

# CENTRAL

# Chimes



*Central Presbyterian Church*

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

## What Does Easter Mean to You?

To some, especially children, it means to wake up on Easter morning and hoping to find a basket full of chocolate candies or going to an organized event with the family to hunt for Easter eggs. I believe for those who enjoy such celebration, it is a fun and wonderful time for the whole family. For the Christians, Easter is much more than a basket full of candy and an Easter egg hunt.

I know most of you reading this perspective are Christians and so I want to ask you this today: What does Easter mean to you? To a young Christian, this might be your first Easter and you might finally get to know what it really means, i.e. that you have found Jesus as your Savior and it totally changes your life. To some Christians, it means to hear the same old story again and move on with life as usual. But for some of you, it may be a day that moves you. It's not just knowledge, but a message that you can't stop talking about after the Easter convention.

To fully understand what Easter means to you, you must answer this question, "Who is Jesus to you?" This same question was asked by Jesus to his disciples, *who do you say that I am?* He was widely recognized in Israel as a mighty man of God and was compared with the greatest of the prophets, John the Baptist, Elijah and Jeremiah. Peter was always quick to respond and professed that Jesus is truly the Messiah — the Christ. However, Peter could have got it wrong. For in his mind, he might have thought that Jesus was the earthly King that the whole Israel was waiting for, a king like David who's earthly Kingdom has spread far and wide. And that was probably why he rebuked Jesus subsequently for talking about going to Jerusalem and dying there.

Jesus didn't come to fulfil Israel's expectation for a King. Jesus came to fulfil God's mission to save the world, not by mighty power but by the Cross. The Cross is not the symbol of doom. It is the celebration of the Resurrection of Jesus, our Lord and Savior. God sent His son to earth to die as a sacrifice for all our sins. Jesus died on the cross to forgive everyone for all the sins that have been committed. Jesus' blood covered every person from the beginning of time and to the end of the world. He died for all of our sins. On the third day (Easter), Jesus rose from the grave and conquered death. Jesus is the only God who has ever risen from the grave. Jesus is the Savior of the world. Without Jesus, we could not have ever been Christians. Jesus became the mediator between God and common man. He died so that everybody could live forever. Each person on the face of the earth can become a Christian.

Who is this Jesus to you? Peter's expectation and dream was shattered because he didn't fully understand Christ's mission and missed the point when he said, "Jesus was the messiah." That is one of the reasons why Peter didn't understand what Jesus was going through when Jesus was persecuted and crucified on the cross. He went into hiding. So who

is this Jesus to you? Yes, Jesus is our savior, but if we stop there we might also miss the point. Jesus didn't just die for us, Jesus died for the world.

So back to the question, what does Easter mean to you? If we stop at Easter as a celebration of the Resurrection of Jesus, our Lord and Savior, then we missed the point. Jesus died as a ransom for the sins of every person on the face of the earth. He died for the Jews and the Gentiles. Jesus died for every ethnicity on the face of the earth. Each person on the face of the earth has the same chance to become a Christian. Easter is not just about us, it is also about our lost family members, lost friends, lost colleague and lost person next to you. Easter is not just good news to Christians but most importantly, Easter is good news to the lost. As we celebrate Easter this morning, let us remember those who are lost around us, let us pray that God will open doors for us to share His good news to them before the day ends.

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## Highlights of Regular Session Meeting, February 18, 2021



- We welcomed Andy Sonneborn as our Moderator. Andy is Pastor of the First Presbyterian Church in Farmington, Illinois, and will be helping us during the transition from Pastor Stephanie to calling a new Pastor.
- Checking account balance as of January 31, 2021: \$14,360.10.
- **Motion: To disburse from the Ebersolt Fund \$1,000 to the PORTA Student Assistance Fund.**
- Bulletins and sermons, when available, will continue to be sent to members.
- Home Communion was delivered on February 6 and February 13 to a total of 15 homes serving 24 members.
- We ask that you continue to keep all of our healthcare providers in your thoughts and prayers.

## Committee News

### Administration

#### Financial

- Income for January is \$1,182.21 below budget, and January expenses are below budget by \$217.47.
- General, MMF, and Endowment funds were all reviewed.
- A Motion was made to Session to send \$1000 to the PORTA student assistance fund from the Ebersolt Fund. This fund covers all four PORTA schools and would be used for individual student's unmet needs.
- A Motion was made to Session to transfer half of the Sampson donation from the checking account to Vanguard Funds, Equity, and Income.

#### Building

- Church Mutual has sent remote sensors for the detection of water leaks and temperature drop. Steve Territo will get them installed.

- Dave Long is working with Rich Ford on a new camera and the ability to operate livestreaming from the sound board.

### Office

- Bulletins will continue to be sent to members and sermons will be included, when available.

### Mission/Outreach

Birthday Party in a Bag: We are finalizing plans for a “Birthday Party in a Bag” mission. We are planning to assemble packages with a cake mix, frosting, party hats and other birthday party essentials. The packages could be distributed through the housing authority and food pantry to help underprivileged children have a birthday party. Bags have been assembled and will be distributed soon.

COATS: The COATS program shopping trip will not happen this school year, due to the pandemic. Instead, COATS funds have purchased Porta hoodies for the identified students. Thank you to Rebecca Rowe for coordinating this program.

Food Pantry Sunday: Every Sunday is Food Pantry Sunday! The Menard County Food Pantry, housed in our church building, reopened in November on a limited basis. 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.

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

Community Outreach: We are looking at organizations to thank for their contributions to the community. Our past outreach has been appreciated by the recipients. This could not have been done without the help of our congregation. Thanks again to all who donated.

Reading Rocks: Students were in the building on March 1: After being on hold for months, the program is finally able to reach young learners. This 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. A Krispy Kreme donut fundraiser is running through March 31.

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.

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. We will likely have a meeting in March, but the meeting has not yet been scheduled.

Patrik Claussen, Jan Costello

Mission/Outreach Committee Co-chairs

## **Worship**

One of the highlights of our Easter Sunday service is seeing the beautiful Easter lilies donated in honor or in memory of our loved ones. If you would like to participate in this wonderful symbol of life everlasting, please complete a form (one for each Easter lily), which you will find on the table in the Narthex and return it, with a check written to Central Presbyterian Church in the amount of **\$16.75**, to the church office by noon, **Monday, March 15, 2021**. If it is inconvenient for you to make it into the church, you will find a form at the end of this newsletter that you can complete and mail to the church along with your check. The form and money **MUST** be in the church no later than **Monday, March 15, 2021**. After that date, there is no guarantee we can order more Easter lilies.

If you prefer to purchase your lily elsewhere, feel free to do so, but still return the form so that the names can be included in the Easter Sunday bulletin. If you purchase your own Easter lily, please deliver to the church no later than Saturday morning, April 3, 2021. Thank you.

## **Men's Lenten Breakfasts/Women's Lenten Study**

Due to the continuing COVID-19 pandemic, there will be no Men's Lenten Breakfasts or Women's Lenten Study this year.

## **Holy Week Schedule**

Due to the continuing COVID-19 pandemic, there will be no Palm Sunday Breakfast prior to church services.

### **Maundy Thursday Worship Service**

Maundy Thursday service will be at 7:00 p.m., April 1, at Central Presbyterian Church. This service of remembrance focuses on the night Jesus gave to his disciples the gift of The Lord's Supper (also called The Last Supper, Eucharist, and Communion) and begins the movement toward the cross of Good Friday. This is both a somber and a celebratory event: somber in respect of the sacrifice made by Christ and celebratory in response to the gift received by all his disciples.

### **Easter Sunday Worship Service**

Resurrection Sunday Worship will be Sunday, April 4, at 10:00 a.m.

## **One Great Hour of Sharing**

One Great Hour of Sharing is the single, largest way that Presbyterians come together every year to work for a better world. Each gift to One Great Hour of Sharing helps improve the lives of the suffering and the vulnerable.

For over 70 years, One Great Hour of Sharing has provided Presbyterians a way to share God's love with our neighbors in need around the world. The three programs supported by One Great Hour of Sharing—Presbyterian Disaster Assistance, the Presbyterian Hunger Program, and Self-Development of People—all work in different ways to serve individuals and communities in need. From the initial disaster response to ongoing community development, their work fits together to provide people with safety, sustenance, and hope.

The offering will be collected through Easter Sunday. Special offering envelopes are available in the Narthex.

## **2020 Per Capita**

The Per Capita amount for each member for 2021 is \$35.25.

### **What Does Per Capita Mean?**

It is a Medieval Latin term that literally translated means, “by heads.”

### **What Is It For?**

Per Capita takes all the expenses of the Presbytery, the Synod, and General Assembly and breaks those costs down by the actual head count of the total population of *active members* in the Presbyterian Church (USA). For 2021, the breakdown of each \$35.25 per capita is as follows: the Presbytery receives 63% (\$22.46), the Synod receives 11% (\$3.81), and the General Assembly receives 26% (\$8.98).

### **Why Do We Pay It?**

As Presbyterians, we are connectional people – meaning that we understand the importance of being connected with other Presbyterians. Per Capita payments help our denomination to take our combined efforts to effect change in our country and around the world through the various ministry and mission programs at the various denominational levels.

### **Who Pays It?**

Every *active member* is assessed \$35.25.

### **Who Is An Active Member?**

*Adults* and *confirmed Youth* who participate in the work and worship of church; who have joined the church; and who are listed on Central’s rolls (official records of the church that are reported to the denomination).

## **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, 632-2651

Camilla Long, Deacon Chair, 306-8086

Jane Stephenson, Clerk of Session, 341-7599

## **Menard County Food Pantry**

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 were put 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 to schedule an appointment to receive a food

referral. Beginning March 1, the Pantry will be staffed by volunteers only on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month from 1 to 3 p.m.

At this time, the Pantry is well stocked with food. If you would like to donate, you are encouraged to do so to the Pop-Up Pantry outside County Market.

## 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 April 2021 *Chimes* submitted to the church office no later than **Friday, March 19**. A *Microsoft Word file* attached to an email is the preferred method of submission. **Please reference “Chimes article” in the subject line.** Please email the church with any suggestions as to what you may want to see in the *Chimes*. Our email address is centralpreschurch@sbcglobal.net.



*From Your Parish Nurse*

*Harvard Health Letter* Published: October 22, 2019 Brad Manor, PhD, Contributor

### **Preventing falls in older adults: Multiple strategies are better**

Despite considerable research and clinical effort, falls among people 65 and older are on the rise. An older adult is treated in the emergency room for a fall every 11 seconds, with injuries ranging from simple cuts and bruises to broken bones. Hip fractures are the most serious injury from falls, and more than half of older adults hospitalized for hip fractures after a fall never regain their previous levels of mobility or quality of life. Further, falls are a leading cause of death among older adults. According to the Centers for Disease Control and Prevention, an older adult dies from a fall every 19 minutes. Despite these sobering statistics, falls are not an inescapable part of aging; on the contrary, most falls are largely preventable.

### **Falls are particularly hard to study — and prevent — because no two falls are the same**

Over the years I have interviewed hundreds of older adults who had recently suffered a fall, and one thing is clear: each fall occurs from the *unique interaction* of the person’s balance, the task they were performing just prior to the fall, and the ever-changing environment in which they were moving. All these things make it difficult to pinpoint the exact cause of a particular fall, and nearly impossible to uncover commonalities across all falls suffered by older adults.

It is now quite clear that fall-prevention strategies that target just one factor with a well-known link to fall risk, such as muscle weakness, do not effectively reduce falls in older adults. Instead, researchers now believe that in order to keep older adults safe and free from falls over the years, interventions must continuously target multiple individual and environmental factors.

This current viewpoint is perhaps best highlighted by the ongoing STRIDE clinical trial. This pragmatic trial has enrolled 86 primary care practice sites across the country and over 5,400 older adults who are at risk for falls. The aim of this study is to compare the effectiveness of the current standard of care (which is primarily education about fall prevention) with individualized interventions developed by nurse “falls care managers” working in collaboration with primary care physicians. The falls care manager first assesses the older adult for eight key modifiable risk factors for falls and fall-related injuries: strength and balance, medications, vitamin D deficiency, home safety, orthostatic hypotension, visual impairment, foot problems and footwear, and osteoporosis. They use this information, together with personal preferences from each participant, to devise and implement an individually-tailored intervention that combines strategies for the older adult, recommendations for their doctor, and even referrals to health providers and local community-based organizations to support certain aspects of the intervention.

The STRIDE trial is closed to enrollment; however, data collection and analyses of its effectiveness are still underway. In the meantime, here are five specific actions you can take to minimize risk factors for falling.

- **Make exercise part of your daily routine.** According to the Harvard Medical School Special Health Report *Better Balance*, tight, inflexible, or weak muscles together with poor posture and endurance impinge on balance and can lead to falls. Regular, clinician-approved exercise can help counteract each of these factors. A recent analysis in the Cochrane Database of Systematic Reviews concluded that regular exercise may reduce the rate of falls by 23%, and the number of people who fall by 15%.
- **Stay mentally active.** Researchers have recently identified cognition as a key player in balance and fall risk. This is because we must pay attention to the world around us, avoid distraction, “remember” where our body is in space, and make the right decisions to modify our movements when our environment changes unexpectedly. It is for these reasons that staying mentally active, and participating in mind-body exercises such as tai chi, yoga, or dance, have been shown to be particularly effective fall-prevention strategies for older adults.
- **Review your medications.** Discuss all of your medications with your doctor and use them strictly as prescribed. Be aware that some medications have side effects (drowsiness, dizziness, muscle weakness, etc.) that may alter your balance and lead to a fall.
- **Have your vision and hearing checked regularly.** We depend on our vision and hearing to maintain our balance as we move through each day. Wearing glasses and hearing aids when prescribed can reduce the likelihood of balance issues and falls.
- **Conduct an annual home inventory.** Reorganizing the bedroom, kitchen, living room, and other common areas according to your needs is also important to reduce falls and/or prevent them from recurring over time. For example, keep medicines, clothing, food, dishes, and other necessities for day-to-day living within easy reach. Avoid scatter rugs and remove low-rise furniture, such as coffee tables and bookcases, that may clutter direct access to doors, hallways, and windows. Light the way day and night with lamps by the bed and nightlights in each room, and install light switches by all doors. Handrails on both sides of the stairs and grab bars for the shower and toilet are essential.

It is also important to remember that falls have a significant impact on your quality of life, whether they cause injury or not. Just the fear of falling can cause loss of confidence and

depression, which can lead to isolation and anxiety as older adults withdraw from outside activities or social engagements. Implementing multiple preventive measures early and evaluating them often can facilitate your mobility, reduce your chances of losing balance, and help maintain your quality of life for years to come.



**Members:**

Mary Ella Allen	Jo Ann Morris	Marilyn Schafer
Barb Churchill	Ken Morris	Janet Scheina
Family of Delores (Dee) Free	Dale and Mary Rose Satorius	Linda Williams

**Friends of the Congregation:**

Michele Baker (C. Long's friend)	Fred Pike (M./ P. Montgomery's friend)
Dale Blout (B. Satorius' dad)	Andrew Raes (R. Plaeger's cousin)
Alan Bronson (S. Wilson's friend)	Sheila Smoron (Pastor M. Smoron's wife)
Carolyn Carr (J. Tice's friend)	Gary Sorenson (L. Williams' friend)
Family of Billy Costello (J. Costello's husband)	Cindy Thomas (R. Ford's niece)
Greg Grogan (C. Long's brother)	Carol White (J. Morris' friend)
Mike Hance (husband of Kristi Hance; PES teacher)	Mike Whitehurst (P. & M. Montgomery's friend)
Marlene Hartsook (R. Ford's sister)	Lauren Woodley (J. Satorius' friend J.D. Proehl's granddaughter)
Dorothy King (A. Montgomery's sister)	
Bob McLin (B. Winkelmann's brother)	

*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	Victims of gun violence
Pray for racial equality	Displaced peoples in the world
Peace between nation neighbors	Pray for our country

**Healthcare Professionals**

**Members:**

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

**Friends of the Congregation:**

Matt Albrecht, Memorial (L. William's friend)  
Dr. Stacy Coombes, Houston, TX (J. Tice's friend)  
Jodi Foreman, Oncology, Peoria (J. Scheina's niece)  
Kyle Johnson, Springfield Clinic (V. Johnson's son)  
Sarah Mies, Central Baptist Village, Park Ridge, IL  
Dr. Jason Pope, Savanna, GA (J. Tice's friend)  
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 Powers, 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 the church office informed of members or friends that need to be placed on our prayer list by sending an email to [centralpreschurch@sbcglobal.net](mailto:centralpreschurch@sbcglobal.net).*

<i>Worship Attendance</i>			
February 7	<b>26</b>	February 21	<b>23</b>
February 14	<b>0</b>	February 28	<b>21</b>
Average Worship Attendance: <b>23</b>			

**TIME CHANGE: MARCH 14, 2021**



**Time Change Song**

God of sleep, and God of slumber,  
 Help us not be late, we ask:  
 Changing clocks one forward number,  
 May we not forget this task.  
 Choir directors, preachers, teachers  
 all will bless your holy name  
 if to Sunday church on time we came.



## Nonagenarian!

March 2, 1923	Raymond Montgomery	PO Box 13, Petersburg, IL 62675
March 18, 1927	Barry Free	139 Balsam Knob, Petersburg, IL 62675

## Happy Birthday!

March 1	Priscilla Reynolds	March 17	Betsy Winkelmann
March 2	Kayla Gerdes	March 17	Christopher Carter
	Ken Morris	March 22	Patrik Claussen
March 5	Marilyn Schafer	March 23	Liah Roberts
March 6	Kristina Hutton	March 24	Janet Scheina
March 11	Phil Deverman	March 27	Austin Godbey
March 12	Gary Gerdes	March 28	Amalie McLin
March 15	Jo Ann Morris		

## Happy Anniversary!

March 9	Ken & Jinnie Morris	March 26	Marion & Dee Ring
March 18	Dave & Diane Ludington		

## Scenes from Central



### *Sunday, February 7*

Central welcomes new members: Dan Stephenson, Kim & Jay Westervelt, and Susan Wilson.

Pastor Stephanie conducts her last communion service at Central.

Newly-elected Deacon Linda Williams and Elders Jan Costello and Ron Sanert are installed.



## *Easter Lilies Order Form*

One of the highlights of our Easter Sunday service is seeing the beautiful Easter lilies donated in honor or in memory of our loved ones. If you would like to participate in this wonderful symbol of life everlasting, please complete the form below and return it, with a check written to Central Presbyterian Church in the amount of **\$16.75**, to the church office by noon, **Monday, March 15, 2021**.

If you want to purchase your lily elsewhere, please feel free to do so, but still return the form below so that we may include the names in the Easter Sunday bulletin. Thank you.

**Please use a separate form for each lily**, but you can write one check for multiples.

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- Please print below the name(s) of the person(s) to be honored or remembered exactly as you wish it to appear in the church bulletin.

Please HONOR \_\_\_\_\_

**OR**

REMEMBER (a deceased loved one) \_\_\_\_\_

- Please print below the name(s) of the person(s) donating the lily exactly as you wish it to appear in the church bulletin. If you donated in the past and want the same bulletin entry used, write "**SAME AS BEFORE**" on the line below.

\_\_\_\_\_

Please put an **X** by your choice below.

\_\_\_\_ My check to Central Presbyterian Church is attached for \$\_\_\_\_\_ (\$16.75).

**OR**

\_\_\_\_ *I will bring my own lily to the church by Saturday morning, **April 3, 2021**.*

