



The Central Connection -Messages and Opportunities-

February, 2012

I "Heart" You

by Pastor Stephanie



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"February is a good month to take time to love—slow down and notice what and who we love and appreciate all the experiences of life that connect us with the God of love."

Do you remember the bumper stickers— "I ♥ _____"?

I love my dog, cat, horse, car, child,

_____.

February is ♥ month. How nice to have a month to remember what and who we love. Yes, I know the Bible has several words for love, with nuanced meanings, and *agape*/love is more than feelings. But what a difference it would make if we took time each day and said out loud to someone else, "I love _____." It could be "I love you" or it could be "I love sunsets, music, cats on my lap, autumn leaves, the sound of the ocean, walking on the beach, good food, a fire in the fireplace, the smell of my child's hair. . ." The possibilities are endless and all around us.

Too often we rush through life forgetting to pay attention to love.

Someone recently told a group of clergy, "speed does violence"—to our relationships, to our souls, to our peace of mind, to our lives. February is a good month to take time to love—slow down and notice what and who we love and appreciate all the experiences of life that connect us with the God of love.

Here are some suggestions to help you enjoy the love that is all around us:

- ♥ Write a note or send a card to someone you love.
- ♥ Around the dinner table, take turns saying "I love _____" and marvel at the closeness we feel when love is expressed.
- ♥ Tell someone how much they mean to you.
- ♥ Take time to sit quietly in God's presence and give thanks for the love in your life.
- ♥ When you feel sad because of lost love, let God love you with a steadfast and everlasting love, and give thanks by faith for the love that surrounds you, even when you can't feel it.

And to my dear sisters and brothers at Central,

"I ♥ you very much."

In Christ,

Pastor Stephanie



Central UMC Email Directory

The most updated Central UMC email directory was sent via email on Wednesday, January 25th. If you did not receive a copy and would like one, please contact the church office by way of email or telephone at (886-3441).

This directory was compiled to facilitate communication between Central UMC and it's members, and among the members. The Central UMC group email enables the church office to easily send a message to everyone on this list- messages such as announcements about special events, births, deaths, persons in need of prayer and other forms of help, and related concerns. If you would like to send a message to everyone on this list, you should send your message first to the church office at centralumc@centralumcstaunton.org, with a

request that it be sent to persons on the group email list. It is also hoped that the information in this directory will make it easy for members to communicate with each other. In case any corrections or changes needs to be made, or someone needs to be added to the list, please send that information to Dana in the church office. Please be assured that this list will only be used for internal purposes within Central UMC and will never be rented, sold or otherwise made public. We will continue to try to keep persons without email informed through the Sunday bulletin, newsletter and phone tree messages.

****The complete directory of names WILL NOT be posted online in the newsletter, (for privacy reasons) only the staff, as is listed below.****

Staff

Pastor: Stephanie Sault

pastor@centralumcstaunton.org



Minister of Music/Organist: Sherry von Oeyen

arveo@ntelos.net

Secretary: Dana F. Wade

centralumc@centralumcstaunton.org;

dana@centralumcstaunton.org

Treasurer: Jim Clemmer

treasurer@centralumcstaunton.org

Custodian: Janet Nuckoles

centralumc@centralumcstaunton.org



Let Us Ring to the Glory of Our Lord!

Bell Choir Worship



Bells have been around for centuries and centuries. In Psalm 150, we read “*Praise Him with sounding cymbals; praise Him with loud clashing cymbals!*” The Latin word “cymbala” was used both for cymbals and bells in those early days.

Tunes were rung on bells in China over 5000 years ago. Hand bells in Scotland can be traced back to the 5th century. In medieval times, particularly in Europe, bells were related to superstition. They were used to ward off evil spells and spirits. Bells were hung in doorways to protect visitors and hosts from the evil spirits waiting around the door. When a tempest broke out, bells would be rung to dispel the storm.

Western civilization has primarily associated the ringing of large bells (as steeple bells) with the church. Particularly in England, from the 16th century, steeple bell ringing was quite common and most often consisted of change-ringing—ringing in sequences, not tunes. Eventually, ringers decided it would be more convenient to have smaller bells on which to practice at home or in the local inn. So, many firms in England began to produce tuned hand bells around 1700. Bells began to ring simple tunes, especially at Christmas.

The first presence of hand-bells in North America was in 1844 when the Lancashire Ringers from England came to tour the United States. It was not until the mid-20th century that hand bell ringing became popular in the U. S. and Canada. Today, it is spreading to many other places in the world.

The use of and the style and techniques of ringing hand-bells have continued to evolve and expand through creative writing and greater usage. Initially, bells were used more in churches; but gradually, ringing has moved into schools and today there are many concert bell choirs.

We are fortunate to have hand-bells here at CUMC. After having discontinued the bell choir for the past few months due to a need for more ringers, we now have three new members and have resumed rehearsing. Bells can ring joy and praise and can be meditative. They can call us to worship and enhance the singing of hymns.

-*Sherry von Oeyen*- Minister of Music



The UMMen have a busy winter and spring planned, and we hope that all men of the church will be able to participate in as many activities as possible.

- ◇ Feb 4—monthly meeting, including breakfast buffet at Rowe’s Family Restaurant, with spouses and guests invited.
- ◇ March 3—monthly meeting at Rowe’s
- ◇ March 6-7—District UMM retreat at Camp Overlook
- ◇ April 7, and May 5—monthly meetings
- ◇ April 29th—“Fifth Sunday” luncheon
- ◇ May 11-12—Tri-district retreat at Camp Overlook

We have a number of work projects planned at the church, and will also be participating in work trips at Pulaski. If you have questions about any of the UMMen’s events please contact Jim Printy, 292-2029.



UMW Fundraiser

Immediately following Worship on February 12, the United Methodist Women will be hosting a fundraiser to help raise money for 75 Birthing Kits for conference. This fundraiser will be SWEET in more ways than one!

For sale will be **HOMEMADE** pre-packaged treats like...chocolate covered cherries, truffles, (\$2.50 per package)...lovely Valentine treats that can be given to that special someone. **All** the money collected will help go towards the cost of the baby blankets needed for the birthing kits.

Lectionary Readings

February



<u>Sunday- 5th</u>	<u>Sunday-12th</u>	<u>Sunday-19th</u>	<u>Sunday-26nd</u>
Isaiah 40:21-31	2 Kings 5:1-14	2 Kings 2:1-12	Genesis 9:8-17
Psalms 147: 1-11	Psalms 30	Psalms 50: 1-6	Psalms 25: 1-10
I Cor. 9:16-23	I Cor. 9:24-27	2 Cor. 4: 3-6	1 Peter 3:18-22
Mark 1:29-39	Mark 1:40-45	Mark 9: 2-9	Mark 1: 9-15

Pulaski Mission Work Trip

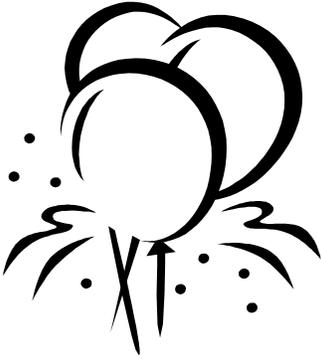
We made two trips to Pulaski in 2011 to work on tornado damaged homes, and we are planning to return in the near future. Please check your calendars for Feb and March to see when you would be able to participate. There is work for everyone--clean up, drywall, painting, carpentry. Eight homes have been dedicated (completed and turned over to their owners), six are moving toward completion, and construction is beginning on three more (homes that were completely destroyed). We are approaching the one year anniversary of the destruction which makes it even more important that we provide assistance. Often, as time passes, there is less response and volunteers begin to focus on other projects. We have made wonderful friends in Pulaski and the people have genuinely appreciated our support.

IN MINISTRY



General Ministers.....	305
Pastor.....	Stephanie M. Sault
Minister of Music/organist.....	Sherry von Oeyen
Church Secretary.....	Dana F. Wade
Child's Play Director.....	Jo Ann Black
Custodian.....	Janet Nuckoles
Retired Pastor.....	David D. Reed
Professor MBC.....	Kenneth A. Beals
District Superintendent.....	D. Michael Houff
Resident Bishop.....	Charlene Payne Kammerer

February Birthdays



- 1 Thelma DePriest
- 2 Gus Gutshall
- 4 Joyce Fauber, Ed Smith
- 6 Carolyn Smith
- 7 Dana Wade
- 8 Eldridge Wisely
- 12 Elizabeth Grimm
- 14 Scott Black III
- 16 Elnora Fountaine
- 17 Kurt Beals, Caroline Jones, Stacey Nuckoles
- 18 Tania Morgan
- 19 Harriet Payne, Lena Walden
- 25 Benham Black
- 27 Paul Morrison, Doug Noland, Jr.,
Joan Rule

May God Bless Your Special Day with Joy and Love!!!

Please contact the church office if your name is not on the list and should be (or vice versa) *so that we may correct our records.

Single Mingle

Sunday, February 12

Lunch Following Worship (Mockingbird)

All single adults are invited to join the group for a meal with great

conversation, and laughter.

Invite a friend

for

Worship and

Lunch!



Song Corner

Come, Thou Fount of Every Blessing

1758- Robert Robinson

Come, Thou fount of every blessing, Tune my heart to sing Thy grace. Streams of mercy, never ceasing, call for songs of loudest praise. Teach me some melodious sonnet, sung by flaming tongues above. Praise the mount! I'm fixed upon it, Mount of God's unchanging love.

Oh, to grace how great a debtor, daily I'm constrained to be! Let thy grace, Lord, like a fetter, Bind my wand'ring heart to Thee. Prone to wander, Lord, I feel it, Prone to leave the God I love. Here's my heart, Lord, take and seal it, Seal it for Thy court's above.

2 Peter 3:9 says...*The Lord is not slack concerning His promise, as some count slackness, but it longsuffering toward us, not willing that any should perish, but that all should come to repentance.*

Central's Long History of Service in Missions

Members of Central have made two recent trips to Pulaski to work on tornado damaged homes. Central UM Church has a long history of service through mission, and its members have made numerous trips in the past, throughout Virginia, to a number of other states, and several foreign countries. The Mission/ Outreach Committee has recently begun the process of compiling a history of these trips—so we will not forget what we have done in the past, and also to inspire us to serve in the future.

If you can add any details to this list—corrections, additions—please contact Jim Printy or the church office.

Central UM Mission Trips-

Date:	Place:	Participant #	Names:
July 2011	Guatemala	2	Jackie & Ken Beals
10/21-22/11	Pulaski, VA (4/11 tornadoes)	7	Jim Printy, Benham Black, Vince Ennis, Anita Jackson, Diony deTablan, Jeff & Ellen Delong
7/20-24/11		6	Susan Black, Lowell Moore, Vince Ennis, Diony deTablan, Vicki & Jim Printy
Jan. 2009	Jamaica	1	Virginia True
Summer 2005	Guatemala	1	Susan Obaugh
Fall- 2005 * Spent many hours	Verona (blind man)	14	Susan Black, Benham Black Vince Ennis, Cheryl Kent *Jim Linanne Lewis Moore Whitney Moore, *Bob Rader *Jim Reid, Beverly & Sam Richardson, *Ed Smith, *Tommy Spotts, Jack True
3/25-31/07	Van Cleave, MS (Katrina)	8	Jim Reid, Ed Smith, Vince Ennis Benham Black, Joe Riley
2/18-26/06	Gulfport, MS	11	Ed Smith, Benham & Susan Black, Jim Reid, Jim Linnane, Jim & Alma Creger, Jim Printy, Jackie Beals, Sam Richardson, Lee Warren
10/13-17/04 9/18-19/04, 8/20-22/04, 7/10-11/04, 5/15-16/04,	Gloucester Point, VA (Isabel)	4	Participants for Gloucester, Poquoson & Bishop: Jim Reid, Ed Smith, Judd Bankert

Date	Place	Participant #	Names
4/17-18/04; 3/17-18/04		10	Benham Black, Susan Black,
3/6-7/04		12	Joe Blosser, Phil Bridgmon, Bill
1/24-25/04		18	Bushman, Alma Creger, Jim
11/15-16/03		17	Creger, Elaine & Vince Ennis,
10/25-26/03	Poquoson (Isabel)		Mel, Fred, Richard, & Jon Foun -
10/16-17/03			taine, Mary Ann Harlan, Joe Hill
6/8-9/02	Bishop, WVA	11	Jim Hill, Jenny & Cheryl Kent,
4/13-14/02		15	Jim Linnane, Keith Metzler,
2/23-24/02;			Lewis Moore, Alex Moore,
1/26-27/02		12	Ralph Mowry, Diana Rader, Bob
10/1-5/01			Rader, Beverly Richardson, Sam
10/6-7/01			Richardson, Tommy Spotts, Emily
			& Eric Stumb, Jack True, David
			Waterman , Jim & Vicki Printy
Dec. 2000	Franklin, VA		
Nov. 2000	Franklin, VA		
Summer, 2001	Pyatagorski, Russia	1	Susan Obaugh
2/11-22/98	Guatemala	5	
1996	Wingfield or Herman, MO		
5/13-21/95	Putney, GA		
Oct. 1994	Putney, GA	6	
Fall 1990	Summerton, SC (Hugo)	2-5	
June 1990	Summerton	10	Jim Reid, Abe & Winnie Moyer,
			Joyce Fauber, Vince Ennis, Harold
			Bosserman, Tom Spotts, Suzanne
			Peeler, Bill Van Fossen
?	White Eagle, OK		
7/14-25/86	Mexico	3	
Summer 1980	Belize	7	Jared Sims, David Motes, Jim
			Printy, Cynthia Peeler, David
			Elmore, Ed Ennis, Chip Harvill

We truly are and have been blessed with so very many wonderful servant hearts here at Central!!!

May God's richest blessings be added to the lives of all who have so generously served others!!

*** Please contact Jim Printy or Dana in the church office with any additions/subtractions, clarifications, etc....so we can submit the correct information.***

Thank You For Giving to the Lord

The Whole Gang with the Hicks Family- Gloucester, VA- Hurricane Isabel



Poquoson-2003 Disaster Relief Team for Homeowner Barbara Powers. Pictured Below:

Vince Ennis, Jack True, Barbara Powers, Cheryl Kent, Jim Printy, Benham Black. Picture taken by Susan Black

Susan, Jack , and Barbara finish the clean up after removal of fallen tree.



Poquoson - 2003 Disaster Relief Team for The Austin Family

Group picture with Rose and Robert Austin, homeowners. Back row: Vince Ennis, Jack True, Benham Black. Front Row: Rose Austin, Robert Austin, Cheryl Kent, Jim Printy
Photographer: Susan Black



Vince and Jim working on fallen tree in the backyard of the Austin residence.

Jack True and Jim Printy cut debris from the Parker backyard.



Disaster Relief Team with homeowner Elizabeth Parker.

2001 Bishop, WV/VA

In July, 2001, a flash flood damaged many homes in southwest Virginia and southern West Virginia. Hard hit was the town of Bishop which straddles the Virginia/West Virginia line. A mission team from Central, spearheaded by Ed Smith and Jim Reid, made several trips to Bishop to repair the damage. Below are some pictures from two of the trips.

Mel Fountaine sanding kitchen cabinets before painting.



Above-Joe Hill working on a mantle while Jim Reid catches a cup of coffee.



Beverly and Sam Richardson painting kitchen cabinets.

Ed Smith gets some advice from Mel Fountaine and Dan Pemberton.



Jim Reid is assisted by Jim Hill in cutting the flooring

Susan Black and Ed Smith working on a counter top.



Jack True, Mel Fountaine, and Eddie Smith applying paint.

Jim and Alma Creger and Benham Black take a break.



Mary Harlan and Mel Fountaine discussing the next job.



HAPPY NEW YEAR!

Before you decide that I am month or two late, let me explain. It is probably a better idea to ease into the New Year rather than jump into it. For instance, did you make New Year's Resolutions? How are they working? I did the traditional ritual and have decided that I still have time to adjust that "wish list". I realized that I failed miserably at making the best choices for what I am to be about or even how I should live my life.

My list had all of the self-focused stuff like.... more exercising, losing weight and cutting back on caffeine. These are worthy goals for me to pursue but these are the not the very core issues of who I am or want to be. On this list of priorities where is my relationship with my God? Maybe that is the reason that I have not been able to keep those commitments or resolutions this year or in years past. Our lives are meant to be about more than ourselves. Maybe I need to work on some basic stuff instead of trying to read a Bible which is written in chronological order of events. Last year I did make it to King Hezekiah but the wars were getting depressing. My most recent thought is how heart breaking it is to read about God's Creation in not just the context of the times of King Hezekiah but especially today.

I have come to realize that what I need to do is work harder at nurturing my relationship with God and deepening my faith. Spending time with Him and purposefully recognizing His presence is so important. I realize that this is not an intellectual exercise. It is hard not to intellectualize life in general because of the way we live our lives. We have more information at our fingertips and invading our consciousness than we can ever process. There is something wrong with that! Admittedly, I recently purchased a "smart phone", and I will not tell you about what I discovered, other than the fact it is one more thing to fiddle with. However these things do interfere with my ability to keep my heart on what is important.

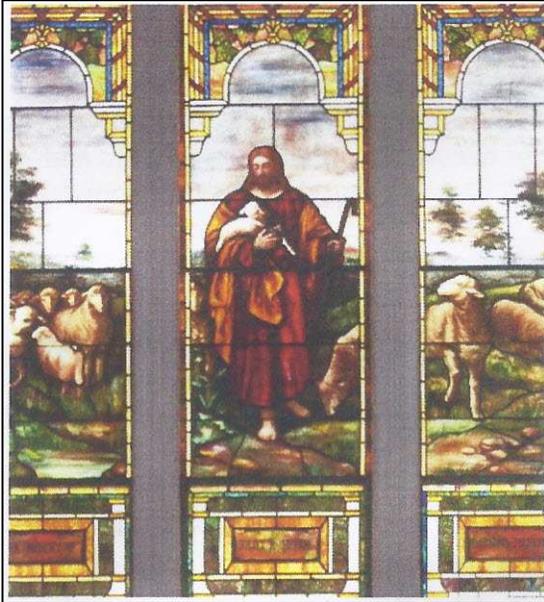
So, when I am trying to figure out how to charge my phone or figure out why the calendar did not sync, then I am not free to find, listen to or be in the presence of God. I do know that He is truly in those places that give rest to my soul. Finally, just standing still, breathing and knowing that He is with me always is so freeing. I am going to focus on my relationship with Him which is my true roots. In Him my life rests as is described below in Psalm 62.....

*1My soul finds rest in God alone;
my salvation comes from him.*

*2He alone is my rock and my salvation;
he is my fortress, I will never be shaken*

-Anita Jackson

Giving Through Endowments



Information on Giving through Central United Methodist Church

WHAT ARE THE BENEFITS OF GIVING TO AN ENDOWMENT?

Giving to God's work in the world is a great joy, whether we give on a regular basis to sustain the ministries and outreach of the church or whether we give a one-time gift during our lives. Financial gifts which provide sustained income in perpetuity (through Endowment giving) give additional satisfaction, because such gifts ensure that the ministries and mission of Central UMC will continue long into the future.

Gifts to the Endowment mean that your gift will continue to bless others long after you have gone.

In addition, there may be some significant tax advantages; you will need to consult with your accountant or attorney to determine the extent of such benefits.

ENDOWMENT FUNDS

Central UMC's Endowment Funds are invested, perpetual funds. Only a portion of the value of the fund(s) (generally the income) is distributed in any one year, so the principal of the fund is never exhausted. Thus, Endowment Funds provide a continuing source of income for the ministries and mission of the church.

Gifts of any amount may be made. Central has established five categories for Endowment giving:

- ⇒ General - Undesignated by the giver and available for any use specified and approved by the Church Council.
- ⇒ Mission - Includes local, regional and global missions, evangelism and outreach.
- ⇒ Capital Improvements and Maintenance - Includes upkeep, improvements and maintenance of church buildings and property, and new construction.
- ⇒ Music and Worship - Instruments, equipment and resources to enhance worship and music ministry.
- ⇒ Other - Specific areas as requested by the donor subject to the approval of the Endowment Committee and Church Council.

MAY I DIRECT MY GIFT?

You may choose a specific category of fund or funds, or you may make a specific request of the endowment committee and Church Council.

WHAT ARE THE PURPOSES OF THE FUNDS?

- ⇒ To acknowledge in a tangible way our gratitude for those material gifts that God has generously give to us, and to return to God a portion of those blessings for God's continued work in the world.
- ⇒ To provide, in perpetuity, for those who come after us, by creating a resource base for the continuation of the mission and ministry of Central United Methodist Church.
- ⇒ To share with others, now and in the future, a part of our vision for the church.
- ⇒ To decide in advance how our assets will be distributed at our death.
- ⇒ To provide perpetual income for special mission projects, outreach and local programs, extraordinary building and improvement needs that are beyond the scope of the regular operating budget and annual income.

MAY I GIVE NOW TO THE ENDOWMENT FUNDS?

Yes, gifts may be made at any time in the form of:

- Checks
- Stocks
- Bonds
- Mutual Funds
- Real Estate
- Personal Property
- Collectibles
- Cash
- Other assets

IN THE FUTURE, YOU MAY GIVE THROUGH:

- ⇒ A bequest in your will or trust agreement
- ⇒ A life insurance beneficiary agreement
- ⇒ Your estate plan

WHAT AMOUNTS MAY BE GIVEN?

Gifts to the Endowment Fund(s) do not need to be large. Gifts of any size are welcomed, because any sized gift will benefit future generations.

However, to establish a named permanent Endowment Fund in memory or in honor of a specific person or family, a minimum donation of \$10,000 is necessary.

HOW ARE FUNDS ADMINSTERED?

Central UMC has established an Endowment Fund Committee, with by-laws* and appropriate regulations. All funds given for a designated purpose will be used for that purpose.

The Endowment Fund Committee is also amenable to the Church Council. All funds are invested by the Committee with trusted financial institutions.

*Copies of the By-Laws may be obtained from the Church Office.



Also see the brochure, *Opportunities to Give*, which outlines other ways to financially support Central UMC and its ministries.

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.
James 1:17

Children's Activity Page

PSALMS

PSALM 23

Use the picture code to fill in the missing letters of the psalm.
David says that God is like a shepherd.
What does that mean for us?

Th_ L_ RD _s my sh_ph_ rd,

_ sh_ ll n_ t w_ nt.

H_ m_ k_ s m_ l_ _ d_ wn

_ n gr_ _ n p_ stur_ s;

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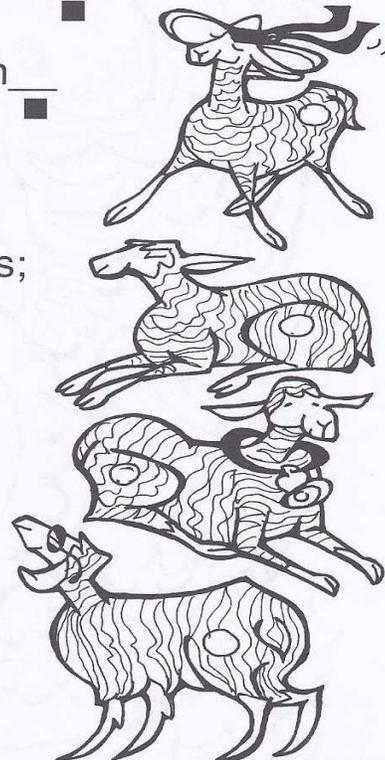
st_ ll w_ t_ rs;

h_

r_ st_ r_ s

my s_ u l.

● = a
■ = e
▲ = i
◆ = o



PSALM 23:1-3

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Central United Methodist Church

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2012

Love One Another



**“THIS IS MY COMMANDMENT, THAT YOU LOVE ONE ANOTHER AS I HAVE
LOVED YOU”.** **JOHN 15:12**

The Central Connection

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