

CENTRAL

Chimes



Central Presbyterian Church

P E T E R S B U R G , I L L I N O I S



This is my cat, Venus. She is just over a year old and is usually full of sass and typical kitten behavior. She scratches like a kitten when she grabs onto something as she's playing and she bites when she wants something (I'm trying to get her to stop, by the way). She typically has so much energy it's hard to keep up with her. She follows me around, tries to go out the door with me, and runs through the apartment so fast I can hardly see her (sometimes running into things). **BUT NOT IN THIS PICTURE!**

In an article written by Tara Haelle, she references a doctor, Ann Masten, PhD, a psychologist and professor of child development at the University of Minnesota. Tara explains to her the feelings most of us can resonate with right now, feelings caused by the pandemic. Feelings that are affecting our spirits, our minds, our souls, our hearts, and our ability to get through the day. She wonders why she's not used to this yet since we've been working with this pandemic for so many months now! The doctor puts it very simply - "Why do you think you should be used to this by now? We're all beginners at this," Masten told me. "This is a once in a lifetime experience. It's expecting a lot to think we'd be managing this really well."

That, I believe, is my problem and possibly yours as well. The good news is that we're not alone. This truly IS a once in a lifetime experience that we just do not know how to handle. Some may feel the boredom and the loneliness and it's ok. Some may feel the sleepiness and the tiredness that can best be described in the picture above, and that's ok. Some are confused, not knowing what to do or which way to go, that's ok too. Lean on each other! Help each other! We are all in need!

**"But those who hope in the Lord will renew their strength.
They will soar on wings like eagles; they will run and not grow weary,
they will walk and not be faint." - Isaiah 40:31**

"Heavenly Father, please strengthen our hearts, and remind us to encourage one another when the troubles of life start to overwhelm us. Please guard our hearts from depression. Give us the strength to rise up each day and fight against the struggles which seek to weigh us down. Amen."
- John Barnett

With much love,

Pastor Stephanie

Highlights of Regular Session Meeting, September 17, 2020



- We are continuing with in-house Worship Services, with a reminder that we will continue to wear masks and social distance.
- Checking account balance as of August 31: \$11,217.93.
- Central is providing a snack outreach to the Petersburg Police Department and Menard County Sheriff's Office. These will be distributed September 21, 2020.
- Presbytery of Great Rivers has increased per capita by \$1.00 per member effective 2021.
- Pastor Stephanie will be out the weeks of October 18 and October 25. Pulpit supply has been filled for those services.
- Sunday School to begin September 20, 2020. New curriculum has been ordered which will follow the lectionary.
- Due to COVID-19, Reading Rocks program has been put on hold at this time.
- Home Communion was dropped off at 6 homes, with a total of 11 members being served.
- Pastor Report: Stephanie has participated in the following:

8 Bible Studies	Presbytery Meeting via Zoom
7 Worship Services	Reboot Academy on-line off & on through Sept.
1 Worship in the Park	Vison Committee Meeting
Wedding Rehearsal	(2) Mission/Outreach/ Christian Ed Meeting
Wedding	Administration Meeting
Prayer Rally at School and Bible Study	Session Meeting
PCUSA BLM Conference webinars	
- We ask that you continue to keep all of our health care providers in your thoughts and prayers.

Committee News

Administration

- Treasurer's report was reviewed and we are at a break even for budgeted income. We continue to operate below budget on expenses. Expenses are well below budget by \$9,537.30.
- General, MMF, and Endowment funds were reviewed.
- A 2021 Stewardship letter will go out this week.

Building

- The protective glass project on the sanctuary stained glass has been completed and paid from the MMF. The committee greatly appreciates everyone's generosity in getting this much needed project paid for.
- The church vacuum and an office chair have been replaced.
- There was discussion regarding purchasing an AED for the church but was tabled due to the high cost.

Personnel

- Annual reviews were completed for church staff.

Steve Territo, Jane Stephenson

Administration Committee Co-chairs

Mission Outreach

Community Outreach: On September 21, we delivered cookies, brownies, trail mix and more to the Petersburg Police Department and the Menard County Sheriff's Office to thank them for their service to our community and wish them well. Thank you to the volunteers, Linda Williams, Kim Westervelt, Linda Claussen, Ruth Stark, Marilyn Montgomery, Chris Ford, Alia Montgomery, Pastor Stephanie, Ruth Ann Sampson, Emma Lou Denton, Beth Kiningham, Susie Sanert, and Jan Costello for providing the snacks. We are planning a similar outreach for the Petersburg Fire Department and Petersburg Rural Fire Department next month.

Food Pantry Sunday: Every Sunday is Food Pantry Sunday! The Menard County Food Pantry, housed in our church building, is still closed, except for emergencies. The pop-up food pantry outside County Market is currently the only food pantry open in Petersburg. We have been told the pop-up pantry gets used quite a bit. So, a food basket will be in the church Narthex and we will deliver the donated food to the pop-up pantry after worship each week.

COATS: Planning has started for the COATS (Clothing of All Types and Sizes) program for this year. It is likely to look different this year, or possibly be delayed until after the holidays due to the COVID situation.

Facebook Prayer Chain: This continues to be used regularly. Since we are not sharing prayer requests during our live-streamed worship services, due to privacy concerns, this is a good way to share our prayer concerns through the week. Prayer requests are still being emailed weekly to the congregation from the office. This private group is a great way to share our prayer requests. Thanks to Pastor Stephanie for setting this up. If you would like to be included in the Facebook group, please let Pastor Stephanie know.

Reading Rocks: The start of the program is currently on hold due to COVID-19 health and safety concerns. This wonderful outreach program helps students who struggle with reading and other learning. Sue Carlson and Adam Power are leading the effort. We can all help by spreading the word about this program. Also, donations of puzzles and books suitable for reading levels up to about 6th grade are welcome. You can purchase supplies through the Reading Rocks page on our church website, or you can designate a gift to the church for Reading Rocks.

Book/Bible Study: The weekly study of the book *Life Lessons from Psalms*, by Max Lucado, concluded on September 16. Participation was good, as many as 15 people attended at least one meeting, so future studies will be planned.

To offer help to the community during the COVID-19 crisis, the button on the church website is still active for anyone to ask for assistance with errands, masks, etc.

The next Mission & Outreach Committee meeting will be October 7, at 6:00 p.m., in the church Fellowship Hall with social distancing. We welcome guests and new members to the committee. If you would like to attend virtually, we can make arrangements. We are looking for new ways to reach out with the love of Jesus.

Patrik Claussen, Jan Costello
Mission/Outreach Committee Co-chairs

Worship

Liturgists: We are once again using Liturgists for Sunday worship. We realize that not all who volunteered a year ago feel comfortable doing so now. Please notify the church office or me if you are willing to serve in the capacity sometime in the coming months. The Liturgy will be emailed to volunteers and a copy will be available outside the church office, as in the past.

“Special Moment”: We need people to present for “Special Moment” during worship. It does not have to be music. A hymn can be read, or a favorite scripture shared, or a story you find important or funny presented. Keep it simple, and share your talent and your inspiration with us all. Please call 217-414-9302 or email me at dado93047@yahoo.com to schedule a Sunday that works for you. Thank you!

Rich Ford
Worship Committee Chair

COATS

Our annual COATS shopping trip is coming up, although this year it will probably be different due to the COVID-19 pandemic. The Mission Outreach Committee met in August to discuss ways to still help our young students. We’ve decided to proceed as usual with collecting monetary donations for COATS (Clothing of All Types and Sizes) on **each Sunday in November**. We usually shop in early December, generally taking up to 15 PORTA High students shopping at Kohl’s and out to dinner at Texas Roadhouse.

After discussions with Heidi Jacobus, the Student Assistance Coordinator and Anne Smith, at the Menard County Housing Authority, the shopping trip is on hold. We don’t know what the situation will be in December. Right now at Kohl’s, clothing can’t be tried on, which is a trial for teenagers!

The plan is to take them shopping in the Spring. We pray that by that time; a vaccine will be widely available. The committee would like to give the students a little something in December regarding the proposed spring trip.

Fall Brings the Annual Stewardship Drive

Pledge Cards

Last week, letters were distributed addressing Central’s Stewardship Drive for 2021. Your pledges to the General and Major Maintenance Funds are vital in the budgeting process for 2021. The General Fund is used for monthly expenses. The Major Maintenance Fund covers the costs of building needs (such as the lighting upgrades and the replacement of the stained glass window coverings) without relying on the General Fund. The Time & Talent Survey card is also needed at this time for planning next year’s slate of elders & deacons, the worship schedule, committees, and events.

Please return these cards no later than Sunday, October 4. Cards may be dropped off in the office, placed in the Admin. Asst. mailbox outside the office, mailed to the church (210 W. Douglas St.), or dropped in the offering plate next Sunday. The Administration Committee will be meeting October 8 and will start to work on the budget process, so prompt submissions will be greatly appreciated. Thank you for your faithfulness in making a pledge to our church.

Offering Envelopes

In 2021, you are encouraged to use your unused envelopes—which for many will finish your box. At the bottom of your pledge card, you are asked to indicate your current status for offering envelopes. So....

For those who turn in a 2021 pledge card and have envelopes left from 2018: as you use the leftover envelopes for offerings in 2021, please mark out the date and record the current date when used.



For those who turn in a 2021 pledge card and need envelopes for 2021: boxes of envelopes will be available late in December. The envelope number will **not** be the same as you have had in the past.

Givers who do not turn in a pledge card may pick up a box of envelopes in late December.

We encourage you to recycle any unused envelopes. A basket will be available in the Narthex.

Worship in the Park

Our annual Worship in the Park was held on September 13 at our usual spot along the Sangamon River. Fourteen members attended the perfect Fall morning worship, and several brought a lunch and enjoyed fellowship.



Congratulations!

It has been a while since Central has hosted a wedding, so September 5 was a very special event! Congratulations and Best Wishes to Zachary and Lauren Stephenson. Zachary is the son of Dan & Jane Stephenson; Lauren is the daughter of Al & Mary Engmark of Bolingbrook. Zach and Lauren reside at 4200 Hazelcrest Rd. Springfield, IL 62703.



Thank you!!

... for Sharing!

Many, many thanks to all of the members and friends of the congregation who have been participating in the *Special Moments* part of the Sunday morning worship service these past several weeks! If you wish to participate, please call Rich Ford at 217-414-9302. We look forward to and appreciate the varied talents shared in this special time of Worship.

... from the Stephensons!

We would like to thank everyone at Central for making Zach and Lauren's wedding day so special, whether it was in person or in prayers and thoughts. It was a beautiful day to celebrate. Special thanks to Pastor Stephanie who performed a beautiful ceremony; to Julia Territo for the wonderful music; Steve Territo for ensuring the lawn was cut and trimmed, the bridal party was in place, and that everything ran smoothly; Linda Claussen for the gorgeous flower arrangements; Mark Goeringer for going above and beyond by cleaning/sanitizing prior to the ceremony and returning after the ceremony to clean/sanitize for the Church service on Sunday morning; Rhonda Plaeger for the message on the marquee in front of the Church—it did not go unnoticed by Lauren and Zach; and finally to Janene Tice for her gardening talents. To everyone who has supported and made us feel like family, we thank you!

Dan, Jane, Zach, Lauren and Ethan

... to those working through pandemic exposure!

For several months now we have been honoring the men and women in the healthcare field with a special “thank you” on our weekly Prayer List. As you know, school is now back in session for many of our local schools. This means that those in the education field also need our prayers and thanks. Therefore, they have been added to our weekly prayer list as well. At this time, too, it is felt that a special “**THANK YOU**” needs to go out to everyone that has been doing their job during this COVID-19 pandemic, but have not been recognized thus far. Thank you to the postal worker (including UPS, Fed Ex, etc.), convenience store worker, janitor, grocery store employee, factory worker, daycare provider, fast food and restaurant worker, and of course our pastors. Thanks for doing your job at a time when going to work puts you at risk.



Food Pantry

The Food Pantry, housed in Central Presbyterian Church, remains closed to the public at this time, but donations are still needed. If you or someone you know are in need of emergency food supplies, please call the Menard County Housing Authority at 217-632-7723, and leave a message. Someone will get in touch with you. Monetary donations are always encouraged; and you can send checks to Food Pantry, 210 W. Douglas Ave., Petersburg, IL 62675.

It was also decided that until further notice, CPC will collect non-perishable food items which will then be taken to the pop-up food pantry next to County Market in Petersburg. There is a basket in the Narthex for these donations.

Diaper Bank Needs

The Diaper Bank, located at the Menard County Housing office, 101 W. Sheridan Rd., Petersburg, IL 62675 is in need of baby wipes for the month of October. Menard County Housing office is not currently open to the public; however, if there is a need regarding diapers or diaper supplies, the office can be notified at 217-632-7723. And, of course, they are always accepting monetary donations, as well.

Harvard Health Letter

Another strategy to cope with life's dark times

Published: August, 2020

The United States is reporting increasing numbers of "deaths from despair" (suicide, drug overdose, or alcohol poisoning). Antidepressants and psychotherapy are often used to help people who are having a hard time coping with extremely difficult times and who are at risk for dying because of it.

A recent Harvard study found that another strategy may also play a part in countering despair: **ATTENDING RELIGIOUS SERVICES**.

The study, published online May 6, 2020, by *JAMA Psychiatry*, evaluated self-reported religious service attendance among 110,000 white, middle-aged men and women who were followed for about 30 years. Compared with never attending religious services, going at least once per week was associated with a much lower risk of death from despair: 68% lower for women and 37% lower for men.

Researchers say that religious participation, regardless of affiliation, may serve as an antidote to despair and provide a sustained sense of hope, meaning, peace, and positive outlook. Also, faith-based organizations promote social engagement and connectedness and preach against self-injury and substance use.

The study was observational and does not prove that regularly going to a religious service prevents death from despair. However, we know from other Harvard research that using religion to cope is associated with improved outcomes for people with severe psychiatric illness.

Due to the pandemic, it may be difficult to attend your usual place of worship. Consider attending services via teleconference. If you attend in-person services, wear a mask and try to stay six feet away from others.

Slow-Cooker Turkey Chili

by LAUREN MIYASHIRO

FEB 13, 2020



Having a big bowl of chili ready at dinner with very minimal effort (and dishes) is what winter is all about. This turkey chili is both comforting and healthy. So grab your slow cooker and cozy on up.

Do I have to cook it on the stove first?

Technically you don't *have* to, but we highly recommend it. It will give your chili more flavor and who doesn't want more flavor? Stopping just before the turkey is cooked all the way through will keep it from being too dry after stewing for 4 hours.

Can I make a thicker chili in a slow cooker?

You can! If the chili isn't as thick as you would like, take the lid off and leave it on high for the last 30 minutes to an hour. It will thicken up a bit more. You can also use a potato masher to mash some of the beans for a thicker chili as well.

Can I sub for different meats?

Always! Turkey is nice and lean and sometimes we need a leaner protein in our diets.

Beef chili also works well in the slow cooker. Or sub the turkey for sausage, chicken, or even a combination!

INGREDIENTS

1 tbsp. extra-virgin olive oil
1 red onion, finely chopped
1 green Bell Pepper, chopped
1 1/2 lb. ground turkey
Kosher salt
Freshly ground black pepper
2 cloves garlic, minced
2 tbsp. tomato paste
1 (28-oz.) can chopped tomatoes

1 (15-oz.) can black beans, rinsed and drained
1 (15-oz.) can kidney beans, rinsed and drained
1 1/2 c. low-sodium chicken broth
2 tsp. chili powder
1 tsp. ground cumin
1 tsp. dried oregano
Shredded cheddar, for garnish
Thinly sliced green onions, for garnish

DIRECTIONS

1. In a large skillet over medium-high heat, heat oil. Add onion and pepper and cook until beginning to soften, about 4 minutes. Add ground turkey and cook, stirring occasionally, until turkey is golden (it doesn't have to be completely cooked through at this point). Season with salt and pepper, then stir in garlic and tomato paste and cook until fragrant, about 2 minutes. Transfer mixture to a slow cooker.
2. To the slow cooker, add tomatoes, black beans, kidney beans, chicken broth, chili powder, cumin and oregano. Cook on high for 4 hours, until chili has thickened. Check for seasoning and season with salt and pepper to taste.
3. Garnish with cheese and green onion, if desired.

YIELDS:8

PREP TIME:0 HOURS 20 MINS

TOTAL TIME:4 HOURS 20 MINS

Daylight Saving Time: Myths and Truths

Timeline

1784 - The idea of daylight saving is first conceived by Benjamin Franklin.

1914-1918 - Britain goes on DLS during [World War I](#).

March 19, 1918 - The Standard Time Act establishes time zones and daylight saving. Daylight saving is repealed in 1919, but continues to be recognized in certain areas of the United States.

1945-1966 - There is no federal law regarding Daylight Saving Time.

1966 - The Uniform Time Act of 1966 establishes the system of uniform Daylight Saving Time throughout the United States. The dates are the last



Sunday in April to the last Sunday in October. States can exempt themselves from participation.

1974-1975 - Congress extends DLS in order to save energy during the energy crisis.

1986-2006 - Daylight Saving Time begins on the first Sunday in April and ends on the last Sunday in October.

August 8, 2005 - President George W. Bush signs the Energy Policy Act of 2005 into law. Part of the act will extend Daylight Saving Time starting in 2007, from the second Sunday in March to the first Sunday in November.

2007 - Under the new laws, all of Indiana now observes Daylight Saving Time, where only certain areas of the state did before.

Exceptions in the United States

In the United States, Hawaii and most of Arizona do not follow DLS.

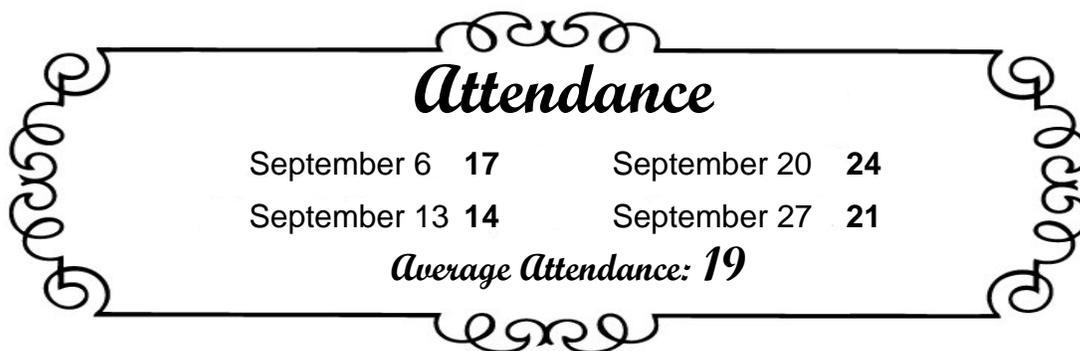
The US territories of Guam, Puerto Rico, Virgin Islands and American Samoa also do not observe DLS.

Chimes Deadline

Please have your articles for the November 2020 *Chimes* submitted to the church office by **Friday, October 23**. A Microsoft Word file attached to an email is the preferred method of submission. Our email address is centralpreschurch@sbcglobal.net.

Reminder

Please include the Church Office in your scheduling/changing of meetings and events. This allows for keeping the church office calendar up to date. Please email or call the office with calendar updates.



The beauty of the changing leaves. Every year, nature puts on the ultimate show as the leaves change color. There's no better **month** of the year than **October** to enjoy the vibrant colors of the leaves, whether you take a scenic drive or head off for a proper weekend vacation to get the full effect of the Fall foliage.



Members:

Mary Ella Allen
Sue Carlson
Barb Churchill
Delores (Dee) Free

Jo Ann Morris
Ken Morris
Sherri Roberts
Ron Sanert

Jim Satorius
Marilyn Schafer
Janet Scheina

Friends of the Congregation:

Michele Baker (C. Long's friend)
Alan Bronson (S. Wilson's friend)
Carolyn Carr (J. Tice's friend)
Family of Carroll Cline
Greg Grogan (C. Long's brother)
Mike Hance (husband of Kristi Hance; PES teacher)
Darlene Hartsook (R. Ford's sister)
Family of Fred Marks (S. Carlson's father)

Wanda Perkins (L. Claussen's mother)
Fred Pike (M./P. Montgomery's friend)
Andrew Raes (R. Plaeger's cousin)
Karyn Sampson (Bob/Ruth's daughter-in-law)
Sheila Smoron (Pastor M. Smoron's wife)
Cindy Thomas (R. Ford's niece)
Carol White (J. Morris' friend)

Please pray for all we know who are homebound, residing in care facilities, serving in the military or who are away from their family and friends.

In Our Communities and In Our World:

All who are affected by COVID-19
Pray for racial equality
Peace between nation neighbors

Displaced peoples in the World
Victims of gun violence
Families at our southern borders

Please keep Pastor Stephanie informed of members or friends that need to be placed on the list by sending an email to pastorcentralpres@gmail.com or leaving a note in the office or offering plate.

Healthcare Professionals

Members:

Alyssa Canady, Sherman Assisted Living
Jan Costello, Memorial Hospice
Kristina Hutton, Memorial
Vicki Johnson, Memorial
Sarah Mies, Central Baptist Village, Park Ridge, IL
Bill Montgomery, Memorial Healthcare System
Ellie Montgomery, HSHS (St. John's)

Abby Noel, Springfield Clinic
Heidi Phillips, Memorial
Matt Roberts, Public Health, NYC
Blair Rowe, St. John's
Ashley Rutz, Indianapolis
Brianna Satorius, Menard Medical Center

Friends of the Congregation:

Matt Albrecht, Memorial (L. William's friend)
Jodi Foreman, Oncology, Peoria (J. Scheina's niece)
Rita Jay, Mayo Clinic, Jacksonville, FL (L. William's friend)
Kyle Johnson, Springfield Clinic (V. Johnson's son)
Morgan Ricketts, Tacoma, WA (R. Plaeger's niece)
Robyn Roberts, Public Health, NYC (Matt Roberts' wife)
Valerie Scheina, Springfield Clinic (J. Scheina's daughter in law)
Patty Smith, Nurse in Moscow, ID (E.L. Denton's niece)
Connie Sorenson, Gateway Regional (L. William's friend)
Becca Stark, Interventional Radiology, UC Hlth, Aurora, CO (Ruth's daughter)
Kaylee Territo, St. Louis (Steve & Julia's daughter-in-law)
Alyssa Tucker, St. John's (Pastor Stephanie's friend)

Emily Zimmerman, Memorial (L. William's friend)

Memorial Hospice teammates & neighbors who are working on the frontlines

During our time of social distancing, we desire to keep those in prayer who are in need. Please keep Pastor Stephanie informed of members or friends that need to be placed on our prayer list by sending an email to pastorcentralpres@gmail.com or to the office.

Education Field:

Members:

Hannah Kyes, PORTA Elementary
Adam Power, Substitute Teacher
Laurelyn Roberts, St. Louis School System

Julia Territo, PORTA Central
Stephanie Wankel, PORTA Elementary
Lisa Willhite, PORTA High School

Friends of the Congregation:

Mark Goeringer, Springfield Dist. #186



Octogenarian

October 15 Max Gebhards PO Box 79, Oakford, IL 62673

October 1	Abigail Phillips	October 10	Abby Noel
October 4	Willow Kyes	October 11	John Godbey
October 4	Brittany Stout	October 15	Melissa Groh
October 5	Peggy Carter	October 17	Brooklyn Groh
October 6	Mary Mies	October 21	Mark McCullough
October 8	Barbara Hurt	October 21	Fisher Noel
October 9	Chase Sanert	October 25	Emerson Hutton
October 10	Beth Kiningham	October 29	Camilla Long
		October 30	Mark Goeringer



October 2	John & Cindy Godbey	October 28	Shannon & Lisa Willhite
October 3	Steve & Julia Territo	October 28	Gene & Jackie Horn
October 3	James & Ashley Kveton		

Scenes from Central



Steve Territo shows off the completed stained glass window project. Now the windows can actually be admired from the outside!



On Sunday, September 20, Pastor Stephanie, Ethan, & Eva created a "Shower of Blessings" umbrella.



Pastor Stephanie, Beth Kiningham, and Jan Costello filled and delivered goodie baskets to our local law enforcement agencies on September 21.



Zachary & Lauren Stephenson Wedding
September 5, 2020





Reading Rocks Report

OCTOBER 2020

OCTOBER DONATION BOX: READING BOOKS

COVID-19 Update

Due to the increase in COVID-19 cases in the area, we have decided to not open Reading Rocks until January. We had 6 students signed up at the time of the closing. We will be contacting those families again when we reopen. We are still accepting students and donation both material and monetary.

Teachers Needed

We are in need of volunteers to help tutor our young people. Tutoring sessions are for 90 minutes, twice per week!

Please call Susan Carlson at 217-836-7519 if you are interested

Needed Materials/Supplies

Individually wrapped snacks	Reading Books
	Puzzles

THANK YOU!

Thank you to PCUSA for the \$5,000 MIFA Grant. This grant was used to purchase curriculum and 2 iPads for the program.

Additional Thank you to:

Arnold Monument
Hurley Funeral Home
Edwards Group LLC
Prudential
Mott & Henning Funeral Home
Central Presbyterian Church
Jan Costello
June Gamage
Fred Marks
Rebecca Rowe
Susan Wilson
Pastor Stephanie
Jerry & Janene Tice

Your donations are greatly appreciated!!

