



*Central Presbyterian Church  
May 3, 2023*

## **Spring Cleaning**

### **Is it a household task or personal task?**

Sometimes we have cobwebs in our heart, mind, body and soul that should be cleaned out periodically. Do you agree? Depending on how long it has been since you have truly cleaned out your heart, mind, body, and soul, it could take longer than say cleaning out your dresser drawers or re-organizing your closets during the spring months. What does it mean to do a spring cleaning of your own heart, mind, body, and soul you ask? Let me ask you some questions that will foster some thinking on your part in order to answer it for yourselves. Only you and God will know whether it's a household task or personal task needing to be completed this spring.

Do you love others and do the work of God in your daily lives? Do you promote putting others first in order to spread the love that God has given us each and every day? Do you see love in your life from others? Do you feel appreciated for your labors each and every day within your life? Have you ever spoken to God and truly committed to giving your life to him? Have you heard from God throughout your day or during your time of prayer? Do you feel you have wrongs to right? Do you feel alone? Are you exhausted by days end from giving too much? Or has your health been affected from trying things your way for too long instead of trusting and believing God will provide for you during your times of weakness and struggles?

If you are suffering from health issues due to stress, financial issues, marriage issues, work issues, then it may be time to examine the cause by spring cleaning. If you feel lost or helpless in a relationship where your constantly giving your all, then you may need to re-evaluate and do some housecleaning to clear the cobwebs and start fresh.

I don't claim to be an expert on this matter. I just know that many people including myself are always putting so much time and energy into spring cleaning our homes, or doing busy work, when realistically, we should be putting all of that time, energy and labor into ourselves and with God to embrace the freedom and joy that will flow once we remove all of the cobwebs. In my opinion, with God's help, we can accomplish much more than ever could be accomplished by re-organizing a closet, cleaning out the dresser drawers or cleaning out the garage. Don't you agree?



Written by: Brenda J. Lester



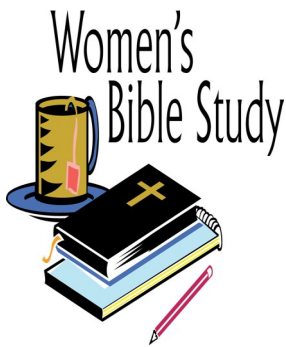
## Welcome “The Golden Heirs Community Choir”

This Sunday, as a part of worship in the Sanctuary, we welcome the Golden Heirs Community Choir from Jonesborough, TN under the direction of Cherry Smith. They will lead our music for worship at the 11:00 a.m. worship service Sunday.



### Upcoming Sermons

May 7	Living Life on the Way Home	John 14:1-14
May 14	All we need is Love	John 14:15-21
May 21	Living while Surrounded by Questions	Acts 1:6-14
	Unity Summer Worship BEGINS	
	ONE Service at 10 a.m. in Central Hall	



### Presbyterian Women Bible Study - “Sabbath and Community”

**Date:** Tuesday, May 9th    **Time:** 11:00 A.M.    **Place:** Small DR

**Subject:** Chapter Nine—”Sabbath and Community”

**Presented by:** Reverend Ann Aichinger

**Co-Moderators:** *Mary Ann Blevins*  
*Thais Sikora*



Who is graduating in your family this Spring or Summer that you want recognized at Central?

We need the name of the student, school attended, degree (and area of study), future plans (further schooling, work, etc.).

Please send this information to the church office by Monday, May 15th via e-mail ([office.cpc@bvu.net](mailto:office.cpc@bvu.net)) or by calling (276-669-3157).

We will recognize our graduates on Sunday, May 21 as a part of our worship service.

## Friends of Peggy Reinhold

We recently received an update from Peggy's son, Bill, in a short letter. He has recently secured a place for Peggy and was able to get a place for her in the "same community that him & Ginnie live in."



I am adding this to our newsletter so that any of her friends within the church will have her new address and phone number to stay in contact with her. It is stated within the letter that Peggy loves to hear from her friends and loves to get mail. He says that he helps her reply to her messages received on e-mail also, so I have included that here as well, even though that hasn't changed since she moved.

There is an "aviary with 6—7 Finches and also babies on the way" right outside of her room. He says in the letter that "she is settling in well."

Peggy Reinhold—GH103

302 N 2nd Street

Bridgewater, VA 22812

(540) 237-2143

PeggyReinhold5@gmail.com



I hope some of you will be inspired to send her a card or a letter in the mail. E-mails and social website connections still aren't as personal as a handwritten card or letter sent by mail in my opinion. If you call Peggy please speak slowly as it helps the "caption-call" phone system to better dictate what is being said and for Peggy to understand.

If you know of anyone else that has a change of address, phone number, or e-mail that would like to receive some correspondence please let Ann or the church office know so we can include them in our next newsletter.

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### Mark your Calendar:

Katherine Campbell, a member of our church family and a candidate for ministry will be received into Pittsburgh Presbytery on May 18, and will be ready for ordination as she is serving Pittsburgh VA Medical Center as a Chaplain Resident. She will be applying to the Certified Educator Candidate.

After May 18, she will be able to formally announce her ordination date. But at this point we are planning for Sunday, June 25 at 2 p.m. here at Central. Mark your calendar and plan to join the church family and Abingdon Presbytery in rejoicing with her on this start of her new ministry.





Wednesday night dinner and programs will continue through May 10.  
We hope you will join us for our time of sharing and fellowship.  
There will be activities for Children and Youth as well as a nursery,  
which is available for our youngest children.

May 3: Soup, Salad and Bread / Two Truths and a Lie  
May 10: Cookout / Talent Show and Appreciation to volunteers

## CL Gamers Information

Tuesday, May 9 7:00 p.m. In Central Hall  
Friday, May 26 9:00 a.m. At the Caldwell's residence



## CENTRAL'S VARIETY SHOW, Wednesday, May 10

Calling all jugglers, comedians, singers, musicians, acrobats, and magicians! Can you balance a table on your chin? Do you sing opera? Can you dance? We need you to be a part of our "Central's Got Talent" Show on **Wednesday, May 10**, 5:30-7 p.m. This is an all-church event, and we hope everyone will come out to see the various talents. But we need you to sign up and be a part of the show.

We will have a Cookout dinner at 5:30 and then at 6:10 p.m. we will showcase the talents in our church. **Guidelines** for an act: 2-3 minutes long, family appropriate material, and it can be group or individual act. Any age!! Any act!! If you are interested in participating, you can talk to Ann Aichinger or sign up on Ann's office door to get on the program.



Wednesday, May 3	5:30 p.m.-7:00 p.m.	Dinner and Activity
Sunday, May 7	2:00 p.m.-3:30 p.m.	Games and Lesson at the Church
Wednesday, May 10	5:30 p.m.—7:00 p.m.	Dinner and Talent Show
		Last Regular Wednesday Night Meeting
Sunday, May 14	No Youth—Happy Mother's Day	
Sunday, May 21	TBD—this will either be the final regular Sunday afternoon meeting before Summer Break or maybe NO YOUTH	

# Calendar

## Central Life

May 3—May 17, 2023

Wednesday, May 3	12:00 p.m. 1:30 p.m. 5:30 p.m.	Central Life published Widow's Grief Group Dinner and Activity Two Truths and a Lie
Thursday, May 4	7:15 p.m. 10:30 a.m. 4:00 p.m.	Choir Rehearsal—Sanctuary Meals on Wheels Care & Concern Committee Meeting
Sunday, May 7	7:00 p.m. 9:00 a.m. 10:00 a.m. 11:00 a.m.	Christian Education Meeting Contemporary Worship—Communion—CH Sunday School for all Ages Traditional Worship—Communion—Sanctuary
Tuesday, May 9	2:00 p.m. 11:00 a.m. 7:00 p.m.	Youth Group—Games & Lesson at the Church Presbyterian Women Central Life Gamers
Wednesday, May 10	4:30 p.m. 5:30 p.m. 7:15 p.m.	Finance Meeting Dinner and Talent Show Choir Rehearsal—Sanctuary
Thursday, May 11	9:00 a.m.	Presbytery Meeting—Dinwiddie
Sunday, May 14 (Mother's Day)	9:00 a.m. 10:00 a.m. 11:00 a.m.	Contemporary Worship—Central Hall Sunday School for all Ages Traditional Worship—Sanctuary
Tuesday, May 16	12:00 p.m. 7:00 p.m. 7:00 p.m.	No Youth Group Staff Meeting—Small Dining Room Session Meeting MECCA—Small Dining Room
Wednesday, May 17	12:00 p.m.	Widow's Grief Group—Aubrey's Restaurant



As you all know, Central Presbyterian Church, is sponsoring the Mashkin family from Ukraine. We began this mission in an effort to provide a safe place for this family and to remove them from a war zone, literally. The Mashkin's are doing well since they arrived here in Bristol and have begun to utilize the funds we started with. This is from our newsletter article on Dec 7, 2022 that we agreed to prior to their arrival:

"As part of our work in caring for them, we will have a special fund for their expenses as needed. This will be a way to provide for them in acquiring an apartment and setting up their own home by summer. Also from this account, we will reimburse them for their flights from Poland to the US (estimated at \$4,000 total). and provide other needs as they arise. We need to have at least \$10,000 in this fund to secure their financial needs. If you would like to contribute to this fund, please mark your gift **Ukrainian account**. We will continue to be their support and sponsor for up to 2 years as they make Bristol their home."

We are asking for continued support in order to provide the necessary essentials to the Mashkin family as promised. Please continue to pray for us as a church while we sponsor this family and also pray about donating to the Ukrainian fund we have set up to provide for them.





## Prayer Requests

### Pastoral Concerns:

Retta Vance who has had some issues with her health;

Brenda Miller who is recovering from a fall;

Norma Donnelly who is receiving from a serious fall and dealing with injuries;

Nancy Arnold is recovering from hip recovery;

Mike and Ellena Dodson and Christian in the death of Mike's aunt, Ellen;

Mark McCord as he is recovering from another surgery on his arm;

Missy McCord is continuing to recover well.

### Continued Prayers for:

Randy Broyles, Travis Campbell, Bob and Becky Ingram, Joan Keith, Sumer Lowry, Niki McGrew, Alice Owenby, Jean Thomason, Ed Updyke, and Linda Wise.

### Prayers for Family members and friends:

Briggs Allen's sister, Christy Blevins' father, Robert Campbelle's brother, Roger McGhee; Peggy Callison's son, Orion; Jane Morison's brother, Phyllis Morris' brother, Ray Cassell; Sandy Wilson's aunt, Connie Perry; Doris Hall's aunt, Mildred Rutherford; Cathy White's father, Roy Smith; Sandy Wilson's husband, Dave; Eugene Waldron's sister, Joy; Mary and William Wampler's granddaughter, Charlotte; Diana White's brother-in-law, Ed Fortner.

### Congratulations to :

Meredith (Hale) and Brady Harmon as they were married on April 18.

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

We will receive the PCUSA Pentecost Offering on Sunday, May 28. This is one of the regular offerings that we have as we work with the larger church in changing people's lives and situations. The Pentecost offering goes to support at risk children, youth and young adults.

The Pentecost Offering helps guide young people in Christian formation from their earliest years to young adulthood. With our gifts, we are there to help build these youngest members of the body of Christ into the people God would have them become. When you give to the Pentecost Offering, you are helping to provide opportunities for young people to grow and share in their faith in Christ.

- 40% of our collection stays with our congregation to support local ministries with children, youth, and young adults.
- 25% supports Young Adult Volunteers (YAV), who serve for a year or two in communities around the world, and growing as leaders through transformative Christian service.
- 25% supports ministries with youth especially through the Presbyterian Youth Triennium.
- 10% is devoted to children at risk and supports to improve education and provide safe havens.

Gina Yeager-Buckley, Associate for the Presbyterian Youth and Triennium Office says, "The Pentecost Offering enables young people to be included in some beautiful formation adventures that allow them to shine as well as helps them lead us as a church."

There are three ways to give:

- through our congregation using the envelopes on June 28 or by giving and marking your gift for the Pentecost Offering;
- Text PENTECOST to 91999 to support these vital ministries,
- you can give online at [pcusa.org/donatepentecost](http://pcusa.org/donatepentecost)



PENTECOST  
SPECIAL OFFERINGS

CHILDREN AT RISK • YOUTH • YOUNG ADULTS



## Sunday—May 14, 2023

As Mother's Day approaches please take a moment to reflect on Proverbs 31

[Proverbs 31](#) gives hope and a challenge to any modern-day Christian woman. This chapter gives a sketch of a godly woman, and is applicable to married, single or widowed women. The proverb begins by stating that an excellent wife is difficult to find, but when she is found, "she is far more precious than jewels," (v. 10). It appears that the proverbs woman spent her days doing good for others, starting with her husband, and family (v.11-12). She was a woman of character who could be trusted (v.11).

This woman was busy with her hands and her mind. Far from the idle caricature that modern culture paints, she was not afraid to get her hands dirty, was a friend of economy, and kept a tight schedule (v. 13-15). She invested wisely and she was far from a spendthrift. Because of her wisdom with money, she had her own property, a vineyard (v. 16), and she was business savvy (v.24).

She is a strong woman (v.17) who thinks ahead of the game (v.18, 21). Because of her hard work and preparation for her household, if hardship struck, she would not be taken by surprise and left destitute (v.25). Her wisdom and kindness not only extended to her family, but also those who were poor (v. 20). She was not consumed only with her household but paid attention to the needs of the family of God and the world. This woman was not able to accomplish these things merely because of talent, but is a part of her character. She is hardworking, faithful, and wise, as seen by her actions.

She is also noted to be a woman who, "opens her mouth with wisdom" and kindness (v. 26). This was not a cut-throat businesswoman, but a woman who put others first. It is probably because of her behind-the-scenes, selfless work that her husband could have a prominent position (v.23). Had she not taken care of these things, her household would have been in shambles.

Her family knew this. They praise her for her work (v.28-29). Yet it was not simply the praise of her family that was her reward for her labors—those labors spoke alone in front of God and others (v.31). Many women spend their days trying to preserve beauty, which only fades, and be alluring, which is simply not real (v.30). However, Proverbs 31 concludes by pointing to this woman's source of beauty—she feared the Lord (v.30). She honored and rejoiced in the Lord. That was the source of her strength.

A godly woman should have the underlying character, but each woman's schedule will look different than the next. She is something to aspire toward, but not something to be completely attained because she probably is not one woman. She gives the challenge to rise above the bar and the hope that through God's grace, she can live a life that brings glory to her Lord and blessing to her household and to those around her.

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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>
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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.

