night Supper and Caroling Sanctuary Choir rehearsal King Institute program - Katherine Paterson and Kimberly Brubaker Bradley
Thursday, December 1	10:30 a.m.	Meals on Wheels delivery
Friday, December 2	6:30 p.m.	Parents' Night Out
Sunday, December 4	9:00 a.m. 10:00 a.m. 11:00 a.m.	Contemporary Worship - Central Hall Sunday School for all ages Traditional Worship - Communion
Wednesday, December 7	12:00 p.m. 1:30 p.m. 5:30 p.m.	Central Life published Widow's Grief Group Wednesday Night Supper and Ornaments

December Birthdays

Central Life



Happy birthday! Happy birthday! Happy birthday!

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Rob Hollo	1
Carol Duhaime	1
Terry Eckley	2
Harper Lewis	2
Madison Campbell	2
Lauren Calloway	4
Jack Wagner	5
Colby Vaughn	5
Joan Keith	6
Callie Eckley	7
Jean Thomason	9
Bernice Hagaman	11

Robert Campbelle	11
Sandy Wilson	16
Travis Campbell	16
Allen Harris	18
Mike Barnes	20
Brody Campbell	20
Nancy Norman	21
Leslie Mumpower	21
Merrie McInnis	25
Archer Parson	26
Barret Blevins	30
Cathy Moss	31

Happy birthday!

Happy birthday!

Youth Group

Central Life

Wednesday, November 16th

5:30 p.m.-7:00 p.m.

Dinner and game night

Sunday, November 20th

Decorating the church for Christmas

Please note the change for youth on this day!

The youth decided to decorate instead of having our regular youth meeting. This will happen directly following 11:00 worship. We are invited to go to lunch afterward at Bella's Pizza.

Wednesday, November 23rd

NO YOUTH meeting

Sunday, November 27th

ADVENT-ure Event with the church

This will replace our regular youth meeting.

Youth are invited to attend the organ music at 3:00 p.m. then stay for the Advent activities from 4:00 p.m.-5:00 p.m. There will be hot cocoa and cookies!



Parent's Night Out, Friday, December 2, 6:30-8 p.m. at the church

Drop your children off at the church in the care of our youth, and head out to go Christmas shopping or to dinner, or however you want to spend your evening. (Please feed your children before coming.) Cost is \$15 per child with a family maximum of \$30. We will care for children from 6 months-5th grade.



CHRISTMAS FLOWERS

You are invited to order poinsettias as a part of the decorations for the church during Advent and into Christmas. The poinsettias are \$10 each, and you can give them in honor, or in memory of someone, and those persons will be listed in the Sunday bulletins on Dec. 4. The order forms are available in the office or in the church bulletins on Sunday. **Forms need to be returned by Monday, November 28.** You are invited to take your poinsettia home on Sunday, January 2 after worship.



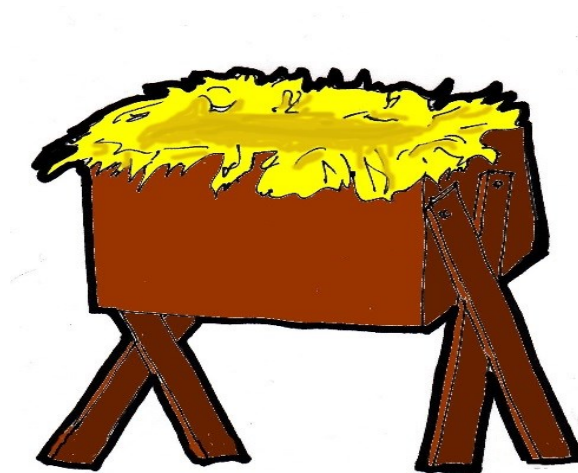
Don't forget that the 1st Sunday of each month, when we have communion, we also receive the 5 cents a meal offering. This goes to help hungry people locally, nationally, and globally through the PCUSA. Our own Backpack program has received much needed funds from Abingdon Presbytery through a 5 cents a meal grant.

A Manger for the Messiah

by Mark Foster

adapted by Robert Campbelle

Sunday, December 11, at 3:00 PM
in Central Hall



George F. Handel, whose oratorio *Messiah* has taken London by storm, has been invited by Charles Wesley and city fathers to conduct a performance of the work in Bristol, England. Wesley also invites Handel to dine at his house and to hear members of the church choir who want to sing in the performance. Some of the church choir members also hope to sing some of the solos.

The church congregation does not have enough money to pay an honorarium to Handel, so they plan to present him with an exquisite Nativity set from the Holy Land. Problems occur when Handel arrives in Bristol with his own professional soloists in tow. The Bristol singers who have been working on the solos are not happy! But Handel is very eager to hear the local soloists and choir.

After a rehearsal, dessert is served. While they are eating, Sarah Wesley gives her husband the bad news that the Baby Jesus from the Nativity set is missing. When dessert is over, Handel prepares to leave. Wesley offers their thanks to Handel for honoring them with his presence and presents him with the nativity. Just as Wesley starts to explain about the missing Baby Jesus; Charles Jr., the Wesley's son, comes in to save the day!

You won't want to miss this performance of "A Manger for the Messiah!"



Congratulations! to Ada Ritchie for being inducted into the National Honor Society at Tennessee High School.

Pastoral Concerns:

- ◆ Terry Parks had a stroke and has been diagnosed with cancer. She is at the Hospice House.
- ◆ Ken Moss will have reconstructive surgery on his nose Wednesday, November 16, in Knoxville.
- ◆ Diana White had knee replacement surgery and is at home recovering.
- ◆ Glenn Myers has eye issues.
- ◆ Coleman Lewis had eye surgery and is at home.
- ◆ Parker Davis (Woody and Sandy McGlothlin's grandson) will have tubes in his ears and adenoids removed Thursday, November 17, 2022.

◆

Continued Prayers for:

Randy Broyles, Travis Campbell, Bob & Becky Ingram, Jim & Joan Keith, Bessie Kitts, Mark McCord, Niki McGrew, Alice Owenby, Ed Updyke, Retta Vance, and Linda Wise.

Prayers for Family Members and Friends:

Roy Smith (Cathy White's father); Roger McGhee (Christy Blevins' father); Connie Perry, (Sandy Wilson's aunt,); Jamie Butcher and family (with their home restoration); Orion Callison, III (son of Peggy Callison).

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

Memorial Gifts...

To the Memorial Fund for Allen Vance by Tara Murnane;
To the Service Fund for Allen Vance by Ed & Verle Sutphin;
To the General Fund for Paul Cox by Jean Thomason;
To the Widow's Grief Group for Don Miller by Ed & Verle Sutphin.

Honorary Gift...

To the Service Fund in appreciation of Ann Aichinger by Ed & Betty Whitehead.

JOURNEY'S END, Tuesday, December 13, at 6:00 pm

On Tuesday, Dec. 13, at 6 p.m., everyone is invited to join us for Los Posadas, or Journey's End. We will meet at the Country Music mural at the Farmer's Market in Bristol, and then follow Mary and Joseph as they search for a place to be where Jesus can be born. As we wander down State Street, we will sing carols, and approach 6 places that are "inns." Mary and Joseph will ask if they can come in and find lodging, but are continually turned away. Then the group will end up at the Paramount Theater*, where we all will be welcomed in, and have time for fellowship and refreshments. We will have the alpacas from Dreamland to join us for this journey. This is fun for all ages. Dress warm and come on this journey to find a welcoming place. There is no rain date, so watch for information if the weather is inclement.
*You are also invited to stay at the Paramount to hear the Senior Show Choir in their Christmas Concert.



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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:

The current office hours are:
9:00 to 2:30 Monday—Friday

Please call 276-669-3157 for
office hour changes and updates.

