

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 are Food Pantry Barrels in the entry area and by the office, 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>



On Wednesday nights, everyone is welcome to join us for dinner at 5:30 p.m. and then program and activities for all ages at 6:10-7 p.m. There is a nursery for children up to 3 years old. The children have opportunity for music and lesson and activities. For adults, there is a study using *Witness without Parallel: 8 Biblical texts that make us Presbyterian* by Earl Johnson, Jr. Ann Aichinger presents the passage and information, then we have small group time to discuss questions.

January 24 - Meatloaf, mashed potatoes, salad, vegetable, roll, dessert

January 31 - Beef stew, vegetable, salad, roll, dessert

February 7 - Baked chicken, stuffing, vegetable, salad, roll, dessert

Snow policy/Inclement weather information

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

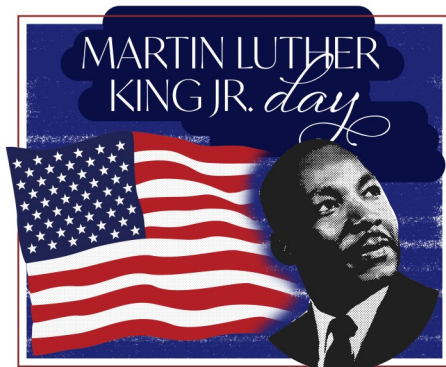
* Information will be posted at www.CentralPresBristol.org and on the Central Presbyterian Church Facebook page as well as sent out by email to the church family.

♦ 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.



Martin Luther King, Jr. Celebration in Bristol - rescheduled

On Saturday, February 3, the cities of Bristol, VA and TN will hopefully be celebrating Martin Luther King day with a series of events. Everyone is invited to join in the festivities. The schedule will be announced at a later date.

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/>



MEN'S FELLOWSHIP

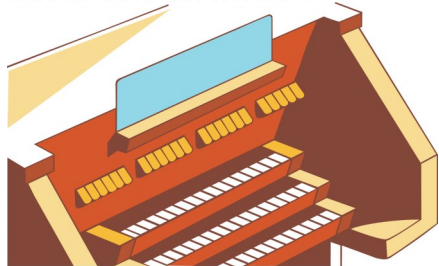
Men's Bible Study and Prayer Group

The men's Bible Study group has started after a 46 month break and meets on Monday mornings at 7:00 a.m. All men are invited to join the group at Perkins at exit 7 in Bristol, VA 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. Books are available in the church office and cost \$20 each. 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 through April. David and Cathy White are in 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.



From the ORGANIST



Back by Popular Demand!

Well, that's a bit of an exaggeration, but I have received many thanks and words of appreciation for the "extra" prelude music during Advent. The most rewarding thing about playing the organ is the enjoyment it brings to the listener...that's YOU.

For this reason, I plan to continue the "extra" music during Lent and Easter and pray it will continue to bring you a little extra time for prayer and meditation before the service begins. I am always open to suggestions concerning your favorites, which I would be happy to play if I have them. They are more than likely my favorites, too.

-- Joy Briggs

Trish received so many compliments and requests for this recipe, that she sent it to be published in the newsletter:

Egg Frittata

12 eggs
1 cup sour cream
1/2 cup heavy cream
1 1/2 to 2 cups shredded cheese
1 teaspoon salt
1 cup chopped broccoli
1/2 cup chopped bell peppers
Pepper to taste



Requested Recipe

Sauté vegetables in small oiled skillet cook until tender 5 to 10 minutes add pepper to taste set aside to cool In mixer beat eggs, add salt, sour cream, heavy cream, shredded cheese, mix well stir in vegetables. Pour in a greased 9x13 dish bake at 350 degrees 35 to 40 minutes you will know it's done when it's set and firm.

You can add anything you like to this recipe, such as ham, sausage, bacon, fresh spinach, tomatoes, mushrooms, onions
ENJOY! Trish James

Calendar**January 18, 2024 - January 31, 2024**

Thursday, January 18	Rev. Aichinger on vacation thru 1/24
Sunday, January 21	9:00 a.m. Adult Sunday School
	10:00 a.m. Worship - Sanctuary - Rev. Tom Gomola preaching
	11:00 a.m. Youth Group - small dining room
Monday, January 22	7:00 a.m. Men's Bible Study - Perkins exit 7
	7:00 p.m. Central Gamers - Central Hall
Wednesday, January 24	5:30 p.m. Wednesday night dinner - Meat Loaf
	7:00 p.m. Choir practice @ State Street
Friday, January 26	9:00 a.m. Gamers at Caldwell's home
Sunday, January 28	9:00 a.m. Adult Sunday School
	10:00 a.m. Worship - Central Hall
	11:00 a.m. Youth Group - small dining room
Monday, January 29	7:00 a.m. Men's Bible Study - Perkins exit 7
Wednesday, January 31	Central Life delivered
	1:30 p.m. Widows' Grief Group
	5:30 p.m. Wednesday night dinner - baked chicken with stuffing
	7:00 p.m. Choir Practice at Central



A special thank you to everyone who donates to the different ministries of the church. Please remember to write the specified ministry on the memo line of your check. This is especially important if you write the check for more than one ministry. It can be a challenge deciphering the account to which you wish the money to go. If necessary, add a note to the check.



Sunday, January 21

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

Wednesday, January 24

Dinner & activities at church - Youth Sunday Preparation
5:30 p.m. - 7:00 p.m.

Sunday, January 28

Youth Group Following Worship - Making King Cakes & Youth Sunday Preparation
11:00 a.m. - noon

Wednesday, February 7

Dinner & activities at church - Youth Sunday Preparation

Saturday, February 10

Practice for Youth Sunday - Time TBD

Sunday, February 11

Youth Sunday!! Please be at the church by 9:00 a.m.

Wednesday, February 14

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

Sermons:

January 28	A New Teaching with Power and Authority	Mark 1:21-28
February 4	A Day in the Life	Mark 1:29-39
February 11	“Let us Praise the Lord”	Youth and Children Sunday

Pastoral Concerns:

Dick Gordon has been hospitalized for several days following a fall ;
Bessie Kitts has had several delays with her heart surgery and
hopefully will have heart valve surgery soon
Khloe Thomas will have open heart surgery at Vanderbilt on
January 30 (she is 11 years old);
Diana White had knee replacement surgery January 11 and is at
home;
Bob Ingram, as he continues with health issues;
Frances Van Dyke, as she continues with cancer treatment;
Heather Kiser, as she continues with treatments for her cancer;
Woody McGlothlin is waiting for further information about a lung transplant;
Larry Surber is in full remission and will be going to UVA for a Stem Cell transplant soon -
he and Terry will be at UVA for 6-8 weeks.



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 husband,
Dave, is now having dialysis at home; 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, who is dealing with cancer.

*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.*



Dr. Stephen Hamilton, former organist at Central, will be giving a concert at Munsey
Memorial Methodist Church in Johnson City on January 28, 2024 at 4:00 p.m.

Congratulations To Elise & Briggs Allen in the birth of their grandson, Henry
Haley, on January 9 in Richmond, VA at 8 pounds, 9 ounces. and 22.5 inches.
Parents are Chris and Melissa Haley and big brother is Connor



**The next Central Life will be delivered on January 31, 2024. Please submit any articles by
noon on Monday, January 29.**

Session Notes:

Session met on Tuesday, January 16 for a meeting by Zoom. We had 100% attendance. We shared our hopes for Central in 2024. Ann Aichinger updated with her pastoral report including her vacation times and approval of Rev. Tom Gomola who will preach for her on January 21.

Minutes of the December meeting were approved and Linda Waldron reported on communication.

Robert Smith's membership was transferred to Independent Presbyterian Church in Birmingham, AL and Theresa and David Kalb's membership were transferred to First Presbyterian Church, Winter Haven, FL.

After reviewing the active membership rolls and requesting responses from those who have not been active in the last 3 years, 4 people requested to be removed from the active membership, and 44 were placed on the "Friends of the Church" list.

The Annual Congregational Meeting and Annual Corporation Meeting will be held on Sunday, March 3, following the worship service. John Barker gave an update about the Mashkins and also the possibility of hosting and sponsoring another Ukrainian family. Christy Blevins will be our elder commissioner to Abingdon Presbytery meeting on February 9 (Zoom meeting). John Barker being installed as the Presbytery Moderator, and Ann Aichinger will attend as a member of Presbytery.

The following items were approved from committee reports:

- * transfer all authorizations and access for ACS/for Realm to Kim Profitt as Administrator
- * Wednesday night adult class is using *Witness without Parallel: 8 Biblical texts that make us Presbyterian* by Earl Johnson, Jr.
- * Worship on Sunday, February 11 will be led by our Youth and Children in Central Hall and the theme will be "Let us Praise the Lord."
- * Adoption of the 2024 budget
- * Second Vote to allow access from the Endowment in 2024 up to \$150,000
- * Continuing with the Souper Bowl Food drive January-February 11
- * To have the Souper Bowl Lunch on Sunday, February 4 at 11 a.m. in Central Hall, and invite people to bring pots of soup, or side dishes or salads, bread/crackers, or dessert to share.
- * The main furnace and the furnace in Central Hall have been repaired and are in good working condition.
- * The security team will be having a CPR training, led by Savannah McCord Diebold.

After sharing pastoral concerns, Glen Van Dyke closed the meeting with prayer and the Session adjourned. The next meeting is Tuesday, February 20 at 7 p.m.

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
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