

# CENTRAL

# Chimes



*Central Presbyterian Church*

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



## **Giving your Time & Talent**

Living your life as a steward of God's grace, means recognizing that everything comes from God and all we have is God's.

The scriptures invite us to see that, by the grace of God, we have more than enough in our lives to overflow into a new way of living. It connects the faith we profess to the ordinary ways we use our time and talent to live our lives

Think about how you interact with people in your life – at work, in school, at home, in your community. How can your life mirror Christ's generous, abundant, joy-filled, hopeful love? How can our lives reflect love, justice, mercy, faithfulness?

It's important that everything we do with our time and talent reflects our walk with Christ. We can also reflect on how we give time and talent back to God—just as we do with money.

***“Each of you should use whatever gifts you have received to serve others, as faithful stewards of God's grace in its various forms”. 1 Peter 4:10***

### **Time and Talent**

Jesus came to serve. If it is more blessed to give than receive when it comes to our monetary gifts, how much more when we serve each other with our time and talent!

### **Sprinters versus Marathoners**

Sometimes, when we get caught up in the demands of modern life, with its technological immediacy and 24-hour responsibilities, it can feel overwhelming to consider adding one more thing to our busy schedules to serve. We want to be involved in the church, but how do we find the time? Making a commitment to serve on a committee, sing in the choir or teach Sunday school might feel overwhelming.

***“Sprinters”***: *Busy parishioners who may be able to serve for a few Sundays or a season.*

**What do you have fun doing?** Remember, God loves a cheerful giver. You might be an accountant and be able to do the books (which the church might need) but if you'd have more fun teaching Sunday School because you're exhausted looking at numbers – then teach Sunday School!

### **Giving Back to God**

- Sharing your talents in each stage of your life takes prayer and reflection.
- Ask others to help you discern ways in which your abilities, talents and gifts can contribute to your church.
- Balance these possibilities with any limitations on your time and capacity.
- Be open to trying something new. Be willing to learn.

Dr. Kennon Callahan writes that in today’s culture, people tend to be sprinters rather than marathoners. They will participate for short periods of time rather than making a larger commitment. Many people may want to be involved in the life of the church, but feel overwhelmed by the commitment needed to serve on a committee, teach Sunday School or even take up the offering.

Congregations could actually encourage greater participation by offering individuals short, one-off opportunities to serve. For example, a sprinter might find it difficult to commit to joining the choir for the full-year (or even half a year) because they don’t know if they can make weekly practices. But they might join a choir if invited to sing at Christmas, Easter, Pentecost or some other event. You might find sprinters would even participate two to three times a year!

Likewise, a sprinter may be reluctant to become a Sunday school teacher for a full year. But they may sign up to teach one month of classes – or one class a month. They might volunteer to serve at a meal, rather than join the hospitality committee for a year. Or they might organize one community outreach event for the congregation.

We value and need the marathoners, who have the commitment and energy to provide consistent leadership for the church – and to coordinate all those sprinters! Churches need to be flexible in the opportunities they offer. The more people are involved, the stronger the congregational community will be.

### **The Multiplying Effect of the “Time-Tithe”**

What would it mean if we were to give back 10% of our time to God’s church, modeled on the biblical concept of the tithe?

For most of us, measuring this “time-tithe” as a proportion of our waking hours is overwhelming, but what if we started by thinking in terms of working hours? 10% of a 40-hour work-week is 4 hours per week. Even if we were to consider time spent in worship as part of this time we give back to God, that would still leave more than 2 hours a week remaining to give as a proportion of our time and talent in the service of our congregation: the body of Christ.

There are many ways you can give time to God through the church: teaching Sunday School, leading a Bible study, singing in the choir, collecting the offering, serving on a committee, offering hospitality, taking care of the yard. Think about what you’d have fun doing! Start small, and you may be able to grow your involvement one day.

If every member of your church were to dedicate at least 4 hours a week to your congregation, how might it multiply your congregation’s impact on your community in loving service to others and in spreading the Gospel?

\*The Presbyterian Church in Canada’s statement of Christian belief, Living Faith, encourages us to consider how we are called to give a proportion of our time to the work of God.





## Highlights of September 16, 2021 Session Meeting

- Income year to date is \$3,295.30 below budget and year to date expenses are below budget by \$7,955.03. Regardless of budget, our expenses are \$1,313.01 above our income.
- Our Stewardship campaign will be starting in late September early October with Steve Territo as Chair.
- **Motion: That Central Presbyterian Church will make a \$50.00 donation to the Jaycees for the annual “Safe and Drug Free” Halloween. Said \$50.00 shall be taken from Mission – Obligated Fund.**
- **Motion: That Central Presbyterian Church will make a \$100.00 donation to ILCAAAP. Said \$100.00 shall be taken from the ILCAAAP – Obligated Fund.**
- **Motion: That Central Presbyterian Church will host the Ministerial Alliance Community Thanksgiving Service in November 2021.**
- **Motion: That the duties of the Treasurer and Comptroller shall be combined into one—that being Treasurer. That Session appoints Rhonda Plaeger to fill the duties of Treasurer.**
- Home Communion was delivered on September 4 to a total of 5 homes serving 9 members.
- Session is asking that at the end of the Worship service when leaving the Sanctuary that members please proceed outside and not congregate in the Narthex.
- 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 \$3,295.30 below budget and YTD expenses are below budget by \$7,955.03 which puts us below our overall budget. Under Income, our Member Gifts are \$5,795.64 below budget. These are the monies that are received from members who do not do an annual pledge.
- Treasurer’s report and financials were reviewed.
- General, MMF and Endowment funds were also reviewed.
- New signature cards for all accounts are being completed at Alliance Bank.
- The 2022 budget will be worked on starting in October. All church committees and groups need to put together budgetary requests for the new year.
- The annual Stewardship campaign will be starting in October.

#### **Building**

- There was discussion of securing the window well on the South side of the church. Steve has contacted the Menard County Animal Control to remove our cat(s), and once completed, the window well will be secured and covered.
- The old office computer and screen need to be disposed of. The computer has been wiped clean and if there are any members who would need the computer, they would need to reach out to the office.

### Mission/Outreach

**Food Pantry Sunday:** Every Sunday is Food Pantry Sunday! We are still collecting food donations every week for delivery to the Micro-pantry at County Market. In addition, the Menard County Food Pantry, housed in our church building, is providing 8-10 grocery bags of food each

week for us to take to the Micro-pantry. If you would like to help with taking the food over after church, please let Pat Claussen, Jan Costello, or Beth Kiningham know.

Birthday Party in a Bag: Only 6 of the first 20 Birthday in a Bag packages are left! So, we are planning to assemble 10 more packages. 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.

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.

COATS: Planning has begun for the 2021 COATS (Clothing of All Types and Sizes) program. Rebecca Rowe is coordinating this program again this year. More details will be coming in the next couple months.

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 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.

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

## **Liturgists AND “Special Moment” Volunteers Needed**

If you are interested in volunteering to be a liturgist during a Sunday morning service, we are wanting you! Contact me to volunteer through the end of this year . . . and be sure to indicate your willingness on the Time Talent Inventory card for 2022.

### **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

## **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.

## Chimes Deadline

Please have your articles and photos for the October *Chimes* submitted to the church office no later than **Monday, October 18!** A Microsoft Word file attached to an email is the preferred method of submission. Our email address is [centralpreschurch@sbcglobal.net](mailto:centralpreschurch@sbcglobal.net).

## Food Pantry Open Two Days a Month

The Menard County Food Pantry is open and staffed by volunteers on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month from 1:00 p.m. to 2:00 p.m. To receive a food order, persons in need should 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.



Food donations are needed for the two Petersburg area Food Pantries, especially the Micro-pantry at County Market. Please put food items in the large basket in the Narthex to be taken to the Micro-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. The Senior Services Center recently moved into the Menard County Housing building, and they now have a supply of adult briefs and pads. If there is a need for any of these supplies, either visit in person or call the office at 217-632-7723.

The Diaper Bank is currently well stocked with infant diapers, but is in need of size 4 and 5 diapers and baby wipes. Rather than purchasing items to donate, a monetary donation is always accepted.

## The True Nature of Love

*They gave as much as they were able.*

2 Corinthians 8:3

During the pandemic lockdown, Jerry was forced to close his fitness center and had no income for months. One day he received a text from a friend asking to meet him at his facility at 6:00 p.m. Jerry wasn't sure why but made his way there. Soon cars started streaming into the parking lot. The driver in the first car placed a basket on the sidewalk near the building. Then car after car (maybe fifty of them) came by. Those inside waved at Jerry or hollered out a hello, stopped at the basket, and dropped in a card or cash. Some sacrificed their money; all gave their time to encourage him.

The true nature of love is sacrificial, according to the apostle Paul. He explained to the Corinthians that the Macedonians gave "even beyond their ability" so they could meet the needs of the apostles and others (2 Corinthians 8:3), They even "pleaded" with Paul for the opportunity to give to them and to God's people. The basis for their giving was the sacrificial heart of Jesus himself. He left the riches of heaven to come to earth to be a servant and to give his very life. "Though he was rich, yet for (our) sake he became poor" (v.7).

May we too plead with God so that we might "excel in this grace of giving" (v.7) in order to lovingly meet the needs of others.

By Anne Cetas

## Reflect & Pray

How might sacrificial service or giving fit into your life this week? Who needs your encouragement?

Loving God, you are so good. Please give me opportunities to bless others for you in your power and wisdom.

## Heart Health 11 Foods That Lower Cholesterol

August 13, 2021 Image: Giovanni Boscherino Dreamstime.com

### Foods that make up a low cholesterol diet can help reduce high levels

Changing what foods you eat can lower your cholesterol and improve the armada of fats floating through your bloodstream. Adding foods that lower LDL, the harmful cholesterol-carrying particle that contributes to artery-clogging atherosclerosis, is the best way to achieve a low cholesterol diet.

### Add these foods to lower LDL cholesterol

Different foods lower cholesterol in various ways. Some deliver soluble fiber, which binds cholesterol and its precursors in the digestive system and drags them out of the body before they get into circulation. Some give you polyunsaturated fats, which directly lower LDL. And some contain plant sterols and stanols, which block the body from absorbing cholesterol.



Image: Giovanni Boscherino, Dreamstime.com

- Oats. An easy first step to lowering your cholesterol is having a bowl of oatmeal or cold oat-based cereal like Cheerios for breakfast. It gives you 1 to 2 grams of soluble fiber. Add a banana or some strawberries for another half-gram. Current nutrition guidelines recommend getting 20 to 35 grams of fiber a day, with at least 5 to 10 grams coming from soluble fiber. (The average American gets about half that amount.)
- Barley and other whole grains. Like oats and oat bran, barley and other whole grains can help lower the risk of heart disease, mainly via the soluble fiber they deliver.
- Beans. Beans are especially rich in soluble fiber. They also take a while for the body to digest, meaning you feel full for longer after a meal. That's one reason beans are a useful food for folks trying to lose weight. With so many choices, from navy and kidney beans to lentils, garbanzos, black-eyed peas, and beyond, and so many ways to prepare them, beans are a very versatile food.
- Eggplant and okra. These two low-calorie vegetables are good sources of soluble fiber.
- Nuts. A bushel of studies shows that eating almonds, walnuts, peanuts, and other nuts is good for the heart. Eating 2 ounces of nuts a day can slightly lower LDL, on the order of 5%. Nuts have additional nutrients that protect the heart in other ways.
- Vegetable oils. Using liquid vegetable oils such as canola, sunflower, safflower, and others in place of butter, lard, or shortening when cooking or at the table helps lower LDL.
- Apples, grapes, strawberries, citrus fruits. These fruits are rich in pectin a type of soluble fiber that lowers LDL.
- Foods fortified with sterols and stanols. Sterols and stanols extracted from plants gum up the body's ability to absorb cholesterol from food. Companies are adding them to foods ranging from margarine and granola bars to orange juice and chocolate. They're also available as

supplements. Getting 2 grams of plant sterols or stanols a day can lower LDL cholesterol by about 10%.

- Soy. Eating soybeans and foods made from them, like tofu and soy milk, was once touted as a powerful way to lower cholesterol. Analyses show that the effect is more modest – consuming 25 grams of soy protein a day (10 ounces of tofu or 2 ½ cups of soy milk) can lower LDL by 5% to 6%
- Fatty Fish. Eating fish two to three times a week can lower LDL in two ways: by replacing meat, which has LDL-boosting saturated fats, and by delivering LDL-lowering omega-3 fats. Omega-3’s reduces triglycerides in the bloodstream and also protect the heart by helping prevent the onset of abnormal heart rhythms.
- Fiber supplements. Supplements offer the least appealing way to get soluble fiber. Two teaspoons a day of psyllium, which is found in Metamucil and other bulk-forming laxatives, provide about 4 grams of soluble fiber.

### **Putting together a low cholesterol diet**

When it comes to investing money, experts recommend creating a portfolio of diverse investments instead of putting all your eggs in one basket. The same holds true for eating your way to lower cholesterol. Adding several foods to lower cholesterol in different ways should work better than focusing on one or two.

A largely vegetarian “dietary portfolio of cholesterol-lowering foods” substantially lowers LDL, triglycerides, and blood pressure. The key dietary components are plenty of fruits and vegetables, whole grains instead of highly refined ones, and protein mostly from plants. Add margarine enriched with plant sterols; oats, barley, psyllium, okra, and eggplant, all rich in soluble fiber; soy protein; and whole almonds.

Of course, shifting to a cholesterol-lowering diet takes more attention than popping a daily statin. It means expanding the variety of foods you usually put in your shopping cart and getting used to new textures and flavors. But it’s a “natural” way to lower cholesterol, and it avoids the risk of muscle problems and other side effects that plague some people who take statins.

Just as important, a diet that is heavy on fruits, vegetables, beans, and nuts is good for the body in ways beyond lowering cholesterol. It keeps blood pressure in check. It helps arteries stay flexible and responsive. It’s good for bones and digestive health, for vision and mental health.



<i><b>Church Attendance</b></i>			
September 5	<b>31</b>	September 19	<b>20</b>
September 12	<b>23</b>	September 26	<b>23</b>
Average Worship Attendance: 24			

## *Scenes from Central*



*Bob Lackie provides the Children's message September 5 for Brooke, Sadie, and Sam.*



*Family and friends of Brian Satorius gather September 5 to honor and remember him. Jan Costello officiated Brian's funeral which was followed by a Celebration of Life.*







**Members:**

Mary Ella Allen  
Harriet Carter  
Will Carter  
Barb Churchill

Jo Ann Morris  
Ken Morris  
Bob Sampson & Family  
Family of Brian Satorius

Dale & Mary Rose Satorius  
Marilyn Schafer  
Judy Stahl  
Linda Williams

**Friends of the Congregation:**

Dale Blout (B. Satorius' dad)  
Alan Bronson (S. Wilson's friend)  
Jake Dennison (C. Long's friend)  
Michelle Rankin Eddings (M. Montgomery's friend)  
Mike Hance (husband of Kristi Hance; PES teacher)  
Marlene Hartsook (R. Ford's sister)  
Gloria Leamon  
Dave & Diane Ludington  
Bob McLin (B. Winkelmann's brother)  
Andrew Raes (R. Plaeger's cousin)  
Dee Ring  
Family of Ruth Ann Sampson  
David Scheina (P. Scheina's dad)

Sheila Smoron (Pastor M. Smoron's wife)  
Gary Sorenson (L. Williams' friend)  
Stahl family (S. Carlson's neighbor)  
Cindy Thomas (R. Ford's niece)  
Jeff & Amy VanDevender (Rev. G. Boutelle's nephew  
& niece-in-law)  
Don Wells (S. McCullough's brother-in-law)  
Carol White (J. Morris' friend)  
Mike Whitehurst (P. & M. Montgomery's friend)  
Clara Willox (R. & C. Ford's granddaughter)  
Lauren Woodley (J. Satorius' friend J.D. Proehl's  
granddaughter)  
Debbie Woods

*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:**

All who are affected by COVID-19  
(Including those not yet vaccinated)  
Pray for racial equality  
Peace between nation neighbors

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

**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!**

**As new COVID-19 numbers continue to rise and we are seeing an increase in people again being hospitalized due to it and the Delta variant, please pray for those affected.**

*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: [centralpreschurcsbc@global.net](mailto:centralpreschurcsbc@global.net) or calling the church office at: 217-632-2651.*



## Octogenarian

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

## Happy Birthday

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

## Happy Anniversary

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



### Usher/Greeter

### Liturgist

Sunday, October 3	Ron Sanert	Linda Williams
Sunday, October 10	Beth Kiningham	Rhonda Plaeger
Sunday, October 17	Rebecca Rowe	Sherri Roberts
Sunday, October 24	Pat Claussen	Chris Ford
Sunday, October 31	Marilyn Montgomery	Coleen Janssen

*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.*

