



Reflections from a Rocking Chair

Happy New Year! So we have begun 2023, and before us lies all the hopes and dreams with new opportunities. Many of us may have made New Year resolutions 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. 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 or two. Recently I heard someone say that if we each lived a new intention each month, we would be changing our ways in twelve aspects (learning something new, reading scripture, volunteering a day a month, spending a month in prayer, etc.) 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 that you will see it as you begin your day. So what might a worthwhile intention be for 2024? 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 is it 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

NEEDED: Photographer

Are you a photographer and willing to help us update the pictures of our children that line the hallway to the kitchen? We have a group of new kids and many of those who are pictured on the wall are in high school or middle school. We would set up a time to have our families with children here to get each child's photo. If you are willing to do this, or if you know someone who might be able to do this, please talk to Ann Aichinger about how to proceed.

**Men's Bible Study and Prayer Group**

**MEN'S
FELLOWSHIP**

The men's Bible Study group will begin again after a 46 month break on **Monday, January 8**. All men are invited to join the group at Perkins at exit 7 in Bristol, VA at 7 a.m. for breakfast, study and discussion, and prayer. It will conclude around 8 a.m. for those who need to get to work or other errands. If you have any questions or want more information, please talk to Tim Landis or John Dodge.

NEEDED: Volunteers to help serve and clean up for Wednesday Night Dinners beginning January 10. David and Cathy White will be making their annual sojourn to Florida and won't be able to run the kitchen on Wednesday nights. Until David & Cathy return in April, Barbara Mann will be in charge and Jeremy Kline will continue to cook for us...but they need help serving and cleaning up afterward. Please contact Barbara Mann at 276-608-2902 or Kim (office) 276-669-3157.



Thank you to everyone who participated in Be the Church Sunday. We had 91 people in worship and many of you stayed to be engaged in the fun and fellowship. Together we assembled 20 Blessings bags for people on the street, 45 cards that were sent to soldiers who are at the hospital in Maryland recovering from injuries, 50 blankets were prepared, packed over 300 snack bags for the backpack program to use, and made 25 birdfeeders. Thank you to our station leaders: Sheree Taylor, Josie Russell,

Tim Landis, Barbara Mann, and Kim Profit. Let's keep serving in varied ways in our community and in the world as we seek to Be the Church. Those of you who took blankets home to tie, please return as soon as possible so that we may distribute more of them to the dialysis and cancer centers. Barbara took 12 to the cancer center on Tuesday and within 2 hours, five of them had been claimed!

NEEDED: Help to put away all the Christmons ornaments, Christmas wreaths, and tree. We had a fun time decorating the Church during Advent, and on **January 7**, we will have just as much fun taking everything down and talking about our holidays with everyone there. Please remain after church in the Sanctuary to help. Especially needed are the young, fearless men and women willing to climb ladders to take down the tree and garlands. Those of us who aren't quite as fearless are necessary, too! We can pack away the decorations so that they are safe and available for Advent 2024. Please join in. The more people participating, the faster it will go.



January Souper Bowl of Caring Food Collection Challenge

During the month of January until February 11, 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 and Marguerite Buckley 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 11 (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, Marguerite Buckley 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>

Calendar**January 3, 2024 - January 17, 2024**

Wednesday, January 3	Central Life delivered	
	5:30 p.m.	Widows' Grief Group (Speedway Lights)
Thursday, January 4	9:00 a.m.	Meals on Wheels
	4:00 p.m.	Care & Concerns meeting
	7:00 p.m.	Christian Education meeting
Sunday, January 7	9:00 a.m.	Adult Sunday School
Epiphany	10:00 a.m.	Worship - Sanctuary - Communion
	11:00 a.m.	"Undecorate Church" All are Welcome!
Tuesday, January 9	11:00 a.m.	Presbyterian Women Bible Study
	7:00 p.m.	Central Gamers - Central Hall
Wednesday, January 10	4:00 p.m.	Finance Committee meeting
	5:30 p.m.	Wednesday night dinner *
	7:00 p.m.	Choir practice
Sunday, January 14	9:00 a.m.	Adult Sunday School
	10:00 a.m.	Combined Worship - Central Hall
Tuesday, January 16	12:00 p.m.	Staff meeting
	7:00 p.m.	Session meeting
Wednesday, January 17	Central Life delivered	
	1:30 p.m.	Widows' Grief Group
	5:30 p.m.	Wednesday night dinner **
	7:00 p.m.	Choir Practice



Gifts in Memory of Mary Kay English given to Central Presbyterian Church by:

* Nancy Kiser

* Mary Moffatt

Gifts in Memory of Joy Waldron given to Central Presbyterian Church by:

*Mary Moffatt

Gifts in Memory of Kimberly Tadlock given by :

*Mary Moffatt

Wednesday Night Supper: We will have dinner at 5:30 p.m. and then have a program at 6:10-7 p.m. Our children and youth will have their gatherings, and there will be a nursery available.

January 10 - Baked spaghetti, salad, vegetable, roll, dessert

January 17 - Meatloaf, mashed potatoes, salad, vegetable, roll, dessert

January 24 - Beef stew, vegetable, salad, roll, dessert

January 31 - Baked chicken, stuffing, vegetable, salad, roll, dessert



Women's Bible Study

TO ALL PRESBYTERIAN WOMEN:

Tuesday, January 9th at 11:00 a.m. we will have our monthly Bible Study meeting. We will be studying lesson #5 of Sacred Encounters, "A person with leprosy encounters Jesus." Jesus challenges us to overcome prejudices, embrace others, and invite them into the community of faith.

Led by Pastor Ann Aichinger in the small dining room.

See you there!

Your Co-moderators: Mary Ann and Thais

Snow policy/Inclement weather information

Always check the website, Facebook, and your email for last minute changes and updates. The policy Central is:

- ◆ Information will be posted at www.CentralPresBristol.org and on the Central Presbyterian Church Facebook page as well as sent out by email to the church family.
- ◆ If Bristol, VA schools are closed (or are dismissed early), large group weekday activities at the church likely will be cancelled, including Presbyterian Women and Wednesday Night Activities.
- ◆ Committees, Music Rehearsals, and Small Groups, are asked to contact your leader to decide whether to meet or not;
- ◆ 10:00 a.m. Sunday Worship will almost always be held. Come if you can get here safely, but be aware that the parking lot can be extremely slick even when roads are clear.



Before coming to church when the weather is challenging, always check the above sources or call the church office (276-669-3157) for updated information.



Welcome to Epiphany, the liturgical season from January 6-Ash Wednesday, which is on February 14. The word Epiphany refers to the idea of appearing or revealing. On Sunday, January 7, we will celebrate appearing of the Bethlehem star that led the wise men to this new born king, and that when they encountered the Christ, they went home a different way. As a part of our worship time on January 7, you will have the opportunity to pick an Epiphany star which can help guide your year. Each star will have a word on it to guide you through this year. Some possible words will be Seek, Love, Live, Laugh, Joy, Hope, Dream, and many others.

Throughout the season of Epiphany we will be considering how we are created a new in Christ, and how our life as Christians in to be engaged in So join us for this season of Epiphany.

Sermons:

January 7	Home by Another Way	Matthew 2:1-12	Sanctuary
January 14	Seeing Anew	Mark 1:43-51	Central Hall
January 21	Guest Preacher		Sanctuary

Pastoral Concerns:

Peter Morison broke his foot;
Bessie Kitts will have heart surgery in December;
Mike Ellis is home & doing well after knee surgery;
Diana White is having knee surgery on January 11;
Bob Ingram, as he continues with health issues;
Frances Van Dyke;
Heather Kiser;
Woody McGlothlin is waiting to see if he's a candidate for a lung transplant;
Larry Surber is undergoing treatment for leukemia.



Continued Prayers for:

Randy Broyles, Doris Crabtree, Bob and Becky Ingram, Jim & Joan Keith, Missy McCord,
Niki McGrew, Alice Owenby, Jean Thomason, Ed Updyke, and Linda Wise.

Prayers for Family Members and Friends:

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;
Josie Russell's cousin, Carey Jo Davis.

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.



Sunday, January 7

Youth Group Following Worship
11:00 a.m.-noon

Sunday, January 14th

Youth Group Following Worship
11:00 a.m.-noon

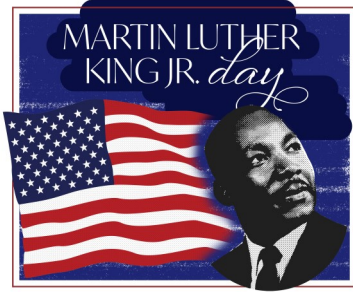
Wednesday, January 10th

Dinner and activities at church
5:30 p.m.-7:00 p.m.

Wednesday, January 17th

Dinner and activities at church
5:30 p.m.-7:00 p.m.

The next Central Life will be delivered on January 17, 2024. Please submit any articles by noon on Monday, January 15.



Martin Luther King, Jr. Celebration in Bristol

On Monday, January 15, the cities of Bristol, VA and TN will be celebrating Martin Luther King day with a series of events. Everyone is invited to join in the festivities. The schedule is:

12:30 YWCA activities for children and youth

1:30 Community March from the YWCA to the Bristol sign for our Annual traditional photo.

2:00 pm MLK, Jr, program at First Baptist Church.
Following the program, there will be refreshments in the Fellowship Hall of First Baptist Church.

This year's speaker is Tybre Faw who is a 15-year old student activist and author. Tybre is also the youth national representative for the 1619 project and was a mentee of the late Congressman John Lewis. Tybre lives in Johnson City and participated in Bristol's first 2018 celebration. To learn more about Tybre, check out his website: <https://iamtybrefaw.com/>



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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 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:

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Kyndall Bradley, Nursery Staff	

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