

# CENTRAL

# Chimes



*Central Presbyterian Church*

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



*“Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.”*

Romans 5:3-5

Well thank goodness THAT’S over! I don’t know about you all, but I’m ready to move on!

Over the years I have stopped making New Year’s resolutions. They never seem to work out for me. Typically, each year I would hope to lose weight; that hasn’t happened. Well, let me say it HAS, but it has not stayed off. Each year I would hope to exercise more and study more. No, sadly that has not happened either. I also have typically pledged to spend less money! Right.....

But this year, I feel, is different.

This year, my new year’s resolution is to recognize and to thank those who have truly gotten us through this year. Those who have suffered for our health and safety, working endless hours, putting their own lives on the line—whether it be fighting natural disasters or trying to control a virus.

This year, my new year’s resolution is to support those who have fought for what is fair and true and who lead the way to transformation.

This year, my new year’s resolution is to remember that through our sufferings, we gain hope and are able to face tomorrow knowing that Christ has persevered, just as we try to do now.

And this year, my new year’s resolution is to remember we are all brothers and sisters, walking the road together, one step at a time. Won’t you join me?



## Highlights of Regular Session Meeting, December 17, 2020



- We will remain at remote worship service through the month of January and will reassess monthly thereafter.  
**Motion – Central will remain closed for in-person worship service through the month of January and will reassess monthly thereafter. Motion by Jan Costello, seconded by Steve Territo. Motion Carried.**
- Drive-by Congregational Meeting was held on December 13, 2020, with 41 members present; 36 in person by drive-by and 5 by voice vote. Agenda was passage of changes to By-Laws and election of Elders, Deacons, and Nominating Committee for 2021. APPROVED
- Checking account balance as of November 30, 2020: \$9,541.76.
- Administration Motion:  
**Motion – The Credit Limit on Central’s charge card account at Alliance Community Bank be raised from \$1,000.00 to \$2,500.00. Motion made by Steve Territo, seconded by Pat Claussen. Motion Carried.**
- Home Communion was delivered to 6 homes for a total of 11 members being served.
- Motion by Clerk of Session:  
**Motion – Approve the transfer of Jay and Kim Westervelt from Greenview United Presbyterian to Central Presbyterian Church. Motion by Jan Costello, seconded by Steve Territo. Motion Carried.**
- Pop-Up Food Pantry – Central is still collecting food donations for the Pop-Up Food Pantry outside of County Market. There is a collection basket located in the Narthex.
- Pastor Report: Stephanie has participated in the following:
  - 3 Confirmation Classes
  - 4 Worship Services
  - 2 Pastors’ Retreat webinars
  - Administration Committee Meeting
  - Drive-by Congregational Meeting
  - Session Meeting
- We ask that you continue to keep all of our health care providers in your thoughts and prayers.

## Committee News

### Administration

#### Financial

- Income year-to-date is approximately \$400 above budget and YTD expenses are well below budget by \$13,275.21
  - Although income is above budget and expenses are below, there continues to be a significant shortfall between the two. YTD we have \$13,213.49 less income than expenses. The checkbook balance has dropped approximately the same amount this year.
  - General, MMF, and Endowment funds were all reviewed.
  - Pledges and expenses for the 2021 budget are comparable to 2020. Expenses are approximately \$29,000 higher than income which is similar to the 2020 budget.
-

## Building

- We are having issues with our wireless signal. We will be pursuing a quote from Cass Communications for potential internet service.
- The keys for the offices were discussed. Specific members will have keys for both offices and no keys will be left at the church. New door locksets will be purchased.

## Other Business

- Bob Sampson has served the Admin Committee for well over 20 years and his service to the church has been exemplary. At this time, Bob is resigning from the committee but will always be available for projects or any questions on church business. His expertise will be sorely missed.

## Mission/Outreach

Birthday Party in a Box: We are planning a “Birthday Party in a Box” mission. Details to be discussed at the next committee meeting, but we will assemble packages with a cake mix, frosting, party hats and other birthday party essentials. The packages could be distributed through the housing authority to help underprivileged children have a birthday party. If you have ideas for this project, contact Jan Costello or Pat Claussen.

Community Outreach: We will pick this up again in January and February. Our outreach to the first responders and Sunny Acres staff was appreciated. This could not have been done without the help of our congregation. Thanks again to all who donated.

Food Pantry Sunday: Every Sunday is Food Pantry Sunday! The Menard County Food Pantry, housed in our church building, recently reopened 1:00 p.m. to 3:00 p.m. every Wednesday. The Pop-Up Food Pantry outside County Market is currently the only other food pantry open in Petersburg. A basket is in the Narthex to receive donations each week. After church, we deliver the donated items to the pantry. If you shop at County Market, they will make it very easy for you to donate items – just pay for the items and the County Market staff will deliver them to the pantry.

Housing Authority Food Distribution: A food distribution for seniors is expected to happen on Wednesday, December 23. We have volunteered to assist with deliveries.

COATS: The COATS program was different this year, with the shopping delayed. However, donations were accepted in November, as in the past. Extra envelopes will be available. If you didn’t have the opportunity to donate to COATS and still would like to, just mark an envelope “COATS” and put it in the offering plate in the Narthex or drop it by the church office during the week.

Facebook - Prayer Chain: This continues to be used regularly. We are not sharing prayer requests during our recorded worship services due to privacy concerns. This private Facebook group is a great way to share our prayer requests through the week. Thanks to Pastor Stephanie for setting this up. If you would like to be included in the Facebook group, please let Pastor Stephanie know. Prayer requests are still being sent weekly to the full church email list by Joni.

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 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.

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.

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

### **Worship**

As 2020 draws to a close and we begin the New Year, the Worship committee would like to thank all the volunteers who helped us accomplish the many activities that are organized by the committee. Even though the church is presently closed and the Sunday morning service is pre-recorded, we are still in need of volunteers for the Liturgy part of the service. For the month of January, and possibly February as well, we will be recording the Sunday morning service on the Friday before, in the church Sanctuary, at 11:00 a.m. Please let Rich know if you would be interested in assisting.

We are looking forward to a brighter and safer year in 2021 and, as always, we hope to be able to celebrate God's love with each of you.

We invite and welcome new committee members any time! This is an exciting time as we look forward to accomplishing new goals for the New Year. Simply call the office or a committee member to volunteer.

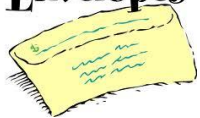
Rich Ford  
Worship Committee Chair

## **2021 Giving**

It's not too late to return your pledge cards for the 2021 calendar year. Please do so **no later than January 4**. The church counts on these pledge cards to help create a sensible budget and plan for revenue for the year. Giving is an integral part of belonging to a church, and we very much appreciate any amount you can provide!



### **Offering Envelopes**



- Offering envelopes are now available in the narthex for those pledging in 2021 who indicated a need for a new box of envelopes. We continue to make use of unused envelopes. As a result, some boxes will have dates covered and pledging members will not receive the same number you had previously.
- **THANK YOU** to those who have saved envelopes from last year to be reused. As you use the leftover envelopes, please mark out the previous date and replace it with the current one.
- **PLEASE:** if you have unused envelopes from years past that you will not be using, put them in the basket in the Narthex, as they will be used.

The weekly offering counters very much appreciate your **writing your name and the date** on envelopes as you use them.

## An Opportunity to Help

If you have a car you are no longer using and could donate, we have someone who could use it. Please notify the church office or Administration Committee chairman, Steve Territo, with information.

## Menard County Food Pantry Reopens

The Menard County Food Pantry reopened on a limited basis November 18, 2020. The Pantry had been closed since March, 2020, because of COVID-19 concerns and had offered food on an emergency basis only.

New procedures are now in place upon reopening. In order to receive a food order, persons in need must contact the Menard County Community Services Office located in the Menard County Courthouse at 217-632-4412 in order to schedule an appointment to receive a food referral. New hours for the Pantry will also be in effect. It will be open and staffed by volunteers on Wednesdays only from 1 to 3 p.m.



The Food Pantry serves the communities of Petersburg, Tallula, and Oakford. It is located at 210 West Douglas in Petersburg, within the Central Presbyterian Church.

## Diaper Bank Needs

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

## Chimes Deadline

Please have your articles and pictures for the February 2021 *Chimes* submitted to the church office **no later than Monday, January 18**. A *Microsoft Word file* attached to an email is the preferred method of submission. **Please reference Chimes article in the subject line**. Our email address is [centralpreschurch@sbcglobal.net](mailto:centralpreschurch@sbcglobal.net). If you have any suggestions as to what you may want to see in the Chimes, please email the church with your ideas.

## Why Celebrate the Christian Year?

Dec 4, 2016

By: David Gambrell

The Christian year is an ancient pattern of seasons and festivals by which congregations and individuals immerse themselves in the story of God's saving love through Jesus Christ. This way of keeping time is sometimes called the liturgical year or church calendar. I prefer the name "Christian year" because it helps us remember the central focus—patterning our lives according to the great mystery of our faith: "Christ has died, Christ is risen, Christ will come again." Following the Christian year isn't about fulfilling liturgical righteousness or organizing church programs; it's about ordering our time in such a way that we grow more and more each day as Jesus' disciples.

The Christian year revolves around two cycles—the Christmas cycle and the Easter cycle. These two cycles correspond to two principal tenets of Christian faith: the incarnation and resurrection of Jesus Christ, respectively. Each cycle, in turn, consists of a season of preparation and a season of celebration, as Advent leads to Christmas and Lent leads to Easter. Thus the Christian year includes four seasons—not winter, spring, summer, and fall, but Advent, Christmas, Lent, and Easter. Within and around these four seasons are a number of festivals—special days for commemorating events or themes in the story of salvation, and primarily, the life of Jesus Christ. Following the seasons of Christmas and Easter are two periods of “Ordinary Time”—so named not because they are more mundane than other times of the year, but because they fall outside of the seasons, and their distinctive pattern consists of observing the Sundays “in order” after Epiphany and Pentecost.

**The full pattern looks like this:**

- **The season of Advent:** a period of four weeks, in which we (first) anticipate the glorious return of Jesus Christ at the consummation of history and (second) prepare to celebrate his “first coming” at his birth in Bethlehem.
- **The season of Christmas:** a period of twelve days between the Nativity of the Lord (Christmas Eve/Day) and the Epiphany of the Lord (January 6; sometimes observed on the preceding Sunday), in which we rejoice in the gift of God’s Word made flesh to live among us.
- **The time after Epiphany / Ordinary Time:** a period of variable length (depending on the date of Easter) between the end of the Christmas season and the beginning of Lent; this time is bracketed by the Baptism of the Lord and the Transfiguration of the Lord.
- **The season of Lent:** a period of six weeks or forty days (plus Sundays), in which we practice repentance, renew spiritual disciplines, and seek reconciliation with God and one another as we prepare to celebrate Easter; this time begins with Ash Wednesday and concludes with Holy Week, including Palm/Passion Sunday.
- **The great Three Days:** a kind of bridge or threshold between the seasons of Lent and Easter, in which we remember Jesus’ commandment to love and serve one another (Maundy Thursday), his suffering and death on the cross (Good Friday), and his resurrection from the dead (Easter Vigil)—the culmination of the story of salvation.
- **The season of Easter:** a period of seven weeks (a “week” of weeks) or fifty days from the Resurrection of the Lord to the Day of Pentecost (meaning “fiftieth day”), in which we give thanks and praise to God for the gift of redemption and new life in Jesus; this time includes the Ascension of the Lord (sixth Thursday of Easter; sometimes observed on the following Sunday), forty days after Jesus’ resurrection.
- **The time after Pentecost / Ordinary Time:** a period of variable length (again, depending on the date of Easter) between the end of the Easter season and the beginning of a new Christian year in Advent; this time is bracketed by Trinity Sunday and Christ the King (or Reign of Christ), and includes All Saints’ Day (November 1; sometimes observed on the following Sunday).

Keeping the Christian year involves remembering and retelling the stories of our faith—but this kind of remembering is much more than the mere recollection of former things. This is faith in the past, present, and future tenses. We are proclaiming the mighty acts of the One who



was and is and is to come. We are praying for God's will to be done on earth as in heaven. We are putting our trust in Christ the Alpha and the Omega, the first and the last, the beginning and the end.

Beyond the Christian year, there are other patterns of time-keeping that help us mark and order the Christian life. The weekly rhythm of Lord's Day worship celebrates Christ's resurrection from the dead on the first day of the week. The discipline of daily prayer (especially at evening and morning) is, at its heart, about the baptismal theme of dying and rising with Christ, as each evening we rest in Christ's peace and each morning we rise to walk in newness of life. The human life cycle (from childhood to old age) represents another way of living out our baptism, as the journey that begins at the font is completed at the Christian funeral. All of these are ways of keeping time with Christ, the Alpha and the Omega.

*David Gambrell is associate for worship in the PC(USA) Office of Theology and Worship. He was an advisory member of the Glory to God hymnal committee, edits the journal Call to Worship, and is co-editing (with Kimberly Bracken Long) a revision to the Presbyterian Book of Common Worship (forthcoming in 2018). David also serves on the Consultation on Common Texts, the ecumenical body responsible for the Revised Common Lectionary.*

## Crockpot Ham and Potato Soup

*The best way to use up leftover ham! This Crockpot Ham and Potato Soup Recipe is hearty, creamy, and delicious! Everyone will love it!*

### EQUIPMENT

- 6 Qt. Crockpot

### INGREDIENTS

- 3-½ cups potatoes peeled & diced
- ⅓ cup celery chopped
- ⅓ cup onion finely chopped
- 1 cup ham diced
- 3-¼ cups water
- 6 chicken bouillon cubes
- tsp salt
- 1 tsp pepper
- 5 Tbsp flour
- 5 Tbsp butter
- 2 cups milk optional

### Toppings

- bacon diced/cooked
- Green onions chopped
- sour cream
- shredded cheese

### INSTRUCTIONS

Stir all but milk, flour, and butter into the crockpot. Cook on low for 6-8 hours, check the tenderness of potatoes. Minutes before serving, melt butter in a saucepan, add flour and gradually add milk, stirring constantly over med heat until thick. Stir mixture into crockpot. Let cook 15-20 minutes more. Top with optional toppings once in serving bowls.

### NUTRITION

Calories: 202kcal. Carbohydrates: 15g. Protein: 8g. Fat: 13g. Saturated Fat: 7g. Cholesterol: 36mg. Sodium: 1020mg. Potassium: 331mg. Fiber: 1g. Sugar: 4g. Vitamin A: 336IU. Vitamin C: 8mg. Calcium: 85mg. Iron: 1mg.

PREP TIME: 5 mins - COOK TIME: 8 hrs. - TOTAL TIME: 8 hrs., 5 mins

SERVINGS: 8 Servings

CALORIES: 202 kcal





## **Time to try intermittent fasting?**

***If you need to lose weight, a diet that focuses mainly on when (not what) you eat may be a good way to shed pounds and improve your cardiovascular health.***

Anyone who's tried different weight-loss diets is probably familiar with their pitfalls. Low-calorie diets often leave you tired, hungry, and cranky. Low-carb or "keto" diets can cause cravings and constipation. Low-fat diets are also tough to follow and, contrary to popular belief, they do not seem to prevent cardiovascular disease.

Another diet trend, intermittent fasting, takes a different approach. Rather than limiting what you eat, this diet limits when you eat. For some people, that change may be easier to manage, says Dr. Eric Rimm, professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health.

Short-term studies suggest that people stick to intermittent fasting diets as well as or better than they do to other diets. And according to a 2019 review article in the journal *Nutrients*, intermittent fasting promotes weight loss and may reduce risk factors linked to heart disease, including diabetes, high blood pressure, unhealthy blood lipid levels, and inflammation.

"However, we don't have much evidence about how well this diet works over the long term," says Dr. Rimm, noting that there are just two long-term studies of intermittent fasting, each lasting a year. Nor are there large populations of people who've followed this eating pattern for years. That's in contrast to two other diets linked to a healthy heart and healthy body size — the Mediterranean diet and a vegetarian diet.

### **An evolutionary advantage?**

Still, people who are overweight or obese might want to give intermittent fasting a try. In addition to its apparent heart-related benefits, this diet has some unique aspects that might explain its success, says Dr. Rimm. First, the strategy makes sense from an evolutionary standpoint. As early humans evolved, food supplies were alternately abundant and scarce. We also evolved in sync with the natural day-night cycle. So our metabolism adapted to function best with periods of hunger and eating during the day and sleeping at night. Many studies show that nighttime eating is closely linked to weight gain and diabetes, and one even found a higher risk of heart attack among men who snacked in the middle of the night compared with those who didn't.

Second, intermittent fasting highlights some of the positive aspects of other diet strategies while avoiding their downsides. "People who try whole or alternate-day fasting quickly realize how many calories are in certain foods. That helps them choose foods that are more filling but lower in calories," says Dr. Rimm. But because they're not constantly counting calories and feeling deprived every day, the diet is easier to maintain.

### **Burning stored fat**

Periodic fasting triggers the same fat-burning process that occurs during a low-carbohydrate or keto diet. Keto is short for ketosis, the metabolic process that kicks in when your body runs out of glucose (its preferred energy source) and starts burning stored fat. Your body may go into ketosis after just 12 hours of not eating, which many people do overnight before they "break fast" with a morning meal. (A midnight snack obviously sabotages this process.) A keto diet keeps you in ketosis for much longer time periods because you avoid carbohydrates, which supply glucose. Instead, fat becomes the preferred fuel source.



But some nutrition experts worry that keto diets — which typically include hefty amounts of meat and eggs — may be hard on the heart. Intermittent fasting is likely a healthier option, especially if you eat a balanced diet that includes whole grains, nuts, legumes, fruits, and vegetables, which are rich in nutrients known to lower heart disease risk.

However, intermittent fasting diets typically don't specify what foods you should eat. "As a nutritional epidemiologist, that makes me a little uncomfortable," Dr. Rimm admits. Eating burgers and French fries five days a week and a single breakfast sandwich on your low-calorie day wouldn't be healthy, he says. But with any diet, it's often a good idea to ease into the changes. You could start by trying a 5:2 diet or time-restricted eating. Once you start losing weight, you can gradually introduce healthier foods, he suggests.

Don't expect fast results, however. With intermittent fasting, people tend to lose weight fairly slowly — about a half a pound to 1 pound per week. But when it comes to losing weight, slow and steady is more successful and sustainable over the long term.

### **Before you try intermittent fasting**

If you want to give intermittent fasting a try, make sure to discuss it with your doctor first, says Dr. Rimm. Skipping meals and severely limiting calories can be dangerous for people with certain conditions, such as diabetes. Some people who take medications for blood pressure or heart disease also may be more prone to imbalances of sodium, potassium, and other minerals during longer-than-normal periods of fasting.



### **Members:**

Mary Ella Allen  
Sue Carlson  
Barb Churchill

Delores (Dee) Free  
Jo Ann Morris  
Ken Morris

Family of Laura Morrison  
Janet Scheina  
Linda Williams

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

Michele Baker (C. Long's friend)  
Alan Bronson (S. Wilson's friend)  
Carolyn Carr (J. Tice's friend)  
John Gamage (J. Gamage's grandson)  
Mary Kay Gamage (J. Gamage's daughter-in-law)  
Greg Grogan (C. Long's brother)  
Mike Hance (husband of Kristi Hance; PES teacher)  
Marlene Hartsook (R. Ford's sister)  
Bob McLim (B. Winkelmann's brother)

Family, Friends and Students of Coach Jim  
Newell of Illini Central  
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

Victims of gun violence  
Displaced peoples in the World  
Pray for our country

## **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, Springfield Clinic  
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)  
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)  
Becca Stark, Interventional Radiology, OSF, Peoria (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

## **Educational Field**

### **Members:**

Hannah Kyes, PORTA Elementary  
Adam Power, Substitute Teacher  
Laurelyn Roberts, St. Louis School System  
Julia Territo, PORTA Central Office  
Stephanie Wankel, PORTA Elementary  
Lisa Willhite, PORTA High School

### **Friends of the Congregation**

Mark Goeringer, Springfield Dist. #186

*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.*



## Octogenarian

January 8 Delores Free, 139 Balsam Knob, Petersburg, IL 62675

## Happy Birthday!

January 2	Sherrie Leezer	January 20	Paul Montgomery
January 6	Lydia Winkelmann	January 22	Greg Brown
January 13	Lisa Willhite	January 23	Grace Canady
January 14	Harriet Carter	January 28	Chris Ford
January 16	Henry Phillips	January 29	Ashley Rutz
January 17	Steve Territo	January 31	Kaitlyn McCullough

## Happy Anniversary!

January 9 Paul & Marilyn Montgomery





# December Scenes from Central

