



Reflections from a Rocking Chair

I remember when I was trying to figure out what I would do after college, I had two important people in my life speak the same words to me: “You need to go to Seminary and you need to go to Princeton.” The first time I heard it, I said, “I am not doing churchy stuff and I don’t know where Princeton even is.” But the second time I heard it, I thought, “Is this the voice of God whispering to me about my future? Is this something I need to pray about and really consider?” And I ended up going to Seminary and attending Princeton.

In October, I attended two events in Montreat, which have been similar experiences for me. At the Thriving Congregations Cohort meeting, we were instructed to practice corporate discernment as a way of prayer. The process they taught us is based on the Ignatian practice of the Examen which comes from Saint Ignatius of Loyola who sought to discern the will of God for his life. It involves five steps: 1) Become aware of God’s presence; 2) Review your day with gratitude, giving thanks for God’s gifts; 3) Pay attention to your emotions throughout the day: was there a time of fear or anxiety? Was there a time for joy or delight? Did you feel overwhelmed with circumstances or schedule? 4) Choose one feature of the day and pray from it—asking God to guide you to see how God was working through you even in that moment. 5) Look to tomorrow and express your hope for how God will use you in the new day. You can practice these as a part of your daily prayer life which draws you closer into the presence of God.

But what does it mean for as a Congregation? It means that we (collectively) begin praying daily for our church and God’s vision for us, and that we might respond in faith to do the work of God in this place and in new ways.

So then at the Holy Shift Conference, the platform speakers talked about the importance of how congregations need to be discerning the will of God for them in their location and at this time in history. I thought: “I have heard this before.” And this gives me great hope that we here at Central are on the right path.

One of the defining images for us as a church is “following the Winds of the Spirit.” This has been a part of our culture here at Central for the last 8 years. It was a part of the visioning process during the Interim period in 2014-2015. It still is a defining image for us.

This month’s Presbyterian Outlook had an article encouraging congregations and their leadership to become sailboats, and to follow the winds of the Spirit. In this process, we are called to be **passionate about God** and our relationship with God, which is about our commitment. We are called to **practice sanctified imagination and discernment** (echo from Ignatian Examen). We are challenged to live in the current time (*chronos*) and moment, but to **be aware of God’s timing (*kairos*)**, and to know that we are in a time of extraordinary opportunity which comes from God to venture into new areas of ministry. Last, but not least, is to **live by prayer**. We are invited to deepen our prayer life together and individually as we seek to catch a glimpse of God’s vision for our church, and as we continue to grow in faith, trusting the movement of God’s spirit among us.

So join the leadership of Central in this new practice of the Examen and to pray fervently for God’s vision for us to be revealed as we seek to move into the future as God’s people. Thank you for your faithfulness, and for your willingness to trust God’s guidance in this time. May we continue to serve our Lord in our community and throughout the world.

Grace and Peace,
Ann Aichinger

October Happenings!!



October is Pastor Appreciation Month! We are so thankful for the service of Pastor Ann Aichinger at Central Presbyterian Church. To show our appreciation, the session recognized her at their October meeting and will make a contribution to Central's Backpack Ministry in her honor. If you would like to join the session in showing your appreciation by also contributing to this fund, or a fund of your choice. Please see the church office by October 31. Thank you, Ann, for all you do for Central.

Seeking Adult Small Group Leaders for Wednesday Nights

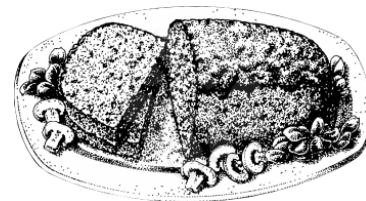
Have you ever wanted to discuss a topic of interest with a small group of adults, but did not want to commit to leading a full Bible study curriculum? If so, now your chance! We are offering small group discussions as part of Wednesday night activities through the Fall. You choose a topic and lead a small group in discussion for a 3-4 week increment. Please see the sign-up sheet outside of worship on Sundays; or email Christian Education Committee chairs, Linda Waldron or Christy Blevins, with any questions.



Coats for Kids

Coats for Kids! King College students are having a coat drive for kids in our area. We have agreed to be a collection site for any gently used or new coats, scarves, or mittens. There is a box outside the church office for collecting, and since the weather predictions are for a cold, snowy winter, these offerings will be especially appreciated. You might be the reason a child can go outside and play in the snow...or be warm while waiting for the school bus. What a great way to give back to the community!

Please join us Wednesday, October 18th for Wednesday night dinner! Jeremy and the dinner crew will be serving meatloaf, mashed potatoes & gravy, corn and salad. We'll be breaking into small group discussions led by members of the church after dinner.



October 21 Bristol Faith in Action is having a 3K Walk -a-thon. Registration begins at 10:00 a.m. Fees: age 13+ \$20, Under 13 y/o \$10. Proceeds dedicated 100% to families in need of rental assistance. Wear your family friendly costumes to Sugar Hollow Park.



LET'S GO TO LUNCH

Join us for Lunch Bunch on Sunday, October 22 at Bloom. Great food, great food, great fellowship! All are welcome!

Trunk or Treat: Sunday, October 29, 3:30 - 5 p.m.

This year, the Christian Education Committee is hosting a Trunk or Treat for our church family and friends, Apple children, and neighborhood kids. You are invited to set up and decorate your vehicle (pick a theme if you want) and come in costume as we have an afternoon of Halloween fun. This is a great opportunity if you do not have trick or treaters come to your neighborhood. There will be a costume parade and a photo booth to capture all the fun! There will be refreshments -- and maybe even a hotdog cookout. So get your decorations ready, your basket of goodies in place, and come be a part of a fun-filled evening



Candy & Goodies for Halloween



On Tuesday, October 31, we will be handing out candy and goodies to Trick-or-Treaters (and their parents) who are out on Euclid Avenue and in the neighborhood. But we need your help. We are needing lots of things to hand out, such as individually wrapped candy, popcorn packets, chips, packs of crackers, school supplies, juice boxes and bottled water (for the parents). There is a big, semi-clear box outside of Room 118 (Ann Aichinger's office) where you can drop off items.

If you would like to help staff the Central Presbyterian table (on Euclid Ave), and meet our neighbors, then make plans to come and help out. Dress up if you want. We will be handing out goodies from 4:30-7:00 p.m. on Tuesday, October 31 at the end of the alley driveway on Euclid. You may stay as long as you wish.

On Wednesday, November 1, we will welcome as our special guest speakers **Dan and Elizabeth Turk**, who serve as PCUSA Mission Co-Workers to Madagascar. It should be an interesting presentation!



Hot Mess Meetups:

10/23	5:30 p.m.	La Carreta's at the Pinnacle
10/24	2:00 p.m.	Bristol Public Library, Children's Department
10/27	12:30 p.m.	King Commons Park in JC
10/29	3:30-5 p.m.	Central's Trunk or Treat
11/4	10:00 a.m.	Appalachian Renaissance Faire in Greenville, TN

*Tickets available on event's website.

Dear Friends,

I just wanted to thank my church family for the cards and condolences in the passing of my sister, Sarah. It is such a comfort to have such a caring "family".

Blessings,
Nancy Kiser

Calendar

October 18 - November 1

Wednesday, October 18	Central Life delivered	
	1:30 p.m.	Widow's Grief meeting
	5:30 p.m.	Wednesday night dinner
	7:00 p.m.	Choir practice
Thursday, October 19	9:00 a.m.	Backpack packing
Saturday, October 21	10:00 a.m.	Bristol Faith in Action 3K Walk-a-Thon
Sunday, October 22	9:00 a.m.	Adult Sunday School
	10:00 a.m.	Worship - Central Hall
	11:00 a.m.	Youth Group
	11:30 a.m.	Let's go to Lunch! at Bloom
Wednesday, October 25	5:30 p.m.	Wednesday night dinner
	7:00 p.m.	Choir practice
Saturday, October 28	2:00 p.m.	Coleen Wheeler funeral - Sanctuary
Sunday, October 29	9:00 a.m.	Adult Sunday School
	10:00 a.m.	Worship - Sanctuary
	11:00 a.m.	Youth Group - sm. dining room
	11:10 a.m.	Healing Service
	3:30 p.m.	Trunk or Treat (parking lot)
Tuesday, October 31	4:30 p.m.	Halloween Give-away on Euclid
Wednesday, November 1	Central Life delivered	
	1:30 p.m.	Widow's Grief meeting
	5:30 p.m.	Wednesday night dinner - with the Turks
	7:00 p.m.	Choir practice

Have you connected your Food City and Kroger grocery cards to help Central? You must do this annually. Connect Food City to APPLE Academy and Kroger to Central's Backpack Program.



Backpack Ministry

As you may know, we have been asked to increase our caring for local children by providing more bags of food each week. We are now up to 105 bags that go to three schools. This may seem like a strain on the program but it is a response we can make to care for the least of these among us.

As a Matthew 25 church, we have made a commitment to serve our local community and those in need. The Backpack team has encouraged our church family to believe and stretch our commitment to cover these extra children who are without food in their homes. At the start of the new year we applied to Abingdon Presbytery Mission Committee for funds to help with expenses for food costs. We were given \$5,000 and we are very appreciative of this generosity. Recently the Mission Committee of the Presbytery heard we picked up another 35 kids and at their meeting this week has agreed to send us another \$2,000 to help this year's coverage. We are hoping to build community support as well for this program and invite individuals and organizations to be a part of caring for the least of these among us.

If you know of a group or organization that might be interested in supporting the backpack program here at Central, please let either Ann Aichinger or Laurel Broadfoot know so we can make that contact. Continue to pray for God's guidance as we care for the children in our community.



Session Notes:

The Session met on Tuesday, Oct 17 at 7 p.m. hybrid. After an opening devotional and prayer we discussed the article from *Presbyterian Outlook* (see Rocking Chair article) and its implications for us as leadership.

It was noted that the Session will be making contributions to the Backpack program in honor of Ann Aichinger in observing Pastor Appreciation month (October).

Patty Caldwell will be going as our commissioner to the Nov 9 Presbytery meeting, which will be held at Glade Spring Pres. At this meeting, John Barker will be installed as the Moderator of Presbytery for 2024.

We heard updates on the October 9 Abingdon Presbytery Mountain Top Event, The Thriving Congregations gathering in Montreat, and on the situation with supporting the Mashkins. Committees made reports and the following were approved:

Participation in the King University Coats of Kids program
Resignation of Melvin Shelton as custodian and the hiring of ServiceMaster as the janitorial service for cleaning of the church.

After review of pastoral concerns, John Dodge led the Session in closing prayer.



Nancy Kiser	1	Nicholas Fuller	18
Verle Sutphin	1	Josie Russell	19
Tyler Wycoff	4	Nancy Arnold	21
Danny Clark	7	Finley Sims	21
Phyllis Morris	8	Terri Davis	22
Rob Blanton	10	Debbie Wagner	22
Terri Surber	15	Harper Ellis	24
Clayton Kiser	16	John Dodge	25
Mark McCord	17	Kenzie Starling	26
Makenzie Self	17	Vickie Clark	28
Avery Herold	18	Brenda Lester	28
Christa Anderson	18	Kelly McBride	30

Many thanks for all the kind words, hugs and warm wishes on my retirement. It truly has been a pleasure to serve you and Central all these years. Kim has a good financial background and has been working hard to prepare for this role. She is eager to assist and will be there for any questions you may have.

Most of all, I appreciate all the donations made to the backpack program in my honor. The backpack program is such a great mission of our church. I have witnessed how our volunteers are dedicated in their work to serve this cause and I greatly admire their spirit and dedication. With the recent increase in the number of children being supported with these backpacks full of nourishment each weekend, your continued support would mean so much to this mission.

I look forward to this new phase of my life and seeing you in the future outside of the office.

Truly,
Mary Moffatt

Sermons:

October 22	Joyful Gratitude: Seeing God's Image	Matthew 22:15-22
October 29	Joyful Gratitude: Given and Purpose	Matthew 22:34-46
November 5	Joyful Gratitude: Approach with Humility	Matthew 25:1-12
November 12	Joyful Gratitude: Come Ready	Matthew 25: 1-13
November 19	Joyful Gratitude: Sharing our Gifts	Matthew 25:14-30
November 26	Christ the King Sunday: Serving the Least	Matthew 25:31-46

Pastoral Concerns:

Bob Ingram has an infection in his jaw and is on high powered antibiotics;
Michelle Blankenship was in a head-on collision and has a broken ankle.
Jim and Joan Keith have Covid, Joan also took a bad fall on Saturday;
Doris Hall left for Cleveland Clinic on Monday, Oct. 16, and will be having heart valve surgery on Thursday, October 19;
Jack Wagner III is in rehab at NHC;
Frances Van Dyke is undergoing chemotherapy;
Heather Kiser;
Woody McGlothlin is having tests to get on the lung transplant list;
Laurel Broadfoot's brother, Jim;
Khloe Thomas (granddaughter of Randy and Michelle Mercer) will have open heart surgery in the near future;
Diana White will be having knee surgery in October;
Missy McCord continues to deal with pain and recovery from her knee surgery.



Continued Prayers for:

Randy Broyles, Doris Crabtree, Mary Kay English, Maxine Howell, Bob and Becky Ingram, Niki McGrew, Alice Owenby, Jean Thomason, Ed Updyke, and Linda Wise.

Prayers for Family Members and Friends:

Eugene Waldron's sister, Joy Waldron; Christy Blevins' father, Roger McGhee;
Peggy Callison's son, Orion; Sandy Wilson's aunt, Connie Perry, and her uncle, Junior;
Doris Hall's aunt, Mildred Rutherford; Diana White's brother-in-law, Ed Fortner, and her sister;
Mary Moffatt's cousin, Joni Cambron; Nancy Kiser's brother-in-law, Will Frazier; Vicki Myers's mother, Jane Coulthard; Joy Briggs' friend, Ginger Alverado;. Josie Russell's cousin, Carey Jo Davis, and her friend, Kayla Chinn.

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.

On Sunday mornings, Vickie Salyer is available in the nursery for children at the 9 a.m. time for Adult Sunday School. If you would like to be a part of either Adult class and have children or grandchildren with you, feel free to take them to Vickie, who plans a lesson for them.

Alleyway Bank and Butterfly Garden Thank you to those who helped to clean off the alleyway bank of all the weeds. It was a huge project and took many people to do it. Winter Rye grass has been planted to hold the soil in place and then in the spring a ground cover will be planted to help keep the weeds out.

The butterfly garden has been very busy in the last month. We have had many caterpillars eating and munching on leaves. Several became chrysalis and emerged as butterflies. In this first year, It is exciting to see the new life and possibilities happening. If you have plants you want to share, you are invited to come and plant them as a part of the garden. If you have time and would like to do some weeding, you are more than welcome to come at your convenience.

Take some time, come investigate, and see what you can find in our garden.

331 Euclid Avenue
Bristol, VA 24201
Phone: 276-669-3157
Fax: 276-669-7362
E-mail: office.cpc@bvu.net

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.
- * Use the QR Code to connect to the website and the “Give Online” link.
- * You can give one time, or regularly, through your **Realm Connect** profile.



How to contact us:

Ann Aichinger, Pastor	ann.cpc@bvu.net
Robert Campbelle, Music Director	robertcampbelle@gmail.com
Joy Smith-Briggs, Organist	gvbjoyb@btes.tv
Josie Russell, Youth & Young Adult Dir. Social Media Coordinator	josieannusell@gmail.com
Kim Profitt, Administrative Assistant, Newsletter Editor	office.cpc@bvu.net
Kim Profitt, Finance Director	finance.cpc@bvu.net
Jeremy Kline, Kitchen Coordinator	
Michelle Blankenship, Dir. of APPLE Academy	applepreschool@yahoo.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