

# CENTRAL Chimes



*Central Presbyterian Church*

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



*“The miracle is not that we do this work,  
but that we are happy to do it.” – Mother Teresa*

It seems like 2020 is flying by, and most would agree that it can't end soon enough. This year has not been good for most people, and the hope that 2021 will be better exists in all of our hearts. I write this not to bring our spirits down even more, but to shine light on a very important subject, this year in particular.

Labor Day is September 7. It is typically celebrated with family and friends around a swimming pool and a steaming hot grill. It's seen as the last get-together of the summer, but I would suggest this year we see it as more. Labor Day is a day to celebrate workers, those who labor, and those who support our country through their efforts. We pay tribute to the achievements and contributions of American workers.

As our country experiences tragedies during this time, we continue on. It is because of our workers we do so, and we honor them during Labor Day this year. We honor the police officer who has stayed up all night keeping watch over protesters. We honor the janitor who works at the hospital, wondering if he will catch the deadly virus. We honor the counselors who are assisting those who have lost loved ones to both. We honor the teachers who will do anything to make sure our children are educated.

The Lord says “love one another, just as I have loved you.” We imitate his sacrificial love as we care for each other during this time.

To all these and more, we salute you. We thank all workers for your service and God bless.

Pastor Stephanie

## Highlights of August 2020 Session Meeting

No regular Session meeting was held in August.



### Committee News

#### Administration

Admin. Committee did not meet in August.

#### Mission/Outreach

Summer Lunch Program: Our church assisted with the summer lunch program run through the PORTA schools. We provided volunteer assistance for the Monday morning distribution of meals, as well as a donation of snacks to put in with the food packages. A federal grant provided the meals, but snacks were not covered by the grant. Special thanks to Jan Costello, Beth Kiningham, Linda Claussen, Rebecca Rowe, Coleen Janssen and Marilyn Montgomery for helping with the distribution. Wendy Beckerman, the coordinator of the program sent this note: ***“Since June 1, the school has served 23,026 meals. That’s amazing!! Couldn’t have done it without you! Please send this to all the Church volunteers. Thanks!”***

Community Outreach: Sometime in September, we are planning an outreach to thank the first responders in the community for their service and commitment. This will be similar to the meal provided for Sunny Acres staff a few months ago, but with snacks. Watch your email and announcements at church for details on how you can help.

Reading Rocks: 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 6<sup>th</sup> 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. Please spread the word about this program to allow us to help as many students as possible. The start of the program is currently on hold due to COVID-19 health and safety concerns.

Book/Bible Study: We are continuing the weekly study of the book *Life Lessons from Psalms*, by Max Lucado. The study group meets Wednesday evenings in the church Fellowship Hall, with social distancing and/or a Zoom option. Other discussion occurs between meetings via Facebook.

Facebook Prayer Chain: This continues to be used regularly. 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. 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 Thursday, September 3, at 6:00 p.m., in the church Fellowship Hall, with social distancing being observed. 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**

### **Scripture Readers AND “Special Moment”**

We are needing people to read **SCRIPTURE** during Sunday morning services. You can pick up the paper from the office early to work on it or read it that morning.

#### **AND**

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, or a story you find important or funny. 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](mailto:dado93047@yahoo.com) to schedule a Sunday that works for you. Thank you!

Rich Ford

Worship Committee Chair

## **Christian Education Committee**

The Christian Education Committee is thrilled to be offering classes and studies for all ages! Sunday School will begin September 20, 2020 in the brand new Sunday School Room! Please know that appropriate cautionary measures as outlined by CDC will be observed and we ask that any visitors wear masks to Sunday School. We look forward to teaching Sunday School with our expanded curriculum that will include music every week, along with the normal lesson, games, crafts, etc. We have a new songbook that accompanies the lessons each week AND we will be able to play these songs on a donated 5-octave electric piano. We have moved all the toys from the Sunday School/Nursery room to the small Sunday School room. That small Sunday School room will be renamed the Nursery/Toy Room. We now have age appropriate Bibles for the children from the same company to read our weekly scripture. Additional copies of the lesson pamphlets are available so that any little visitors will be all set when they walk in the door. It would be greatly helpful if you can let Linda Claussen know about a week in advance of when we will have little visitors attending Sunday School so that we can be totally prepared.

Sermon time clipboards are now available for our little visitors during church. Each plastic clipboard opens to hold items that will include a coloring picture relevant to the gospel lesson for that day, an 8ct. box of crayons, and a small package of fruit snacks. The clipboard provides a good stable surface on which to color. These clipboards will be sanitized each week with five clipboards available each Sunday. It would be great if you could let Linda Claussen know when you plan to bring visitors, 12 and under, so that more clipboards can be prepared, if necessary.

We are excited to announce that in September Pastor Stephanie and Linda Claussen will begin confirmation classes with the three Westervelt high schoolers! These classes will be held in the newly cleaned and organized high school room on the second floor. Thank you to Pastor Stephanie for all that work!

We are presently about half-way through our weekly Bible study of *Life Lessons from Psalms* by Max Lucado. We meet at church in the Fellowship Hall (socially distanced and masked) and have some who attend remotely via Zoom. We have anywhere from 7 to 12 attendees each week and are learning so much! Our participants are extremely interested in an Advent Bible Study. More information on an Advent Bible study will be forthcoming.

Linda Claussen

Christian Education

## Pastor Stephanie's Office Hours

Pastor Stephanie's office hours are as follows:

Sunday – Wednesday:	9:00 a.m. – 3:00 p.m.
Thursday:	OFF
Friday:	9:00 a.m. – 3:00 p.m.
Saturday:	OFF
Pastor Stephanie's cell number:	309-202-2615

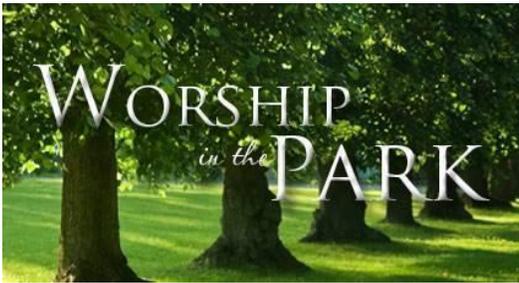
## Church Office Closed Labor Day

The Church office will be closed Monday, September 7, in observance of Labor Day. Please call Pastor Stephanie if you have an emergency. Her number is 309-202-2615.

## Choir Practice

Choir practice is on hold until further notice due to COVID-19 concerns.

## Worship in the Park



Sunday, September 13, at 10:00 a.m. is Worship in the Park. Worship and picnic will be held along the river at Lincoln's New Salem's Sangamon Picnic Area, Pavilion #1. This is located across from New Salem on Pritchettville Road. This year will be a little different than in years past due to concern for COVID-19. Therefore, the following items you will need to bring: Lawn chairs, masks, your own "brown bag" lunch or picnic food basket, table cloth (if you wish), your own drinks, and of course, sun screen and bug spray. Once you are there, it will be necessary for you to pick out your own table where you will sit, for social distancing protocol. In other words, bring whatever you will need and hope to see you there!

## Thank you!!

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. At this time, it is felt that a special **THANK YOU** also 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 workers, daycare provider, fast food and restaurant workers, and of course our pastors. Thanks for doing your job at a time when going to work puts you at risk.

## 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 September. Menard County Housing office is not currently open to the public, however, if there is a need regarding diapers or diaper supplies, you can call the office at 217-632-7723. And, of course, they are always accepting monetary donations as well.

## Food Pantry Sunday

**September 20, 2020**, is *Food Pantry Sunday*. The Food Pantry 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 number 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.

## Chimes Submissions

We encourage members and friends to submit articles for the *Chimes*. This is a great way to keep our church family up to date and share events and happenings of the church. October submissions must be in the church office no later than Friday, **September 18**. A Microsoft Word file document attached to an email is the preferred method of submission. Our email address is [centralpreschurch@sbcglobal.net](mailto:centralpreschurch@sbcglobal.net).

## Congratulations!!



It is with great joy that the Godbey family announces the arrival of Ellie Mae Godbey on March 4, 2020. She came early through an emergency C-Section. Both baby and mother are healthy. Ellie's birth weight was 5 pounds 4 ounces and she was 21 inches long. She has an older brother Gage Oliver and two adoring parents, Jake and Kate Godbey. They all (including 2 cats and 2 dogs) live in Trinity, Florida. Welcome sweet baby Ellie♥



## Living on Purpose

*Whatever you do, do it all for the glory of God.*  
Corinthians 10:31

"We're going on vacation!" my wife enthusiastically told our three-year-old grandson Austin as we pulled out of the driveway on the first leg of our trip. Little Austin looked at her thoughtfully and responded, "I'm not going on vacation. I'm going on a mission!"

We're not sure where our grandson picked up the concept of going "on a mission," but his comment gave me something to ponder as we drove to the airport: *As I leave on this vacation and take a break for a few days, am I keeping in mind that I'm still "on a mission" to live each moment with and for God? Am I remembering to serve Him in everything I do?*

The apostle Paul encouraged the believers living in Rome, the capital city of the Roman Empire, to "never be lacking in zeal, but keep your spiritual fervor, serving the Lord" (Romans 12:11). His point was that our life in Jesus is meant to be lived intentionally and with enthusiasm. Even the most mundane moments gain new meaning as we look expectantly to God and live for His purposes.

As we settled into our seats on the plane, I prayed, "Lord, I'm yours. Whatever you have for me to do on this trip, please help me not to miss it." Every day is a mission of eternal significance with Him!

--by **James Banks**

## REFLECT & PRAY

Please give me grace to live for You, Jesus, so that I may one day hear You say, “Well done, good and faithful servant!” (Matthew 25:23).

Have you ever been on a mission? How can you make life all about God?



**SEPTEMBER** marks the beginning of the autumn season, making it often a favorite month of the year. Crisp weather, cozy clothes to bundle up in, yummy seasonal foods, and the changing colors all make September a glorious time of year. But in addition to it marking the fall season, and the launch of all things **pumpkin spice**, we’ve found some other interesting September facts you can share with friends!

### 1. What does September mean?

September comes from the Latin root *septem*, meaning “seven,” because in the original Roman republican calendar September was the seventh month of the year rather than the ninth.

### 2. September holidays

We all know about Labor Day and Grandparents Day, but did you know Native American Day is celebrated on September 28, and Constitution Day, celebrating the ratification of the governing document of the United States, is observed on the 17th? And it’s the autumn equinox, which is the traditional transition from summer to fall.

### 3. Fun days in September

- September 5 National Cheese Pizza Day
- September 9 National Teddy Bear Day
- September 16 National Play-Doh Day
- September 19 International Talk Like A Pirate Day

### 4. Fun facts

A few other interesting facts about this month. September is the only month with the same number of letters in its name as the number of the month. It is the ninth month and has nine letters. Who knew?! And bring on those babies! On an average, September day more babies are born in the US than on any day in any other month of the year.

### 5. 9/11

It’s also a month where we honor and remember those that lost their lives on this day. The 9/11 Memorial occupies the site where the Twin Towers once stood, and tells the story of 9/11 through interactive technology, archives, narratives and a collection of artifacts.

# Spaghetti Squash Alfredo

## Ingredients

- 4 lb. spaghetti squash
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 c. half and half
- 3 tbsp. butter
- 1 c. Parmesan cheese
- 4 tbsp. shredded Mozzarella cheese



## Directions

1. Scoop out and discard seeds from spaghetti squash halves. Prick outsides all over with sharp knife; season insides with 1/4 teaspoon with each salt and pepper. Microwave, cut sides down, on large microwave-safe plate on high 10 minutes or until tender.
2. Meanwhile, in small saucepan, heat half-and-half and butter to simmering on medium-low; simmer 5 minutes, or until reduced slightly, then whisk in finely grated Parmesan cheese. With fork, scrape flesh of each squash half to separate into strands, leaving 1/2-inch border on sides; divide sauce among halves and top each with 2 tablespoons shredded mozzarella cheese. Broil 1 to 2 minutes or until bubbly and browned in spots. Optional: Serve with green salad. Cal/Serv: 385 Yields: 4

## Harvard Health Letter

### Are eggs risky for heart health?

Updated: June 24, 2019

Published: January, 2017

**Q.** *Does eating the cholesterol in eggs really increase your risk of a heart attack?*

**A.** From what we know today, here's the bottom line: For most people, **an egg a day does not increase your risk of a heart attack**, a stroke, or any other type of cardiovascular disease. No more than three eggs per week is wise if you have diabetes, are at high risk for heart disease from other causes (such as smoking), or already have heart disease.



This is definitely not what I was told by my parents, nor by my medical school professors. Back then, we knew that the cholesterol in eggs came from the egg yolks, and we knew that high levels of LDL (bad) cholesterol in the blood increased the risk of cardiovascular disease. So it seemed logical that avoiding cholesterol in the diet made sense.

Since then, however, research has shown that most of the cholesterol in our body is made by our liver. It doesn't come from cholesterol we eat. The liver is stimulated to make cholesterol primarily by saturated fat and trans fat in our diet, not dietary cholesterol. But a large egg contains little saturated fat, about 1.5 grams (g). And research has confirmed that eggs also contain many healthy nutrients, lutein and zeaxanthin, which are good for the eyes; choline, which is good for the brain and nerves; and various vitamins (A, B, and D). In fact, just one large egg contains 270 international units (IU) of vitamin A and 41 IU of vitamin D. One large egg also contains about 6 g of protein and 72 calories.

The evidence that cholesterol in one egg a day is safe for most people comes from huge studies, many conducted here at Harvard Medical School, that have followed hundreds of thousands of people over decades. They regularly report what they eat and all of the medical conditions that they develop. It is those studies that do not find higher rates of heart attacks, strokes, or other cardiovascular diseases in people who eat up to one egg per day.

Of course, it matters greatly what you eat with your eggs. The saturated fat in butter, cheese, bacon, sausage, muffins, or scones, for example, raises your blood cholesterol much more than the cholesterol in your egg. And the highly refined "bad carbs" in white toast, pastries, home fries, and hash browns may also increase your risk of heart disease, stroke, and other cardiovascular diseases.

Do I eat eggs regularly? I didn't in the past, but the new knowledge has changed my practice. I typically have a couple of eggs two or three times per week, so it averages out to less than one per day. Often, the eggs are mixed with fresh vegetables, herbs and spices, green chili, or salsa. There's whole-grain toast, with soft margarine (low in saturated fats and trans fats). It's delicious, and the best current evidence says it's healthy.

— Anthony Komaroff, MD

Image: Olha\_Afanasieva/Thinkstock

## Scenes from Central



.....*We're Back!!!*





### **Members:**

Harriet Carter                      Jo Ann Morris                      Jim Satorius                      Janet Scheina  
Barb Churchill                      Ken Morris                      Marilyn Schafer

### **Friends of the Congregation:**

Michele Baker (C. Long's friend)                      Fred Marks (S. Carlson's father)  
Alan Bronson (S. Wilson friend)                      Wanda Perkins (L. Claussen's mother)  
Carolyn Carr (J. Tice's friend)                      Andrew Raes (R. Plaeger's cousin)  
Family of Walt Erchinger                      Family of Mary Reed  
Greg Grogan (C. Long's brother)                      Karyn Sampson (Bob/Ruth's daughter in law)  
Mike Hance (husband of Kristi Hance; PES teacher)                      Sheila Smoron (Pastor Smoron's wife)  
Marlene Hartsook (R. Ford's sister)                      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                      Families at our Southern Borders  
Victims of gun violence                      Displaced peoples in the World

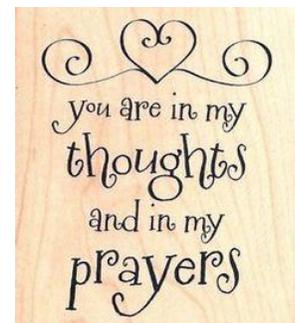
### **Healthcare Professionals**

#### **Members:**

Alyssa Canady, Sherman Assisted Living                      Abby Noel, Springfield Clinic  
Jan Costello, MMC                      Heidi Phillips, Memorial  
Kristina Hutton, Memorial                      Matt Roberts, Public Health, NYC  
Vicki Johnson, Memorial                      Blair Rowe, St. John's  
Sarah Mies, Central Baptist Village, Park Ridge, IL                      Ashley Rutz, Indianapolis  
Bill Montgomery, Memorial Healthcare System                      Brianne Satorius, Menard Medical Center  
Ellie Montgomery, HSHS (St. John's)

#### **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 Health, 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](mailto:pastorcentralpres@gmail.com) or to the office.*

