



## Reflections from a Rocking Chair

**Central Presbyterian Church**  
**January 4, 2023**

Happy New Year! So we have begun 2023, and before us lay all the hopes and dreams with new opportunities. Many of us may have made New Year resolutions before including: to exercise more, to lose weight, to travel more, etc. But with resolutions, it is easy to give up on them quickly and move back into our old ways. Along with not meeting our New Year resolutions comes the sense of failure and then guilt that we can't keep our commitments.

Instead, I want to invite you to consider making a New Year **intention**. To be intentional this next year means making a certain pursuit or seeking to live in a particular way. Intentions allow us to restart each day with a new chance and to try again. Intentions also are great ways to put into practice aspects of our Christian faith. Take up one or two of these attributes of the Christian faith and seek to live into that each day. You can make yourself a note on your bathroom mirror or in your devotional book or some place where you will see it as you begin your day. So what might a worthwhile intention be for 2023? Consider the following:

- The fruits of the Holy Spirit: Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness and Self-Control which are found in Galatians 5:22-23:
- Faith, Hope, and Love which we read in 1 Corinthians 13
- To do Justice, to love Kindness and to Walk humbly with our God (Micah 6:8)
- Live the Great Commission: Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age." Matthew 28:19-20
- Finding joy in each new day as instructed in Philippians 4:4-6 which says Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
- Releasing your anxieties upon the Lord and instead of worrying about those things that you cannot change, find ways of making a difference in the world. See Matthew 6:25-34
- To live into the Life that Christ gives us and discover what it is that invites you to live life abundantly. (John 10:7-10)
- Giving thanks to God, in all circumstances (the good and the bad), for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:17

This list has many things in common, and at the heart of them all is **love**: God's love for us and our love for God, and how we are to love one another and all of creation. In Scripture there are so many invitations to live into new intentions for the year. So what will you seek to live into in this New Year? How might this year change how you see those around you as well as your own life? May we find new ways to serve Christ in this world through our intentional living.

Grace and peace,

*Ann*

## January Souper Bowl of Caring Food Collection Challenge

During the month of January until February 12, Central Presbyterian Church will be engaged in 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 doors to worship areas. We will keep the donation amount posted for all to see. Then on Sunday, February 12 (Souper Bowl Sunday), we will conclude our formal collection. But we hope that this 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, and welcoming the stranger).

**Items needed: (PLEASE no glass jars or containers)**  
**Most Needed Items are marked with an " \* "**

- Pancake and muffin mix that **only require water**
- Canned soups
- Canned pasta meals (ravioli, spaghetti, etc.)
- Canned meat (tuna, ham, chicken, beef stew) \*
- Canned vegetables ( no green beans or corn)
- Canned pork and beans, or pinto 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 \*
- Macaroni and cheese (preferably not needing milk or butter)
- Pantry staples (small containers of flour, salt and pepper, sugar, catsup, oil, etc.)
- Cat and Dog food (canned & dry)



**PLEASE DO NOT BRING RAMEN NOODLES!**

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 the website: <https://tacklehunger.org>



Welcome to Epiphany, the liturgical season from January 6-Ash Wednesday, which is on February 22. The word epiphany refers to the idea of appearing or revealing. On Sunday, January 8, we will celebrate appearance of the Bethlehem star that led the wise men to this newborn king. As a part of our worship time on January 8, you will have the opportunity to pick an Epiphany star which can help guide your year. The possible words will be light, joy, hope, love, thanks, praise, seeking, and many other words. Through the season of Epiphany we will be invited to see anew who Christ is as we read in Matthew's gospel about his baptism, some of his teaching that show us clearer who he is, and the season concludes with the transfiguration (Matthew 17). We will consider how we see Christ in our world. So join us for this season of Epiphany.

### Sermons:

January 8	Keeping the Joy of Christmas	Matthew 2:1-12
January 15	The Power of Names	Matthew 3:13-17
January 22	Invitation to Go Fishing	Matthew 4:12-23
January 29	UNITY SERVICE at 10 a.m. in Central Hall Guest Preacher, Rev. Elizabeth Patrick	

## Update on the Mashkins in Ukraine

Over the holidays, Ann Aichinger and John Barker have been in contact with Igor Mashkin. The family is still in Odessa, so that Ann (his wife), could have some dental issues dealt with before they leave. Their plan is to move soon to Romania rather than Poland since it is much closer in distance to where they are. Then, they will get their flights hopefully to Tri-cities airport, and arrive in mid-January.

One update is that Ukraine was attacked throughout the holiday season with special focus on the electricity grid and utilities. The plan was to darken Ukraine so that they would surrender to the Russian aggression. But over and over we are hearing the message of the Ukrainians that the light will not go out for them. They are holding tight to the light of Christ in this world and holding on to hope that the war will end soon.

Continue to pray for the Mashkin family as they are making this transition, and for their safety, as they travel. Also, pray for the people of Ukraine, as they seek to hold onto hope, and for the war to end. As we prepare for their arrival, pray for John and Linda Barker, who will host them in their home, and for us as a congregation, as we welcome them into our lives and hearts.

If you would like to make a financial gift to support them and this work, you can give your gifts to the church and make sure it is marked for the Ukrainian fund. We appreciate everyone's generosity and prayers as we are on this new journey to care for the least among us.

**Join us for: Wednesday Night Fellowship @ 5:30 and our activity program @ 6:10 p.m.!**

\* Our children and youth will have their gatherings, and there will be a nursery available during these times \*

## **Wednesday Night programs: Matthew 25**

In 2020, the PCUSA Mission agency invited congregations and Presbyteries to focus their ministries and missions on the words found in Matthew 25. This effort is a way for us to be the hands and feet of Christ in our community and in our world by working on three areas of focus: congregational vitality, eradicating racism, and addressing issues of systemic poverty. At the November Presbytery meetings, Abingdon Presbytery agreed to work on becoming a Matthew 25 Presbytery. Then, at the November Session meeting, it was agreed that Central is already doing many things connected with being a Matthew 25 congregation. We are now officially registered as a Matthew 25 church. But what does that mean? During the season of Epiphany, we will be looking closer at what is involved in having this focus. We will be looking not only at the parables of Matthew 25, but other scriptures that lead us to live into the new of Christ.

January 04: No Supper or Activities

January 11: What is Matthew 25 all about? Menu: Salmon Casserole

January 18: Building Congregational Vitality Menu: Soup

January 24: Game Night Menu: Tacos

February 1: Stump the Pastor (Ask Ann any question and she'll do her best to answer)

February 8: Dismantling Systemic Racism

February 15: Eradicating systemic poverty

## **A Note from your Social Media Coordinator.....**

I can't believe it has almost been a year since I was hired as Social Media Coordinator for the church! Central is a busy place which means you keep your Social Media Coordinator very busy too, and I love it! It is a blessing to share the good news about what Central is up to with our local community, and all our social media followers all over the world. I try to use a welcoming, organic, and authentic approach when designing and publishing content for our social media accounts. I want people to see the faces of people at Central because the people and our community are what makes our church so special. I also want them to see that we do great mission work, and we have fun with one another too! Our livestream of the No-Rehearsal Christmas Play has over 300 views! Everyone who participated in person or viewed online knows how much fun we had doing that. As I continue in this role, my plan is to continue telling our story and showing people why we love Central, and that if they choose Central, they will become a part of our loving family too. You all ARE my family, and I thank God all the time for placing me back at Central in a variety of roles. If you see a special moment, or a funny moment, or something that makes you think "I think people need to see this," please take a photo and send it to me. Thank you all for embracing me and supporting me in this new role at the church!

You can send photos a variety of ways:

Text: (423) 383-9291

E-mail: [josieannrussell@gmail.com](mailto:josieannrussell@gmail.com)

Facebook Messenger

Instagram



## Calendar for January 04, 2023 - January 18, 2023

## Central Life

Wednesday, January 4	12:00 Noon 1:30 P.M. 5:30 P.M. 7:00 P.M.	Central Life published Widow's Grief Group No Dinner or Activities Sanctuary Choir Rehearsal
Thursday, January 5	10:30 A.M. 4:00 P.M. 7:00 P.M.	Meals on Wheels Care & Concern Committee Christian Education Committee-Zoom
Sunday, January 8	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 Group
Monday, January 9	6:00 P.M.	Evangelism Committee
Tuesday, January 10	11:00 A.M.	Presbyterian Women's Group
Wednesday, January 11	5:30 P.M. 7:00 P.M.	Wednesday Night Supper and Activities Choir Rehearsal—Sanctuary
Thursday, January 12	10:00 A.M.	Presbytery Meeting—Zoom
Sunday, January 15	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 Group
Tuesday, January 17	12:00 Noon 7:00 P.M.	Staff Meeting Renewal Team Meeting at Church
Wednesday, January 18	12:00 Noon 1:30 P.M. 4:30 P.M. 5:30 P.M. 7:00 P.M.	Central Life Published Widow's Grief Group Finance Committee Meeting Wednesday Supper and Activity Choir Rehearsal—Sanctuary



### Presbyterian Women Gather: Tuesday, January 10, 11 a.m. in the Small Dining Room

Our study this month, led by Rev. Ann Aichinger, will include:

**Lesson #4 "Sabbath & Surrender"** taken from the book of Exodus—a call to trust God to provide for our needs.

**Lesson #5 "Sabbath & Servitude"** taken from the books of Genesis and Exodus. We will examine examples of "bad work and good work."

### Women's Bible Study

If you need a study book, please talk with Thais Sikora about getting a copy.

Co-Chairmen: Mary Ann Blevins and Thais Sikora



## Youth Schedule

Sunday, January 8

2:00—3:00 p.m.

Youth Group at the Church

Wednesday, January 11

5:30—7:00 p.m.

Dinner and Youth Group Activities at the Church

Sunday, January 15

2:00—3:30 p.m.

Youth Group at the Church

Wednesday, January 18

5:30—7:00 p.m.

Dinner and Youth Group Activities at the Church



## It's Time to Reserve Your Spot for Montreat Youth Conference!

### High School Conference

**June 4<sup>th</sup>-10<sup>th</sup>**

You will need to submit a \$150 non-refundable deposit to secure your spot by April 1.

Ages: rising 9<sup>th</sup> graders through graduated seniors

Here is a little description about the theme:

“What does it mean to experience deep, authentic joy? It can often feel inaccessible or artificial yet opening ourselves up to it provides new possibilities and stretches our boundaries. Join us as we explore the sources and meaning of authentic joy, grounded in the light of God’s love and healing power through worship, music, learning, and of course, play.”

In addition to all the amazing things that the actual conference can offer, youth also get to look forward to: Ann’s yummy cooking, a hike up Lookout Trail with Josie, lots of laughs, ice cream every night during Back Home Group, shopping in Black Mountain, Candlelight by Lake Susan (you have to see it to believe how beautiful it is), new friends, new memories, and a deeper connection with God that you just seem to feel when you enter that iconic Montreat gate. Who’s in?



### Congratulations to:

Peter Morison and Brianna Ashton who are engaged to be married. They live in Ruther Glen, Virginia.

### Pastoral Concerns:

Melanie Buhls is recovering from Carpal Tunnel Surgery;  
Eugene Waldron's sister, Joy, is dealing with serious health concerns;  
Randy Broyles fell and is dealing with broken ribs;  
Dave Wilson has been in the hospital for heart issues and other health concerns;  
Jeanne Kiger is at Encompass Bristol recovering from her surgery;  
Mike Ellis is recovering at home from knee replacement surgery;  
Ken Moss as he had a successful surgery in December and will have a follow up surgery in a couple of weeks

### Continued Prayers for:

Travis Campbell, Bob and Becky Ingram, Jim & Joan Keith, Niki McGrew, Alice Owenby, Ed Updyke, Retta Vance, Linda Wise.

### Prayers for Family members and friends:

Orion Callison, III (son of Peggy Callison); Roy Smith (Cathy White's father); Connie Perry (Sandy Wilson's aunt);  
Jamie Butcher & her family, with their home restoration; Roger McGhee (Christy Blevins' father);  
Mildred Rutherford (Doris Hall's) aunt who is in rehab at NHC recovering from a fall and a broken hip and ankle.

### Deepest Sympathy for:

Trish and Duke James in the death of Duke's sister, Carolyn James Weaver, who died on December 24.

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

### Honorary and Memorial Gifts...

To the Backpack Ministry in memory of Dot Young by Jean Thomason;  
To the General Fund for Allen Vance by Barbara Oakley;  
To Habitat for Humanity for Terry Parks and Allen Vance by Steve & Vickie Clark;  
To the Misc. Contributions-Children's Program in memory of Terry Parks by Patty Browning, and Barbara Oakley.

## Snow policy/Inclement weather information

If Bristol, VA schools are closed (or are dismissed early), large group weekday activities at the church are canceled, including Presbyterian Women and Wednesday Night Activities (check [www.wcyb.com](http://www.wcyb.com) for school closing updates);

\* Committees, Music Rehearsals, Small Groups, etc. please **contact your leader** to decide whether to meet;

\* 11:00 am Sunday Worship will **almost always** be held, although the 9:00 am Worship could be canceled. Check the website, Facebook, and your email for last minute changes and updates. Come if you can get here safely, but be aware that the parking lot can be extremely slick even when the roads are clear;

\* Information will be posted at as early as possible at [www.CentralPresBristol.org](http://www.CentralPresBristol.org) &/or the church Facebook page.



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# CENTRAL LIFE

## How to Keep in Touch:

[www.facebook.com/CPCBristol](https://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](http://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:

Ann Aichinger, Pastor	<a href="mailto:ann.cpc@bvuv.net">ann.cpc@bvuv.net</a>
Robert Campbelle, Music Director	<a href="mailto:robertcampbelle@gmail.com">robertcampbelle@gmail.com</a>
Joy Smith-Briggs, Organist	<a href="mailto:gvbjovb@btes.tv">gvbjovb@btes.tv</a>
Josie Russell, Youth & Young Adult Dir. Social Media Coordinator	<a href="mailto:josieannrussell@gmail.com">josieannrussell@gmail.com</a>
Brenda Lester, Administrative Assistant, Newsletter Editor	<a href="mailto:office.cpc@bvuv.net">office.cpc@bvuv.net</a>
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Sumer Lowry, Kitchen Coordinator	<a href="mailto:sumerlowry83@gmail.com">sumerlowry83@gmail.com</a>
Michelle Blankenship, Dir. of APPLE Academy	<a href="mailto:applepreschool@yahoo.com">applepreschool@yahoo.com</a>

## Office Hours:

The current office hours are:  
9:00 to 3:00 Monday—Thursday  
9:00 to 12:00 Friday

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

