



Central Presbyterian Church
August 9, 2023

Ponderings from a Rocking Chair

Recently, I read an article about why Americans have stopped going to church and participating in the life of a religious community. Statistics show that 40 million Americans have gradually stopped attending church in the last 25 years. This is the largest concentrated change in church attendance in America's history. Yet, it is clear that participating in religious communities is generally correlated to better health outcomes, longer life, higher financial generosity and more stable families. All of these aspects are needed with the rising rates of loneliness, mental illness, and alcohol and drug dependency.

Our life as Americans has changed in the 21st Century, yet, we are not going back to "better days." Our current American lifestyle emphasizes individualism and success as determined by our finances and our status in our professions. This is in complete opposition to life as the Body of Christ, the Church. Instead, we as Christians can be the ones to show how to live with new priorities and engage in the life of community.

Since COVID, the leadership of Central has been working on discovering how God is calling us to be the church in this new time. We are starting up activities and events. We have times of fellowship and study. We have two styles of worship which offer variety. We are still figuring out how God is challenging us to live faithfully in this new time.

So what can we, as the church family here at Central, do to refocus our lives so that we see the benefit of community and life together? One thing we are going to do is designate August 27—September 30 as **Homecoming Month**. The theme for Homecoming is "Discovering the Joy of the Lord." We have planned a picnic in the park on Saturday, September 9 at Steele Creek to provide some fellowship time. We are continuing the conversations within the congregation about our life together, and we hope you will join us. As we are planning these activities, I will tell you that I am seeing the Spirit of the Lord at work in all kinds of new ways.

This week, the Mashkin family has moved into their new home and is settling in well. I received a call from a family in our church offering a van for the Mashkin family to own, which means that Igor and Anya are able to go in different directions to their jobs and to be able to get Nikita and Yeva to their activities and games.

Our backpack program has been asked to take additional children to feed because several churches have had to drop out of the program. This means we will need more resources and access to food. This week, Kroger (thanks to Ellena Dodson) set up a display asking for donations for our backpack program which helps to feed hungry kids. We also applied for assistance from Abingdon Presbytery Mission Committee to help us meet this new need.

We are restarting our Wednesday night dinners and programs on September 6. On the first Wednesday of the month, we are planning large group time to reconnect with one another, and then on the other Wednesdays of the month offering two adult options and a children's program including music, lesson, and activity.

Whether you have been at worship in the last week, or the last month, or it has been 3 years since you have been at church, you are invited to come back and rejoin us as we praise our God. Maybe you have kept up with what has been going on, but wondered where you fit in; come and find your place in the family again. (cont. on pg. 2)

August 9, 2023

Central Life

(cont. from pg. 1)

Maybe you have a neighbor or friend who wants to return to church but does not know where to go; invite that person or family to join you on the Sundays of September. **Everyone is welcome** at Central! Everyone has a way to be in service to Christ in our community or in our nation or in our world.

So **COME BACK!!** Make it a priority for the 5 weeks from August 27-September 30. Come and discover anew the Joy of the Lord and the Joy we find in community with one another. There is a place for you! There is a place for me! There is a place for everyone!

Grace and peace,

Ann

Calling all those who like to dig in the dirt, plant flowers, and beautify the church area. We will have our first gathering on Saturday, August 19, 8:30 a.m. until it gets too hot. We will be working on the butterfly garden. Bring your gloves, hoes, shovels, spades, or any other tool you can use for weeding and planting. All ages are welcome to join us. We will have water available!



Thriving Communities Faculty Visit (August 26-27)

The Thriving Communities group is working hard to get conversations going in the church. This month, we are excited to have two members of the Faculty from the Black Mountain School of Theology and Community join us for a site visit. Tim Conder and Dan Rhodes will be joining us for the weekend and will be engaged in conversations with groups about life here at Central. As we are working plans for the weekend, we hope you will join us as you are able to be engaged in these conversations.



A gift has been given to the General Budget of Central Presbyterian Church in memory of Marvin Phillips by Patty & Tommy Caldwell.

A gift has been given to Central Presbyterian Church in memory of Roy Smith by Jean Thomason.

A gift has been given to Central Presbyterian Church in memory of Billy Joe Farmer by Jean Thomason.

Lemonade in the Shade

We are continuing with Lemonade in the Shade—and it has been a Summer blast! We still have a few hosting dates that are open... September 3, and 17. If your group or family would like to host one Sunday's Lemonade in the Shade, the schedule is in the office or call Kim and she'll sign you up for a Sunday! We are asking that we keep this simple with lemonade, water, and cookies.

Calendar

August 9, 2023—August 31, 2023

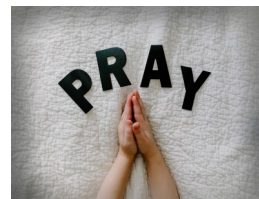
Wednesday, August 9	Central Life goes out	
	4:00 p.m.	Finance Committee meeting
	7:00 p.m.	Choir Rehearsal
Thursday, August 10	9:30 a.m.	Abingdon Presbytery meeting—Wytheville
	7:00 p.m.	Christian Education Meeting—Zoom
Sunday, August 13	9:00 a.m.	Adult Sunday School
	10:00 a.m.	Summer Worship—Central Hall
	11:00 a.m.	Youth & Parent meeting—Central Hall
	11:00 a.m.	Lemonade in the Shade—Back Pack Team
	3:00 p.m.	Hot MESS Club—See Valerie Coker for details
Tuesday, August 15	12:00 noon	Staff Meeting
	7:00 p.m.	Session
Wednesday, August 16	1:30 p.m.	Widow's Grief Group
	7:00 p.m.	Choir Rehearsal
Saturday, August 19	8:30 a.m.	Butterfly Garden workday & planning day
Sunday, August 20	9:00 a.m.	Adult Sunday School
	10:00 a.m.	Summer Worship—Sanctuary—pulpit exchange Victoria Krebs, Richlands Presbyterian Church
	11:00 a.m.	Lemonade in the Shade—Fellowship & Dining
Wednesday, August 23	7:00 p.m.	Choir Rehearsal
Friday, August 25	9:00 a.m.	CL Gamers—Caldwell's home
Saturday & Sunday August 26—August 27	All Weekend	Thriving Communities visit from Tim & Dan
Sunday, August 27	9:00 a.m.	Adult Sunday School
	10:00 a.m.	Summer Worship—Central Hall
	11:00 a.m.	Lemonade in the Shade—Mission Committee
	11:10 a.m.	Healing Service—parlor
Wednesday, August 30	Central Life goes out	
	7:00 p.m.	Choir Rehearsal
Thursday, August 31	6:00 p.m.	Security & Volunteers training session



Clark Wilson will graduate from Middle Tennessee State University on August 12.
Clark is the son of Sandy and Dave Wilson.

Pastoral Concerns:

Joy Briggs is recovering from abdominal issues;
 Kim Profitt is heading to Duke hospital for eye consultation;
 Linda Barker is home, recovering from leg surgery;
 Cheryl Clark is recovering from eye surgery;
 Doris Hall is awaiting test results for her heart valve;
 Frances Van Dyke is undergoing chemotherapy;
 Doris Hall's aunt, Mildred Rutherford, fell, broke her hip and is at The Waters for rehab;
 Heather Kiser is continuing chemotherapy at Vanderbilt;
 Woody McGlothlin is dealing with lung issues;
 Bob Ingram is at home recovering from back surgery;
 Missy McCord is continuing to recover from knee surgery;
 Nancy Norman fell, broke her ankle, and is in rehab at Sunnyside;
 Mary Moffatt's cousin, Joni Cambron, is dealing with returning cancer;
 Nancy Kiser's sister and brother-in-law, Sarah and Will Frazier, have serious health concerns;
 Joan Keith has continuing abdominal issues and a broken toe;
 Joy Briggs' friend, Ginger Alvaredo, has Stage 4 breast cancer.



Continued Prayers for:

Randy Broyles, Travis Campbell, Doris Crabtree, Mary Kay English, Bob and Becky Ingram, Jim and Joan Keith, Nicki McGrew, Alice Owenby, Jean Thomason, Ed Updyke, and Linda Wise.

Extend our Christian sympathy to Tammy Sims in the July 22 death of her mother-in-law, Katelyn Doss Sims—who is a church member.

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.

Worship continues at 10:00 a.m., alternating between Central Hall (CH) and the Sanctuary (S).



August 13 CH	In the Midst of the Storm: Where Fear and Faith Meet	Matthew 14:22-33
August 20 S	Pulpit Exchange with Richlands Presbyterian Church	
	Guest Preacher, Victoria Krebs, Union Seminary Student Intern	

Sermon Series for Homecoming Month: Discovering the Joy of the Lord

August 27 CH	The Joy of the Lord	Luke 15:3-10
September 3 S	How Do We Find Joy?	Philippians 4:4; Luke 1:46-55
September 10 CH	How Do We Cultivate Joy?	Exodus 20; Luke 17:11-19
September 17 S	Where Do We Find Joy?	2 Timothy 4:9-18; Genesis 33
September 24 CH	Does Having Joy Matter?	John 20:19-29; Acts 8:26-40



Welcome to Your New Home!

The Mashkin family has moved into their new home at 108 Hickory Drive, Bristol, TN 37620. They are so excited and appreciative of everyone's generosity and kindness. Thank you to all who helped them move from the Barker's home to their new place. Also, thank you for all the donations of furniture and household goods. As they are getting settled, they will let us know if there are things they need. Then, we will post that list and invite people to provide the items or give gift cards for them to purchase the items.

Igor and Anya both have jobs, but they travel in different directions. We have been blessed by a family within the church who has donated a van to them!! Thank you soooo much!

As Igor and Anya have adjusted well and have made Bristol their home, as a church family we are continuing to support them financially as needed. We have the Ukrainian fund and invite everyone to continue to contribute to it. Our agreement with them is that we will support them financially for up to two years. You may send money to the church and specify "Ukrainian Fund." Again, thank you for everyone's generosity as we have sought to live by faith in welcoming them into our community.

Food Backpacks for Kids could use your help! One of Central's long-standing missions is to provide food backpacks weekly for area school children at risk for hunger. For children in the program, their home situations are so dire that if they are not in school, they don't eat. These food backpacks give them enough food for the entire weekend. Every week, the group bundles enough food for 36 children.

Because of rising food costs, more children are entering the program, and it is harder for our funds to cover the cost of needed food. Also, many churches that used to participate in the program have closed down, and we have been asked to provide for these additional children.



In an area where 50% of our children are at risk for hunger, this mission is essential!

We are asking for donations of money or food. Although food donations are much appreciated, your money goes further as we can purchase items in bulk and from the Feeding Southwest Virginia food bank at a large discount.

Food items may be left outside the office in a large plastic bin labeled "Backpacks for Kids". Checks and donations may be dropped off or sent to the office—please label them "Backpacks for Kids Program". Thanks so much for your help and support. This is an essential mission that meets a desperate need here in our own community.



Shopping List for Your Convenience

List of Food Items: (Individually wrapped or easy open)

Most items can be found at great prices at Sam's and many are currently on sale for "Back to School".

Pop Tarts

Ramen (no fish or seafood flavors)

Peanut Butter sandwich crackers (usually sold in 6-packs, with 6 crackers to a pack)

Granola Bars

Cereal Bars (like Nutragrain)

Cereal (individual portions; cups, boxes or baggies)

Fruit Chews

Rice Krispie Treats

Raisins (individual boxes)

Pudding Cups

Fruit Cups (cans are OK, too, but must be individual portions with a pop top)

Hot Cocoa (in individual portions)

Pretzels

Graham Crackers

Mac and Cheese (in microwave cups) or other soups

Creamy Peanut Butter—18 oz size only! Aldi \$1.64 and Walmart Brand \$1.84—are the best prices.



Help Wanted!!

We are seeking to hire someone to be our Kitchen Coordinator. This person will be in charge of coordinating the Wednesday night dinners with the Fellowship and Dining Team. Responsibilities include purchasing food and supplies, preparation, and overseeing serving and clean up. We estimate it is a 10 hour per week position and the pay is \$15.00 per hour. If you know of someone who would be great in this position, please contact David White or have them contact the church office.

The Mission Committee thanks everyone who participated in this year's Back to School Clothing Drive to provide new clothes for children and youth in our community. By supporting our children and youth, we can help them to start the new year looking good and ready for learning.



Thank you to all those who helped out with our **Throwback Thursdays!** We had three Thursday evenings for our children to come and play, learn, create, and enjoy being with one another. The evenings were theme based. The first one was all about Jonah and his story of being swallowed by a big fish and then sent again to Ninevah to speak the Word of the Lord. The second event was a birthday theme and we learned that even if things don't go right, we can turn them around and find something good anyway. We also got to have birthday cupcakes and had a party. Our third event was based on the parable of the Good Samaritan and asked the question, "Won't you be my neighbor?" We made blessing bags to give out to our neighbors in need in our community.

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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 with 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	ann.cpc@bvumet.edu
Robert Campbelle, Music Director	robertcampbelle@gmail.com
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Michelle Blankenship, Dir. of APPLE Academy	applepreschool@yahoo.com
Vickie Salyer, Nursery Staff	salvervickie@gmail.com

Office Hours:

The current office hours are:

9:00 to 3:00 Monday—Friday

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



Serve the Lord with Gladness