

CENTRAL

Chimes



Central Presbyterian Church

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

Star words: A spiritual practice for Epiphany

January 6, 2016 by Kristin Stroble

On the Sunday we celebrate Epiphany at the church I serve, it has become a tradition to pass out “star words.” Perhaps you’ve heard of them. This practice of passing out star words has grown in popularity recently. On the day that we remember the star that led the magi to Jesus, we pass out pieces of paper cut into star shapes with a printed word. I first heard of this practice from a fellow Presbyterian minister Marci Glass on her [blog](#).

What I didn’t realize three years ago when we first passed out these stars was the impact they would have on my life and my church.

My first word was RESTRAINT. I wanted to throw it back. What was that supposed to mean? RESTRAINT made me think about being held back or being bound. These words were supposed to be a gift, but this did not feel like one to me. And yet, over time the word continued to work on my heart and mind. I started practicing RESTRAINT at church coffee hours and forgoing doughnuts. I used RESTRAINT to stop myself from getting second helpings at potlucks. RESTRAINT gave me permission to look at how unhealthy I had become and do something about it. When I began to see RESTRAINT as a gift instead of a curse, it freed me to change my eating habits without apology, to leave work earlier to exercise and to focus not just on my spiritual health but my physical health.

In my year of RESTRAINT, I lost 90 pounds and, for the first time I could remember, achieved a healthy weight. I’m not one for New Year’s resolutions because – let’s be honest – they always seem to fail. Instead, these star words have become my practice for the New Year. Instead of making a resolution that I’ll feel guilty about a week later, I take a star word as a gift and keep my eyes open. The stars have allowed me to see God in unexpected ways and places. They’ve been challenging, life-giving and transformative.

One woman in my congregation received JOY last year. Her middle name is JOY. She admits, though, that she had lost her JOY, forgotten how to live with JOY. The star word reminded her throughout the year about the gift of JOY in all circumstances of life; a JOY that comes from the simple affirmation that we belong to God. Another member received COURAGE. She was in the midst of cancer treatments when this word was given to her. She took that paper star with her to every doctor appointment. She kept the word by her side as she entered hospice care and as she passed from this life to the next.

After worship this Epiphany Sunday, we had coffee hour. I stood in the corner and listened to some of the conversations. Almost every table was talking about the star words – how their word influenced their previous year and what new word they had just received. I stood there and



marveled at God’s spirit working through paper stars. Like the magi, these words allow us all to go home by another road, our eyes opened to God’s presence in and around us.

And as for this year, my new word is PATIENCE. God only knows what’s in store for me with this one!

Kristin Stroble serves as the pastor of Heritage Presbyterian Church in Youngstown, Ohio. She enjoys coffee, books, running and spending time outdoors.

EPIPHANY

Star Gifts Words to Ponder All Year Long By: Susan Foster

The season after Christmas and before Lent can often seem like a “down” time in the church year—as if we’re simply marking time while waiting for another grand celebration. Whether it is because people are suffering from holiday fatigue or influenced by gloomy winter weather, the season of Epiphany can go by unnoticed and unheralded.

This was the case in our congregation until we introduced the concept of “star gifts.” A star gift is simply a star-shaped piece of brightly colored paper with a word printed on it. Every person who comes to church on Epiphany Sunday receives a star gift and is asked to reflect on that word for the coming year. The people are invited to ponder what significance this word might have in their lives, and how God might be speaking to them through that simple message. We draw from a list of more than 150 words (see p. 37), each with its own message and significance.

The star gifts are passed around to the congregation using the same offering plates that we use later on in worship to gather up the tithes and offerings. As people help themselves to a star gift (without looking—just reach in and grab!), the significance is not lost. In this moment, people are not asked to give; they are invited to receive. It reminds us that this is always the order of things in God’s realm—God always gives first, and then we are invited to respond with our gifts and ourselves.

Receiving Gifts

The wise men who traveled great distances to offer their gifts to the newborn Christ-child were responding to the gift first given to them. They received God’s gift, then offered their gifts to God. As we commemorate the arrival of the wise men and remember their offerings, we delight in this paper reminder that symbolizes God’s generosity in our lives.

Our congregation has discovered that people look forward to this celebration with great anticipation. Over time, this Epiphany tradition has grown in popularity so that Star Gift Sunday (the Sunday closest to the celebration of Epiphany on January 6) now rivals Palm Sunday for attendance and participation.

Why would such a simple gift take on such deep meaning? What is it about receiving a word on a piece of paper that touches people? I believe that people are yearning for tangible, clear signs of God’s presence. Our congregation—like yours, I’m sure—is filled with compassionate people who spend hours baking for sales, cooking meals for shut-ins, writing cards to the sick, providing transportation to the homebound, calling on people in hospitals and nursing homes, praying for those in need, stretching the church budget by giving what they can, and hosting church suppers.

The congregation is good at being busy and “doing” for God. This Epiphany Sunday celebration represents a change in our routine; people are offered the opportunity to “be still” in the presence of God and to receive God’s gifts. This is not because we have done anything to merit such attention, but simply because of God’s abundant generosity. When the congregation arrives, they are prepared to receive something special. As they climb the steps to the sanctuary and settle

into their pews, they often compare notes: What word did you receive last year? What did that word tell you during the last twelve months?

“Ponder These Words in Your Hearts”

Everyone who receives a star gift is encouraged to take it home and hang it up where they are sure to see it every day. It may be on their bathroom mirror, or next to their computer screen. Often when I am visiting in someone’s home I will notice a star gift adorning the refrigerator or posted by the back door where it will be seen as people depart and enter their home. Many people keep their star gifts from year to year; gradually accumulating a virtual constellation of wise words and encouragement displayed as a reminder of God’s presence in our lives.

People allow these words to speak to them. They often start by looking the word up in the dictionary so that they are clear on its meaning; we hear the word *grace* all the time, but what exactly does it mean? A word that seemed unclear at the beginning may gain new meaning as the year goes on.

Often the words seem very timely, as if they were indeed designated for the recipient. It is this sense of serendipity and wondering how God might be working through this simple process that keeps people engaged. A woman whose husband recently passed away receives the word *perseverance*; a student off to college turns over her star to read *responsibility*; our music director receives the word *harmony*, much to the delight of the choir.

The year that I was scheduled to go on sabbatical, I received this star gift: *time*. Before I left for my period of study and renewal, I reflected with the congregation on what a gift that was—to receive the gift of time from them and their blessing so that I might rejuvenate my spirit. I entered into that sabbatical with a profound awareness of the grace being afforded.

Another year I drew out a star with the word *faith* printed on it. My congregation thought that was pretty amusing—their pastor was receiving the gift of faith! Several people joked with me on their way out the door following worship: “I guess you didn’t really need that gift, did you?” “I’m the one who could use more faith, not you, Pastor!” As it turned out, that year was a year to try a minister’s soul. Tragic death was followed by heartbreaking crises. As our congregation was challenged by a series of devastating losses, several people came to my office to pose that perennial question: why does God allow such tragedies to occur?

Often it felt as if my own faith was being put through a wringer. My star gift offered me a context in which to reflect. How could I receive the gift of faith when I needed it most? Months later, when I spoke in a sermon about those dry periods when God seemed distant and my work as pastor and leader was especially daunting, I reminded people of my star gift. Faith, I learned again that year, is always a gift, something to hang on to especially in times of trouble, and never to be taken for granted.

Out of Receiving Comes Sharing

Throughout the year, members of our congregation are encouraged to share some thoughts, either briefly or at length, about their star gifts. Thus it can be that on a bright summer Sunday in the heat of August, we will be reminded of that frigid January Sunday when we were surrounded by candles to bolster the dim winter light. We reflect on the God who continually encourages and strengthens God’s people. Perhaps that is the delight of star gifts—they truly are a gift that keeps on giving, even long after the Epiphany season is over.

Like any other gift, star gifts can either be received with joy or discarded and forgotten. People need to be intentional about their response to their star gift. Will the paper stars be stuffed into a pocket or jammed into the bottom of a purse, never to be considered again? Or will that word be considered an opportunity—a chance to reflect on how God speaks to God’s people? What might we learn from one word? What new ideas might evolve, what treasured wisdom might resurface?

Epiphany is the celebration of God’s presence breaking through to shine as a light in the darkness. Each year our congregation rejoices in the reminder of our generous, giving God—one-star gift at a time.

Star Gifts

Kindness, caring, sharing, giving, compassion, love, openness, pardon, understanding, discipleship, servanthood, stability, hopefulness, innocence, prayerfulness, praise, gentleness, knowledge, happiness, laughter, acceptance, self-control, restraint, mercy, truth, peace, faith, consideration, fellowship, unity, teaching, singing, celebration, perseverance, judgment, discipline, courage, confidence, clarity, honor, contentment, imagination, commitment, friendship, freedom, creativity, devotion, joy, strength, comfort, leadership, discernment, obedience, thoughtfulness, responsibility, patience, forgiveness, humility, faithfulness, hope, tenderness, enthusiasm, evangelism, healing, loyalty, rejoicing, respect, insight, selflessness, righteousness, assurance, justice, honesty, wisdom, awareness, tolerance, wholeness, guidance, hospitality, foresight, trust, learning, proclamation, encouragement, trustworthiness, inspiration, wonder, flexibility, grace, graciousness, integrity, helping, witnessing, generosity, perceptiveness, purity, prayer, service, steadfastness, determination, nurturing, renewal, purpose, peacefulness, power, excitement, harmony, reliability, goodness, reverence, serenity, humor, boldness, genuineness, illumination, vision, dependability, endurance, listening, accountability, speaking, sincerity, writing, music, motivation, art, building, crafts, planning, organization, drama, cheerfulness, focus, balance, helpfulness, languages, cooking, sympathy, empathy, sensitivity, time, conviction, delight, responsiveness, education, intelligence, experience, visitation, sobriety, spirituality, travel, thankfulness, money, dignity, quietness, playfulness, dedication, solitude, zeal, appreciation, affirmation, charity.

Susan J. Foster (econgregml@snet.net) is the pastor of East Woodstock Congregational Church in East Woodstock, Connecticut.

Highlights of December 16, 2021 Session Meeting



- Balance in checking account: \$27,641.85.
- Budget for 2022 was presented and reviewed by Session for 2022.
- Annual Congregational Meeting is set for February 20, 2022, immediately following Worship.
- The organ and piano have been tuned. Repairs to the organ will be done at a later date after determination of necessary repairs.
- Home communion was delivered on December 4 to a total 6 homes, serving 11 members.
- Pursuant to CDC Guidelines, we still recommend that the Congregation wear masks.
- Session is asking that at the end of the Worship service, when leaving the Sanctuary, that member 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 \$4,628.50 below budget and YTD expenses are below budget by \$15,008.39 which puts us below our overall budget. Regardless of budget, our income, YTD, is

\$10,379.89 above our expenses. Within Income, our Member Gifts are \$5,480.63 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.
- A draft budget for 2022 was completed by the Committee for submission to Session with pledges being up slightly from 2021
- We are waiting for Church Mutual to give us final numbers for our insurance for 2022. An additional charge will be for a Terrorism Risk add-on of \$114 for the year.

Building

- The organ repair person noted a dead bat in one of our organ bellows. Janene Tice is contacting local churches to see who they used for bat removal. We are also contacting the person who took care of this for CPC in the past. Dave Long has been up in the organ loft and above the church and did not find any evidence of an infestation. Hopefully, we have a couple of bats that can be taken care of quickly.

Personnel

- Annual personnel reviews to be completed by Jane and Steve. Evaluation forms have been distributed.

Respectfully submitted,

Steve Territo & Jane Stephenson, Co-chairs

Mark Your Calendars for February 20

On Sunday, February 20, 2022, the newly-elected Elders and Deacons will be installed into office. Those elected last month to begin terms in 2022 include Elders Barb Sampson and Steve Territo; Deacons Coleen Janssen and Sherri Roberts. PNC members to be commissioned. Emma Lou Denton, David Drake, David Long, Linda Claussen, John Godbey, Jane Stephenson.

The Annual Congregational Meeting for Central Presbyterian Church will also be held immediately following Worship on Sunday, February 20, 2022. The 2021 Annual Report will be available in the Narthex for members to pick up no later than Sunday, February 6.

Thank You!

According to Heidi Jacobus, PORTA School Coordinator, the C.O.A.T.S. shopping trip was a success again this year. There were 10 Porta High School and Junior High students able to go shopping at Kohl's on Wednesday, December 1, 2021. Due to COVID-19, it was decided not to take the kids out to eat this year, but they all had a great time shopping and were able to get much needed clothing items for themselves. A huge thank you goes out to the Central Presbyterian Church volunteers that went along to help. Those in attendance were: Beth Kinningham, Camilla and Dave Long, Marilyn Montgomery, and Sue Wilson. Below are thank you notes we received from the students:

“Thank you so much for doing this. I really needed some new clothes for school. I also needed some more pants and shirts. Because I am growing out of stuff.”

“I am very thankful for the people who donated the money. I really needed new hoodies. Also, thank you to the people taking the time to watch us. I have been really excited to come. P.S. Sorry for bad handwriting. I'm writing this on a moving bus!”

“Thanks for the money and I got pants, a coat, and boots. Thanks again.”

“I just want to say thank you for donating the money so myself and plenty others could get new clothes, shoes, jackets, coats, etc. If you are wondering, some of the things that I got, here are a few: slip on shoes, pajamas and a nice comfy jacket. Thank you so much!!!!”

“I just want to say thank you for the money. I really needed this stuff. I got a sweatshirt, boots, and shoes. I really appreciate it.”

“Thank you for taking us students to Kohl’s to go shop for new clothes. I really needed this, this year again.”

“Dear Central Presbyterian Church. Thank you for giving me the opportunity to get clothes that were much needed. I appreciate it so much. I hope in the future; children will have the same opportunity I have. There is several other children out there that need this kind of help. However, I am overall thankful and hope to make the most of the stuff I was given.”

“Thank you for everything that was bought. I love it. Everything is so comfortable.”

“Dear whoever reads this. I just want to thank you for giving us the money to buy new clothes. It was very kind and it made me happy. I really enjoy the stuff I got (some jeans, new shoes, shirts, etc.) and couldn’t be any happier. I am very grateful for this.”

“Dear Church Members. Thank you for the donations that you gave so we could get some new clothes. I am sure each and every one of you are generous and kind. I’ll wear the clothes I bought all the time and I could only get them because of you. There is no way to thank you all enough. I’m grateful for the chance my sister and I got for this.”

“I am writing this thank you note to you. Thank you so much for the donation for me to be able to get some new clothes. Sadly, I was not able to go pick them out myself since COVID-19 hit me, but I am still very grateful for what I have gotten. It really means a lot knowing I was chosen for this amazing opportunity and it wouldn’t have happened if you wouldn’t have donated the money. So thank you so much from the bottom of my heart. I hope you have an amazing Christmas this year!”

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 February *Chimes* submitted to the church office **no later than Friday, January 21!** A Microsoft Word file attached to an email is the preferred method of submission. Our email address is centralpreschurch@sbcglobal.net.

Food Pantry Open Two Days a Month

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

January 2022

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.

HARVARD HEALTH PUBLISHING
HARVARD MEDICAL SCHOOL

MIND & MOOD

Can flavonoids help fend off forgetfulness?

September 17, 2021

The foundation of a healthy diet is a vibrant rainbow of fruits and vegetables, like rosy red strawberries, dark green spinach leaves, or sunny yellow peppers. Their colors often come from flavonoids, powerful plant chemicals (phytochemicals) that appear to contribute to many aspects of health. And now a large Harvard study published online in *Neurology* in July suggests that **flavonoids may also play a role in protecting cognition.**

The investigation

Scientists evaluated the health data and self-reported diet information of more than 77,000 middle-aged men and women, collected over 20 years.

The information included how often participants ate many types of flavonoid-rich foods and whether participants reported cognition changes in their 70s, such as difficulty

- remembering recent events or a short list of items
- remembering things from one second to the next
- understanding instructions
- following a group conversation or TV plot
- finding their way around familiar streets.

Researchers then calculated participants' intake of six classes of flavonoids:

- flavonols (such as quercetin in onions and kale)
- flavones (such as luteolin in green chile peppers and celery)
- flavanones (such as naringenin in grapefruit and oranges)
- flavan-3-ol monomers (such as catechins in red wine and strawberries)
- anthocyanins (such as cyanidin in blackberries and red cabbage)
- polymers (such as theaflavins in black tea).

What the study found

After accounting for factors that could have affected cognition (such as age, weight, physical activity, alcohol intake, depression, and non-flavonoid nutrient intake), scientists found that people with the highest daily flavonoid intakes were 19% less likely to report trouble with memory and thinking, compared to people with the lowest daily flavonoid intakes.

"Our results are exciting because they show that eating foods high in flavonoids could help prevent or slow down decline in memory and other cognitive processes in late life," says Dr. Walter Willett, one of the study's authors and a professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health.

"We noticed that earlier consumption of flavonoid-rich foods seemed to improve the protective effect on the brain. But even participants who began eating more flavonoids later in life saw benefits," says Dr. Tian-Shin Yeh, the study's lead author and a postdoctoral research fellow in the Harvard-Oxford Program in Epidemiology and the department of nutrition at the Harvard T.H. Chan School of Public Health.

The study was only observational, relying on what people remembered about their diets and noticed about cognition, and didn't prove conclusively that flavonoid intake kept people sharp in older age. But smaller or shorter-term studies have also found a link between flavonoids and cognitive health benefits.

Flavonoid superstars

Some flavonoids in particular appeared to have protective effects on the brain:

- Flavones were associated with a 38% lower risk for self-reported cognitive decline.
- Flavanones had a 36% lower risk for self-reported cognitive decline
- Anthocyanins had a 24% lower risk for self-reported cognitive decline.

The fruits and vegetables in the study most associated with beneficial cognitive effects, listed from strongest to weakest, were:

- Brussels sprouts, strawberries, cauliflower, raw spinach, yams/sweet potatoes, blueberries, yellow/orange winter squash, cooked spinach, cooked carrots, peaches/apricots/plums, cantaloupe, tomato juice, applesauce, green/red/yellow peppers, Broccoli, cabbage, tomato sauce, romaine lettuce, tomatoes, grapefruit, celery, beets, iceberg lettuce, baked/boiled/mashed potatoes, orange juice, raw carrots, apples/pears, grapefruit juice, bananas, oranges, onions, apple juice/cider, tea, white wine, grapes/raisins,
- red wine.

What's the magic in flavonoids?

We don't know for sure why flavonoids might play a role in protecting cognition. But we do know that flavonoids are powerful antioxidants, which may fight brain inflammation and the accumulation of amyloid — a hallmark of Alzheimer's disease.

Antioxidants may also play a part in

- keeping the blood vessels healthy (which keeps blood flowing to the brain)
- increasing the production of brain-derived neurotrophic factors, chemicals that repair brain cells, strengthen their connections, promote new brain cell growth, and enlarge the size of your hippocampus (a part of the brain involved in the storage and retrieval of memories).

Plus, we know that flavonoids are associated with fighting inflammation and tumor growth, and in lowering blood pressure.

Setting simple flavonoid goals

With so many potential flavonoid benefits, you may be wondering what kind of levels you should aim for in your diet. In the study, flavonoid intakes ranged from low — about 150 milligrams (mg) per day — to high — about **620 mg per day**.

But tracking flavonoids is complicated. They vary greatly depending on the food. For example, half a cup of blueberries contains about 165 mg of anthocyanins; half a cup of peppers contains about 5 mg of flavones. And many fruits and vegetables contain several types of flavonoids, along with many other phytochemicals.

So don't stress about it. Just eat a diet with a wide variety of fruits and vegetables — the sooner you start, the better. Try to reach the five-a-day fruit and vegetable goal (recent evidence suggests that the most effective combination is two servings of fruits plus three servings of vegetables per day).

Then, as you enjoy foods like strawberries, blueberries, peppers, celery, apples, bananas, oranges, and grapefruit, remember they're not only tasty and good for general health, but potentially helpful for your brain, too.

"It's been called 'eating the rainbow,' and can lead to a healthier, more delicious diet; and it's another reason why we should ensure that everyone has access to fresh fruits and vegetables," says Dr. Deborah Blacker, a study co-author and professor and deputy chair of epidemiology at the Harvard T.H. Chan School of Public Health.

By **Heidi Godman**, Executive Editor, *Harvard Health Letter*

Daytime Nostalgia

As I sat down to write my daily tasks to do today, I started looking through my Presbyterian Cookbooks and began to cry. My dog, Sadie, jumped up on my lap to make me feel better. I was overcome with so many ladies that have passed away. Their names bringing so many memories to mind. Especially the ones we have lost this year. Perhaps others would enjoy looking through our many cookbooks too?

I needed 'Crème of Tarter' for my recipe and mine is dated May 2006!!! Thinking it was no good, I drove into town and every place was out of it. Not knowing what to do, I "googled" and found out a can of it can last indefinitely, if stored properly. Just wanted to inform others of my new found knowledge. LOL

Lovingly, Coleen Janssen

<i>Church Attendance</i>			
December 5	30	December 19	29
December 12	35	December 26	26
Average Worship Attendance: 30			



Members:

Family of Mary Ella Allen
Will & Harriet Carter
Barb Churchill
Ray & Alia Montgomery

Jo Ann Morris
Ken Morris
Dale & Mary Rose Satorius
Marilyn Schafer

Judy Stahl
Steve Territo
Linda Williams

Friends of the Congregation:

Michelle Baker (C. Long's friend)
Allen Blout (B. Satorius' grandfather)
Dale Blout (B. Satorius' father)
Alan Bronson (S. Wilson's friend)
Family of Catherine Davis (R. Davis's mother)
Jake Dennison (C. Long's friend)
Michelle Rankin Eddings (M. Montgomery's friend)
Harry Godbey (J. Godbey's brother)
Greg Grogan (C. Long's brother)
Mike Hance (husband of Kristi Hance; PES teacher)
Marlene Hartsook (R. Ford's sister)
Theresa Hulbert (P. Claussen's friend)
Dave & Diane Ludington
Bob McLin (B. Winkelmann's brother)
Dorothy Ricketts (R. Plaeger's mother)
Sheila Smoron (Pastor M. Smoron's wife)

Gary Sorenson (L. Williams' friend)
Family of Joe Spivey
Stahl family (S. Carlson's neighbor)
Tom Stelte (P. Claussen's friend)
Dean Territo (S. Territo's father)
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

Those affected by the recent tornados
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. 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: centralpreschurchsbc@global.net or calling the church office at: 217-632-2651.



Birthdays & Anniversaries

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		

Happy Anniversary

January 9 Paul & Marilyn Montgomery

Worship Leaders

	<i>Usher/Greeter</i>	<i>Liturgist</i>	<i>Communion Liturgist</i>
Sunday, January 2	Marilyn Montgomery	Rhonda Plaeger	Pat Claussen
Sunday, January 9	Rich Ford	Rebecca Rowe	
Sunday, January 16	Sherri Roberts	Coleen Janssen	
Sunday, January 23	Ben Kiningham	Beth Kiningham	
Sunday, January 30	Ron Sanert	Linda Williams	

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.



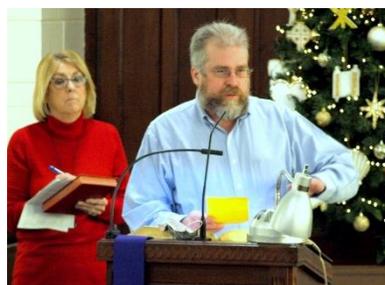
Scenes from Central



Sunday, December 5 Worship: Worship Leader Susan Wilson; Chancel Choir; Children's Sermon from Damian Heard; Usher Ron Sanert.



Sunday, December 12 Worship: Worship Leader Beth Kiningham; Ladies' Ensemble led by Coleen Janssen; Children's Sermon with Young Disciples; Sermon from Robert Lackie; Organist Emma Lou Denton.



December 12 Congregational Meeting:
Moderator Joanne Hinds;
Clerk of Session Jane Stephenson &
Nominating Committee Chair Pat Claussen