

CENTRAL

Chimes



Central Presbyterian Church

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



August is considered the month of “new beginnings”.

Known for new beginnings, August has historically been the month we transition from summer to fall at month's end. This year summer has been quite strange as we continue to follow guidelines to prevent the spread of COVID. However, we should thank the Lord for a new month, a new life, and a new success.

“Moments with Pat Beulah” Edify, Build, Challenge, Transform

Internet Blog: August 1, 2016

Hello August, you are welcome. A month of new beginnings. A month of open doors, walk through the door. A second chance. A month of new friendships, show yourself friendly and enjoy the gift of life and family. For some, a new wardrobe, change your clothes; change old habits. Others, a new hairstyle, renew your mind also; don't be stuck in a rut. A time to move, get a life; dream again. Write a vision and set your new goals. A month to be focused and committed. Move home, get a new job, relocate, rekindle your first love with the Lord. Renew your mind, read a new book, write something – a book, a blog, a song. Tell your story, share your testimony; put off pride and adopt generosity and happiness. Follow His leading, be a blessing; forget the past; lay hold of new opportunities. Don't be stuck on stagnancy. Fight a good fight of faith. Be steadfast. Don't be complacent, step out of your comfort zone and trust God. Get a new job, come out of welfare; respect yourself and use your gifts and talents. This is a month of new things, develop yourself, celebrate your achievements. A month to witness and win souls. Seek the kingdom of God first, Matthew 6:33 *“What you should want most is God's kingdom and doing what he wants you to do. Then he will give you all those other things you need.”* Love again, get some sweet holy loving, God is still the divine matchmaker. Get off the high horse, humble yourself under the mighty hand of God. Give yourself permission to be happy and to fall in love. A month to forgive, let go; and let God heal you. Be encouraged, have faith, trust God; READ YOUR BIBLE and pray fervently. Finally, make a leap of faith; step out of the boat and walk on water; expect breakthroughs and miracles in Jesus. See what God will do.



Highlights of July 15, 2021 Session Meeting

- We welcomed Kay Daniel as our Moderator and Ministry Partner. She will be helping us during the transition from Pastor Stephanie to calling a new pastor.
- Checking account balance as of June 30, 2021, \$16,420.12
- **Motion – Transfer up to \$600.00 from Major Maintenance Fund to General Fund to pay for the plumbing repair costs to the women’s restroom and to purchase a dehumidifier for the maintenance room.**
- **Motion – Transfer up to \$2,000.00 from Major Maintenance Fund to General Fund to offset the increased cost for elevator repair and annual service contract.**
- Central in conjunction with the Menard County Food Pantry is taking tubs of food from the Food Pantry housed at Central to the Micro-Food Pantry outside of County Market.
- Home Communion was delivered on June 6 and June 13 to a total of 15 homes serving 24 members.
- 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 \$2,236.32 below budget and YTD expenses are below budget by \$3,606.98 which puts us below our overall budget.
- Treasurer’s report and financials were reviewed.
- General, MMF and Endowment funds were also reviewed.
 - Clarification of the title of the Vanguard Fund to Designated and Endowment Fund.
 - An anonymous donation was received for the Organ Fund.
- Quarterly reports from church groups were received and reviewed.

Building

- Placement for the new projector for the sanctuary was discussed.
- The two microphones have been located that were missing from the sanctuary.
- Smith Plumbing has made repair to the church toilets and we will transfer up to \$600.00 from MMF to cover cost.
- Transfer up to \$2000.00 from the MMF to offset the increased cost for elevator repair and annual service contract.
- Ozella Construction is making a bid for securing a basement window on the South side.
- Sidewalk patching is needed on the North side of the church.

Steven Territo & Jane Stephenson
Administration Committee Co-Chairs

Mission/Outreach

Food Pantry Sunday: Every Sunday is Food Pantry Sunday! The Menard County Food Pantry, housed in our church building, has reopened, but only two days per month. 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. With the Menard County Food Pantry open on a limited schedule, the pop-up pantry at County

Market still gets a lot of use. In addition to food donated by our members, the Food Pantry is also setting aside some products for us to take to the pop-up pantry.

Pharmacy Mission: After some discussion with the local pharmacists, we have recognized a need in the community for assistance with the cost of medications. The committee has recommended, and the Session has approved, establishing accounts at both pharmacies to help defray the cost of medication, at the discretion of the pharmacist. The committee is monitoring the project.

Birthday Party in a Bag: Five of the first 20 Birthday in a Bag packages have been distributed. We are monitoring the supply to restock. Each bag includes a cake mix, frosting, balloons, noise makers and other items to make a party a party. The bags are being distributed by the Menard County Food Pantry (housed in our church building) and the Menard County Housing Authority.

Facebook Prayer Chain: Please remember this private Facebook group is available for sharing prayer requests with others from the congregation.

Reading Rocks: This outreach program helps students who struggle with reading and other learning. Sue Carlson is 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.

We are exploring a few other projects at this time. If you would like to help with planning any mission or outreach activities, contact Jan Costello or Pat Claussen. Our next meeting has not yet been scheduled.

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

Sunday School

Summer is still here, but we are already planning for Sunday School to resume in September. Children's Sunday School will begin on Sunday, September 19, at 9:00 a.m. We are looking forward to a great year TOGETHER!

We are needing Sunday School teachers who can commit to one quarter of teaching—Fall, Winter, or Spring. We have two classes of students: grade school and junior/senior high school. We also have a great curriculum that makes preparation work easy. Contact Linda at 217-899-7081 if you are interested or have questions. I would like to have a short informational meeting with our teachers the beginning of September. This is a wonderful way to make a difference in our church!

Blessings,

Linda Claussen
Christian Education Director

The picnic area, Shelter #1, has been reserved for September 12 for Worship in the Park. Be sure to mark your calendars!

Emergency Contacts

Although Central does not now have an installed pastor, members are encouraged to continue to stay connected with the church family. If you have an emergency or are in need of assistance from Central, please contact: Church Office, 217-632-2651

Camilla Long, Deacon Chair, 217-306-8086

Jane Stephenson, Clerk of Session, 217-341-7599

You are also requested to inform the church office of changes in addresses and phone numbers.

2021 Per Capita

Have you made your contribution to Per Capita for 2021? Payments to Presbytery for Central's commitment were made March through June. The Per Capita amount for each member for 2021 is \$35.25.

Chimes Deadline

Please have your articles and photos for the September *Chimes* submitted to the church office no later than **Friday, August 20!** A Microsoft Word file attached to an email is the preferred method of submission. Our email address is centralpreschurch@sbcglobal.net.

Every Sunday is Food Pantry Sunday

At this time, the Menard County Food Pantry is open only on a limited basis. The Food Pantry is staffed by volunteers on the 2nd and 4th Wednesdays of each month from 1 to 3 p.m.

New procedures have been put in place upon their 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 to schedule an appointment to receive a food referral.

Food donations are needed for the two Petersburg area Food Pantries, especially the Pop-Up Pantry at County Market. Please put food items in the large basket in the Narthex to be taken to the Pop-Up Pantry.



Diaper Bank Needs

The Diaper Bank, located at the Menard County Housing office, 101 W. Sheridan Rd., Petersburg, IL 62675, is once again open to the public as of June 1. If there is a need for diapers or diaper supplies, you can either come in person or call the office at 217-632-7723.

The Senior Services Center recently moved into the Menard County Housing building and they have combined their supplies to now include adult briefs and pads. They are currently well stocked with infant diapers but are in need of size 4 and 5 diapers as well as baby wipes. Rather than purchasing items to donate, a monetary donation is always accepted.



Staying Positive during difficult times

October 1, 2020

By: Julie Corliss, Executive Editor, Harvard Heart Letter

To say we're living through challenging times sounds like both a cliché and an understatement. In recent months, news about the pandemic, economic woes, and bitter political debates have triggered tremendous anxiety and sadness for many Americans.

But when people look back on their lives, it is usually the most difficult challenges that gave them a new perspective or caused them to grow the most. Of course, in the midst of a crisis, it doesn't feel that way. But there are steps you can take to cope during difficult times, using techniques from the field of positive psychology.

How can positive psychology help in trying times?

Initially, positive psychology focused mainly on pursuing rewarding experiences that made people feel more joyful. But psychologists soon realized this sort of happiness depends on fleeting experiences, rather than a more enduring sense of contentment. As a result, the field shifted to concentrate on cultivating satisfaction and well-being but staying open to the full range of emotional experiences, both good and bad. Contrary to what you might expect, trying to resist painful emotions actually increases psychological suffering.

"Positive psychology is not about denying difficult emotions. It's about opening to what is happening here and now, and cultivating and savoring the good in your life," says Ron Siegel, PsyD, assistant professor of psychology at Harvard Medical School.

If you develop the habit of counting your blessings, for example, you may be better able to appreciate the positive aspects of life that remain even after a painful event like a job loss or a death. And helping others, even when you are struggling, can increase your positive feelings and help you gain perspective.

Growing evidence suggests that positive psychology techniques can indeed be valuable in times of stress, grief, or other difficulties. They may also help you develop the resilience to handle difficulties more easily, and bounce back more rapidly after traumatic or unpleasant events. Here are three positive psychology practices you can try.

Be more mindful

Mindfulness is the practice of purposely focusing your attention on the present moment and accepting it without judgement. Learning to live more in the present is especially helpful when the future is uncertain. Formal mindfulness-based stress reduction programs have been shown to help reduce physical and psychological symptoms in people facing a variety of challenges, including cancer and chronic pain. To practice at home, you can try some of the free guided recordings of mindfulness meditations narrated by Dr. Siegel, available at www.mindfulness-solution.com.

Share some kindness

Research suggests that people who volunteer their time tend to be happier than those who don't. Those who give charitable donations may even get a small mood boost. Try this exercise: When you have a free afternoon, flip a coin. Heads, do something self-indulgent (for instance, give yourself a manicure). Tails, do something to help your community or another person (for example, call or write to an elderly person). Notice how you feel at the time and in the hours and days that follow.

Practice gratitude

Gratitude is a thankful appreciation for what you receive, whether tangible or intangible. With gratitude, you acknowledge the goodness in your life. You can apply this to your past (by retrieving positive memories and being thankful for elements of your childhood or past blessings), the present (not taking things for granted as they come), and the future (being hopeful and optimistic that there will be good things arriving). Our brains are wired to take note of when things go wrong. But keeping a gratitude journal — writing down things you're thankful for — makes you more aware of when things go right.

Strawberry Pretzel Pie

Strawberry Pretzel Pie Recipe photo by Taste of Home

Ingredients

- 4 cups miniature pretzels
- 6 tablespoons butter, melted
- 1/4 cup sugar
- 3/4 cup boiling water
- 1 package (6 ounces) strawberry gelatin
- 1/4 cup lemon juice
- 1 pound fresh strawberries, hulled, divided
- 2 cups heavy whipping cream, divided
- 1 jar (7 ounces) marshmallow creme
- 2/3 cup whipped cream cheese
- 2/3 cup sweetened condensed milk



Directions

- Place pretzels in a food processor; pulse until chopped. Add butter and sugar; pulse until combined. Reserve 1/3 cup pretzel mixture for topping. Press remaining mixture onto bottom of a greased 9-in. spring form pan. Refrigerate 30 minutes.
- Meanwhile, in a bowl, add boiling water to gelatin; stir 2 minutes to completely dissolve. Stir in lemon juice. Refrigerate 30 minutes, stirring occasionally.
- Chop half the strawberries; slice remaining berries and reserve for topping. In a large bowl, beat 1 cup heavy cream until stiff peaks form. Beat marshmallow creme, cream cheese and sweetened condensed milk into cooled gelatin mixture until blended. Gently fold in chopped strawberries and whipped cream. Pour into crust.
- Refrigerate, covered, until firm, 4-6 hours. Beat remaining 1 cup heavy cream until stiff peaks form; spread over pie. Top with reserved strawberries and pretzel mixture.

Nutrition Facts: 1 piece: 350 calories, 19g fat (12g saturated fat), 56mg cholesterol, 284mg sodium, 39g carbohydrate (30g sugars, 1g fiber), 4g protein.

Church Attendance

July 4	27		July 18	28
July 11	15		July 25	17

Average Worship Attendance: 21.75



Members:

Mary Ella Allen	Dale and Mary Rose Satoruis
Barb Churchill	Marilyn Schafer
JoAnn Morris	Janet Scheina
Ken Morris	Linda Williams

Friends of the Congregation:

Stacy Acton (J. Stephenson's niece)	Sheila Smoron (Pastor M. Smoron's wife)
Dale Blout (B. Satorius' dad)	Gary Sorenson (L. Williams' friend)
Alan Bronson (S. Wilson's friend)	Family of Larry Spencer (L. Claussen's friend)
Carolyn Carr (J. Tice's friend)	Stahl family (S. Carlson's neighbor)
Family of Ron Carter (Rev. B. Carter's dad)	Family of Carol Stroemer (E.L. Denton's friend)
Jake Dennison (C. Long's friend)	Cindy Thomas (R. Ford's niece)
Harry Godbey (J. Godbey's brother)	Jeff & Amy VanDevender (Rev. G. Boutelle's nephew & niece-in-law)
Mike Hance (husband of Kristi Hance; PES teacher)	Don Wells (S. McCullough's brother-in-law)
Marlene Hartsook (R. Ford's sister)	Carol White (J. Morris' friend)
Gloria Leamon	Mike Whitehurst (P. & M. Montgomery's friend)
Bob McLin (B. Winkelmann's brother)	Lauren Woodley (J. Satorius' friend J.D. Proehl's granddaughter)
Andrew Raes (R. Plaeger's cousin)	
Dee Ring	
Ruth Ann Sampson	

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

In Our Communities and In Our World:

Victims & families of Miami building collapse	Victims of gun violence
All who are affected by COVID-19	Displaced peoples in the world
Pray for racial equality	Pray for our country
Peace between nation neighbors	

Please continue to keep our healthcare workers and those in the educational field in our prayers. Over these past many months, they have been a guiding light to all of us in their courage and dedication to keeping us safe and helping the future generation. Thank You!

During our time of social distancing, we desire to keep those in prayer who are in need. Please keep the church office informed of members or friends that need to be placed on our prayer list by sending an email to: centralpreschurchsbc@global.net or calling the church office at: 217-632-2651.

Birthdays & Anniversaries

Octogenarians

August 27 Emma Lou Denton 522 W. Washington, Petersburg, IL 62675

Happy Birthday!

August 3	Molly Buehner	August 23	August Wankel
August 8	Jerry Tice	August 26	Alyssa Canady
August 10	Ellie Montgomery	August 26	Grady Winkelmann
August 12	Jim Mies	August 29	Linda Claussen
August 13	Alice Studzinski	August 29	Gage Godbey
August 14	Emily McCullough	August 29	Marcy Newbold
August 16	Marion Ring	August 30	Jackson Phillips



Happy Anniversary!

August 7	William & Harriet Carter	August 28	Jim & Mary Mies
August 25	Dan & Jane Stephenson		

Worship Leaders

	<i>Usher/Greeter</i>	<i>Liturgist</i>
Sunday, August 1	Jan Costello	Chris Ford
Sunday, August 8	Marilyn Montgomery	Linda Claussen
Sunday, August 15	Rhonda Plaeger	Ron Sanert
Sunday, August 22	Pat Claussen	Coleen Janssen
Sunday, August 29	Brianne Satorius Ethan & Ava	Brian Satorius

If you cannot fulfill your duty as usher/greeter or liturgist, please find someone to take your place. Also, let the church office know of the changes as soon as possible.

Scenes from Central



Sunday, July 4

Bob Lackie shares a message with Ethan & Ava before giving the morning's sermon.

The service ended with Elise Ruppel singing *The Star Spangled Banner*, accompanied by Anne Smith.