

Central UMC

Has a



for missions

The Jot & Tittle

The newsletter of Central United Methodist Church

For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.
(Matthew 5:18)

April 3, 2011

Worship Services at Central

Sunday Worship Services

at 8:45 and 10:55 am

April 3

4th Sunday in Lent

Communion

April 10

5th Sunday in Lent

Saturdays at Six Worship

6:00 pm in the Fellowship Hall

A nursery is provided during all worship services.

Sunday School classes for all ages at 9:45 am.

Sunday worship is broadcast on 1310 WISE-AM at 9:00 am.

The Sunday worship service is live on www.centralumc.org (you must have high-speed internet and Real Player). The prior week's service is telecast on Public TV Channel 20 at 11:00 am on Sunday.

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Holy Week at Central

Palm / Passion Sunday, April 17

Everyone is invited to meet in front of the Sanctuary at 10:00 am for Central's traditional Donkey Walk to Pritchard Park to hear a word of Palm Sunday inspiration and return to Central in time for the 10:55 worship service. **Children's Sunday School will not meet that morning.**

Maundy Thursday, April 21

The Communion Service in the Sanctuary begins at 7:00 pm. All will be invited to the table for Communion. The Sanctuary will be open for prayer and reflection after the service.

Good Friday, April 22

A Service of Tenebrae begins in the Sanctuary at 7:00 pm. Our Lenten journey will travel down the path of darkness, symbolized by the extinguishing of candles, as we remember the death of Christ on the cross. As we experience this solemn darkness, our hearts prepare for the light of Easter morning. The Chancel Choir will lead the music.

The Spring Festival, Saturday April 23

Join us at Long Meadow Park in The Ramble from 11:00 am to 2:00 pm for a fun-filled time to celebrate the gift of Easter— Easter egg hunting, outdoor activities, giant inflatables, pictures with the Easter Bunny, and more.

We will sell delicious BBQ plates for \$8 each to benefit our Dominican Mission team's medical efforts with Haitian refugees and prisoners in the D.R. Musical guests include the Sons of Ralph and talent from our congregation. Invite your friends and neighbors, bring a lawn chair or blanket, and enjoy a day of fun.

Holy Saturday Evening Worship, April 23

Holy Week continues with worship on Saturday evening at 6:00 pm in the Fellowship Hall. This evening has traditionally been a time of reflection and waiting.

Easter Sunday, April 24

Join us as we celebrate the Resurrection of our Lord at the 8:45 and 10:55 am worship services. The Chancel Choir and the Brass Ensemble will lead the music. **Everyone attending the Easter services (children, youth, and adults) is encouraged to bring fresh flowers to place on the cross at the front of the Sanctuary.**

Central Happenings

Attention all Homebound Volunteers

Easter flowers will be available for you to pick up on Thursday, April 7, after 9:00 am in the office area on the 3rd floor. Please check your name off the list when you pick up your flower. **Please let Ruth Hopkins (628-6813) know if you cannot deliver your flower.** That way no one will be left out.

Visits to our Homebound folks are so important. Many thanks for all the sunshine you bring with your visits!

Dish cloths and towels needed in kitchen



If you have dish cloths, kitchen towels, or bath towels that you do not need, the maintenance staff can put them to good use. With a busy kitchen such as Central's, we use a lot of dish cloths and towels. Larger towels are used to polish brass in the Sanctuary and for dusting and polishing elsewhere in the church.

Please bring your dish cloths and towels to the kitchen. Thank you.

Thank you, from the Martha Circle

The Martha Circle would like to thank everyone who purchased items at our annual Valentine Bake Sale. We raised \$1,400 for ABCCM's Steadfast House. Thank you, thank you!

Flower calendar has open dates May 1, May 8, and May 22

If you would like to place flowers in the Sanctuary in honor or in memory of a loved one or to celebrate a special occasion, please contact Lesli Hollowell in the church office at lhollowell@centralumc.org or call 253-3316 ext 310.

The cost of the flowers is approximately \$65.

Remember to recycle paper and cans

There are marked containers around the church for paper of any kind and containers with blue bags. (Please do not put trash—such as napkins, paper towels, food, or liquids—in any of the recycle containers. There are separate trash containers in the Fellowship Hall for uneaten food, garbage, and non-recyclable trash.) There is also a recycle container for drink cans.

There are signs at each container to tell you what items can be put in the container.

In the Sanctuary, there are containers for used bulletins. (If you attend the early service, you can leave your bulletin on the back table to be used in the next service.) **Trash cans are available, so please don't put trash or coffee cups in the recycle containers.**



Foods for ABCCM:

**canned meats, jelly, cooking oil, grits,
hot cereals, pasta and sauce, corn meal**

(ABCCM can break down larger packages if you prefer to buy items in bulk)

Bring food items to large box the Fellowship Hall to help feed the hungry in our area

2011 budget update

As of March 20, our Central congregation has given \$374,767 to support our ministries and the operating budget. Thank you!

(This is up \$15,357 from the same time last year.)

Jot & Tittle deadlines

April 6 the deadline for the
April 17 issue

April 20 is the deadline for the
May 1 issue

Please mail articles and information to Anne Frick at the church, leave notices in her mail box at the Reception Desk, or email info to her at: africk@centralumc.org. All material is subject to editing.

Easter Offering to benefit Music Ministry

The Music Ministry of Central Church touches the lives of many people throughout the congregation, including those who participate in ensembles, as well as all who attend worship. From age 4 through adults, there is place for everyone at Central Church who wants to serve God by offering his or her talents.



Over the past several years, the Music Ministry has experienced a time of growth, both in size and quality, and with that growth comes increasing needs for funding. For example, our Children's Music program has doubled in size, we've added a Youth Choir, and our most recent endeavor is the new adult group called the Wesley Singers. We have a wonderful Chancel Choir, and our program includes brass, handbells, and various other combinations of musicians who seek to praise God by playing and singing.

As the size and scope of our Music Ministry increases, our needs become greater. We hope you will make a generous contribution to this year's Easter offering to help enhance our growing Music Ministry.

Some current needs are: additional/new robes, handbell table covers, continuation of the Music Internship program, additional funds for large orchestral and dramatic presentations, and ongoing maintenance of instruments and equipment, just to name a few.

All our efforts in the Music Ministry are geared towards bringing us to that "more profound Alleluia" as we worship together. From all in the Music Ministry, thank you for being such a supportive and generous church!

American Red Cross Blood Drive at Central on Sunday, May 1

The American Red Cross Blood Drive will be held Sunday, May 1, from 8:00 am – 1:00 pm in the Fellowship Hall. Come and give a gift of life. Refreshments will be available for everyone giving blood. All types of blood are needed. To schedule your donation time, call Maureen Carr at 253-3316 ext. 320.

You are invited to help in the Library

Did you know Central UMC has one of the largest church libraries in the district? We are blessed to have a wonderful selection of books and multi-media resources for people of all ages, from the youngest to those of us who are more mature in faith and/or years.

In 2009 Ruth Easter retired as Chairman of the library committee after many years of faithful, devoted service. When Mrs. Easter retired, Martha Hayes and Trudi Peters became the co-chairs of the committee. Under their guidance, the library is entering the computer age. As this edition goes to press, almost all of the adult non-fiction books and most of the children's books have been bar-coded and are ready for computerized check-in/out.

We are in need of volunteers to join the committee, especially people to be in the library on Sunday mornings. Any of these needs can be filled on Sunday morning while you work. Some of the venues that need help are:

- Filing of periodicals
- Shelving books and other materials
- Finding lost books
- Preparing worship CDs for filing (they are already recorded)
- Covering new books
- Arranging displays in the library windows
- Computer cataloging
- And last, working in the library on Sunday mornings!



If you feel God is calling you to serve at Central in a new way, consider becoming a part of this "divine" ministry. Contact Martha Hayes at hayes335125@charter.net or 299-0427, Trudi Peters at trudipeters@hotmail.com or 628-1683, or Lesli Hollowell at 253-3316 ext 310 or lhollowell@centralumc.org if you would like more information.

On Easter Sunday, the library will be closed so everyone can celebrate this day by attending worship.

—Trudi Peters and Martha Hayes

Congregational Care Concerns

Should you have pastoral care needs or know of someone in the hospital, please contact Rev. Julie Wilburn Peeler at 989-9659 or Maureen Carr, our Parish Nurse, at the church 253-3316.

Cancer Care Group leadership team meeting on Wednesday, April 13, at 3:30 pm

I appreciate the overwhelming response from the congregation in support of a new cancer care group. On April 13, we will meet in the Fellowship Hall to begin the process of forming our group(s). We will discuss how our church can fill a niche that the cancer community of Asheville may need, how we can more fully meet the needs of our congregation, and other ways we can be supportive and prayerful for the people who have been affected by cancer.

If you are interested in being on the leadership team but are unable to join us for the meeting, please call Julie Wilburn Peeler at 989-9659.

***Singles and Singles Once Again* Sunday School Class meets May 1**

The new *Singles and Singles Once Again* class will begin meeting on Sunday, May 1, during the 10:00 am Sunday School hour in Room 401 (Fourth Floor, next to Branches and Cornerstone Sunday School Classrooms).

The curriculum will be biblically based and the leader will facilitate discussion for the whole class to participate. All singles are invited.

It's time to order Easter Lilies

Easter is April 24. If you would like to order a lily in memory or in honor of a loved one, please complete the form below and mail it to the church or bring it to the Reception Desk. There are more order forms at the Reception Desk. The cost is \$7.00 for each lily.

Make your check payable to Central UMC and mark it "Easter Lily Fund." You may take your lily home with you after Easter service.



The deadline to order is Sunday, April 17.

Easter Lily Order Form

(please print very clearly)

Your name _____ Number of lilies _____

Phone (day) _____ Phone (night) _____ Amount _____

Name(s) of the person(s): In Memory of _____ Name(s) of the person(s): In Honor of _____

Please include \$7.00 for each lily. **The deadline is Sunday, April 17.**

Wonderful Wednesdays

Wonderful Wednesdays offer a variety of small groups and fellowship

Dinner begins at 5:15 pm followed programs at 6:00. Please make your dinner reservations no later than Tuesday—or we cannot guarantee enough food. Call 253-3316 to make your dinner reservations. The meal cost is \$7 for an adult and \$4 for children 12 and under, with a \$22 family maximum. A salad bar will be available. Many spiritual growth and fellowship opportunities are available.

A Pilgrimage through Scripture

Led by: Susan Griffin

Pilgrimage is a small group Bible study, meeting from 6:00-7:00 pm each Wonderful Wednesday. We read, question, and discuss purposefully each week, moving along as slowly or quickly as the lesson requires. We worked through the first section (chapters 1-8) of the gospel of Mark this fall, and are ready to turn with Jesus towards Jerusalem and the Cross as we continue our study this winter and spring. New members are always welcome!

April 6 Village Wisdom: Lessons from Uganda

Led by: Carrie Wagner

In this visual and interactive presentation, author Carrie Wagner takes her audience into the heart of rural Africa with a video of her family's month-long stay in western Uganda. She challenges her audience to gain a better understanding of Africa through insights of her experiences living in the village for 3 years. Carrie's thought-provoking photographs, video, and artifacts serve as prompts for her stories.

Author Carrie Wagner shares her story of challenge, faith and following God's call. Of the 11 years that she and her husband served Habitat for Humanity International, Carrie's three years in a rural Ugandan village were the real catalyst for the transformation she describes in her book, *Village Wisdom; Immersed in Uganda, Inspired by Job, Changed for Life*. She speaks from the heart with the intent to encourage and inspire others to step out of comfort zone in order to experience life tenfold.

April 13 "And Your Daughters Shall Prophecy"

Led by: Rev. Heidi Robinson-Campbell

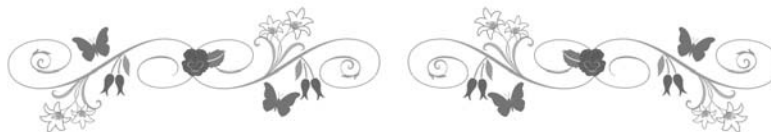
Join us for this documentary film by Heidi Robinson-Campbell who recently led the "Getting the Love You Want" study. In this film, Heidi takes us on a journey through personal stories of women who have responded to the call to ordained ministry and looks at what serving as a minister actually looks like.

This will be an engaging and thought provoking evening.

April 20 Holy Week—No Wonderful Wednesday dinner or program

April 27 Last Wonderful Wednesday for this year with Story Tellers

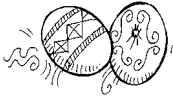
This will be an evening of entertainment with some of Asheville's finest story tellers. More details to come! This night is our last Wonderful Wednesday for this year.



Children's Ministry

The Spring Festival, Saturday April 23

Join us at Long Meadow Park in The Ramble from 11:00 am to 2:00 pm for another fun-filled event as we celebrate the gift of Easter. We will enjoy a day of Easter egg hunting, outdoor activities, giant inflatables (including a new 21-foot slide!), pictures with the Easter Bunny, and more.



We will sell delicious BBQ plates for \$8 each with the proceeds benefiting our Dominican Mission team's medical efforts with Haitian refugees and prisoners in the Dominican Republic. Musical guests include the Sons of Ralph and other musical acts within our congregation.

Invite your friends and neighbors, bring a lawn chair or blanket, and enjoy a day of fun in the sun with great food, music, children's activities, and more.

Candy needed to fill Easter eggs

We need bags and bags of individually wrapped candies as soon as possible to begin filling some 3,000 eggs for the Spring Festival. This is a big job and we can't wait til the last minute to get started.

Please help us by buying a bag or two of candy and bringing it to the Reception Desk so we can get started filling eggs. Thank you!

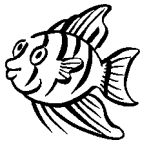


Children's Ministry 2nd through 5th graders will take overnight trip to the Georgia Aquarium

Join us May 28-29 for an overnight adventure! We will meet in the back parking lot of Central at 1:00 pm on Saturday, May 28, and travel to the Georgia Aquarium to participate in the Ocean Odyssey overnight program.

The following morning we will enjoy time in the aquarium and see the new dolphin show, leaving after lunch to head back to Asheville.

Cost of the trip is \$130 per child (scholarships available upon request). Call Jessica Tripp to register (253-3316) Space is limited.



Hometown Nazareth V.B.S. June 20-24

Registration for this year's VBS begins April 1. Children age three (must be turning 4 by August 31, 2011) – 5th grade are invited to join us for a week of fun and fellowship as we journey to Nazareth and experience a week in the life of Jesus in his childhood home. Visit the Nazareth shops where you'll make wooden toys, create beautiful weavings, make herb flavored olive oil for your bread, build a tzedakah box, make carved ceramic jewelry, felted-soap, and more. Visit the childhood home of Jesus and hear Mary tell family stories of Jesus' birth, miracles, and growing ministry.

Registration forms will be available on line at www.centralumc.org and at the registration table near the church offices. Registration fee: \$25 per child (scholarships available upon request).

We still need LOTS OF VOLUNTEERS for this week. Please contact Jessica Tripp to volunteer your time to this exciting and energized ministry (253-3316 or jtripp@centralumc.org).

Register now for Camp Tekoa June 27- July 1

The Central van will head to Tekoa June 27- July 1 carrying day campers to and from camp. You must register directly with Tekoa at www.camptekoa.org or call (828) 692-6516 if your child is planning to attend camp.

Once you have registered with Tekoa please call Jessica Tripp if you would like your child to ride in the church van. The vans fill up fast and can only carry 20 children. **Call Central to reserve your child's seat on the van as soon as you register.**

Youth Ministry

UMYF—United Methodist Youth Fellowship for grades 7-12

Contact Stephen Brown, Youth Director, at 253-3316, 421-0340 or email Stephen@centralumc.org

Sunday, April 10: Spring Break There will be no youth due to Spring Break

Sunday, April 17: Movie and Pizza

Come join us for Movie and Pizza in the youth room. I'll have Popcorn, Pizza and Sodas for everyone to enjoy, bring a friend and come enjoy some relaxation in the youth room.

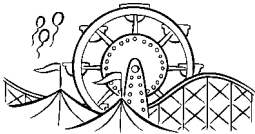


Sunday, April 24: Easter There will be no youth in observance of Easter

We're off to Carowinds on Saturday, May 7

Youth, mark your calendars, we are setting off to go ride some roller coasters!!! There is nothing better to do on a Saturday morning than feel the wind blowing through your hair as you drop hundreds of feet into an inverted twist!!

On May 7, Matt Davis and I would like to invite you all to join us on this adventure. If you are going with us you need to RSVP by Sunday, May 1. Cost to be determined (based on the number we get) I expect around \$25-30. (Scholarships are available; just give me a call.) We will meet at 7:30 am Saturday morning and should return sometime early evening.



Please call 828-421-0340 or email Stephen Brown stephen@centralumc.org to reserve your spot!!

Upcoming 2011 Dates

Senior High Missions to Washington D.C. June 19 - 25

Wilderness Trail July 17 - 24

Middle School Missions to North Georgia July 31 – August 5

Prison Ministry

New Life Center Golf Tournament on Thursday, May 12

Not a golfer? There are other ways to help

The 2nd Annual New Life Center golf tournament will be held on Thursday, May 12, at the Municipal Golf Course starting at 8:30 am. The entry fee is \$55 per person which includes lunch.

Proceeds will go to building a religious-education building called the New Life Center on the grounds of the minimum security prison, Buncombe Correctional Center. If you don't golf, you could be the Tournament Sponsor (\$1,500), provide prizes for the winning teams (\$160—\$320), or be a hole sponsor (\$100).

Gifts of any amount will help reach the goal of building the New Life Center where inmates can attend worship services and take classes so they will be better prepared for release into our community.



Growing and Learning

Fletcher UMC invites you to “Journey to the Cross” April 8-9

Fletcher UMC invites you to “Journey to the Cross: An Easter Experience for Families.” On this step-by-step journey with Jesus, you will be guided along the path that Jesus walked during his last days on earth. Designed for families to experience together, this even teaches about the life-changing message of the cross in a way that everyone can understand and no one will forget.

The journey is Friday, April 8, from 6:30 to 8:00 pm and Saturday, April 9, 3:00 to 7:00 pm. The church is located at 50 Library Road in Fletcher (beside the Fletcher Library).

SONday School Class meets Saturday afternoon

Join us from 4:45 to 5:45 pm in Room 106 (near the Fellowship Hall) for “The Rest of the Gospel” led by Joe and Jean Nesbitt. The class will meet weekly before Saturdays at Six worship.

The course is based on a book by Dan Stone and David Gregory. “Having God’s forgiveness is wonderful. Spending eternity with God is great. But for now, where is the abundant life Jesus promised? Why is the Christian life such a struggle? Because getting forgiven is only half of the gospel! The Rest of the Gospel is not us striving on our own to be ‘good’ Christians, but Christ in us, living His life through us as we rest in Him.”

All are welcome to come and visit the class. Contact Joe Nesbitt nesbitt@bellsouth.net for further information.

Outreach

It’s time to Take-A-Hike

All right, CUMC, dust off your hiking boots and shake a leg – it’s *TAKE A HIKE* time. Join us at 9:00 am Saturday, April 30, at Lake Junaluska for a hike around the lake to raise money for Wilderness Trail, the backpacking and outdoor ministry that’s growing by leaps and bounds.

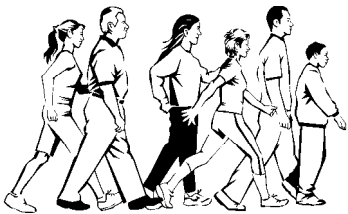
The money you raise through this easy 2.6-mile hike-a-thon around the lake will help Wilderness Trail continue to grow its facilities and staff so that more hikers can experience Christ through backpacking and a wonderful outdoor experience. Our goal is to raise \$50,000 in April—between our *TAKE A HIKE* day at the lake and three other *TAKE A HIKE* events in Florida and North Carolina — and we can do it, but we need your help.

How? First, form a team, as many or as few as you want, then decide how you want to raise your money. Hiking teams can be made up of Sunday school classes, friends, or any others who would like to participate. Currently, the Youth have formed a hiking team and are off to a great start!

TAKE A HIKE day will include an opening ceremony, a 2.6-mile hike on the paved trail around the lake, live music, food, and prizes. But get your team together and start raising money now. Each team member will raise money individually to contribute to the team total. There are prizes for both individuals and teams. On the day of *TAKE A HIKE*, teams will turn in their money, enjoy the festivities, and take a hike!

Wilderness Trail is located at Troutdale, in southwest Virginia near Mt. Rogers. Many of our youth at CUMC and in Western North Carolina spend summers hiking as participants or staff to learn and teach others about Christ in this spectacular wilderness. We invite you to discover more about Wilderness Trail by participating in our *TAKE A HIKE* day. It’s a great way to get to know our ministry family and get ready for the hiking season.

For more information, please call Alisa Tripolino, executive director, Wilderness Trail, at 828-734-3142 or email her at alisa@wtrail.com. To learn more about Wilderness Trail or *TAKE A HIKE*, please visit www.wtrail.com.



Martha Circle has Dessert Cookbook for sale

Last year the Martha Circle has so much success with selling our soup cookbooks that we've put together a new cookbook of our favorite dessert recipes. Each booklet with over 50 mouth-watering recipes is just \$5. All proceeds will go toward the Haywood Street Congregation. There are still a few cookbooks left. If you would like a copy, please contact Alexandra Holland (alexandra@wncnature.com or 280-1470).

Ensure needed at the Vanderbilt

Over the years, the members of Central have helped our friends and neighbors living at the Vanderbilt Apartments in downtown Asheville. Right now, there is a great need for cans of Ensure or similar brands of liquid nutrition.

In addition to Ensure, the following items are needed:

- paper towels and toilet paper
- Kleenex
- small bottles of dishwashing soap
- low-sodium soup
- small cans of juice and fruit

If you can help, place your items in the WE CARE boxes at the Second Floor entrance (near the Fellowship Hall) and near the Reception Desk. The Vanderbilt residents are most appreciative of the gift. Thank you for your continued support. [Note: **Magazines are not needed** at the present time.]

Got cotton fabric? The Anna Circle will put it to good use

The Anna Circle of Central's United Methodist Women is always busy making pillows for Hospice patients. During the past five years we have made over 1,000 pillows. That takes a lot of fabric!



If you have any unused **cotton** fabric that you would like to donate towards this project, it would be greatly appreciated. Fabric sizes should be at least 18 inches by 20 inches. All colors and designs are acceptable. You can find a donation box at the Reception Desk on the 3rd floor of the church.



Too much to carry? We can pick up. Any questions, contact Mary Ann Wansong, 628-9163.

Room in the Inn coming April 3—9

Room in the Inn is a faith-based program, offering three meals daily and nighttime shelter for up to twelve homeless women. All of the guests at RITI complete a screening process before participating in the program. The women come into a new host church each week, beginning Sunday evening and moving to another on Sunday a week later.

Central and Trinity Episcopal partner with each other to provide meals, overnight volunteers, and a place to sleep. Trinity will be the host for the April 3—9 week and Central will help with meals and volunteers to spend the night at the host church.

In addition to overnight hosts, the churches provide breakfast, a bag lunch, and dinner each day of the week; movies or other casual activities; and a safe, comfortable place to sleep.

Volunteers are needed to supply these needs for the women. There are sign-up sheets that will be posted on the standing bulletin board outside of the Sanctuary and see where you—or your circle, Journey Group, or Sunday School class— can help.

For anyone wanting to help for the first time or needing more information, please call Scott Abernethy at 684-8180 and she will be glad to answer any questions.



Looking ahead, Central will be the host church for the week of July 10—16 and the week of October 2—8.

Check your calendars and make your plans now to help out those weeks.

F.I.S.H. (Families In Service to Him) is open for all ages

Participating in F.I.S.H. is a great way to model Christian service to Central's children and an excellent opportunity to get to know other folks in the family of Central. Here's what's ahead for F.I.S.H.

April 2: Working in the community garden at The Lord's Acre. This multi-acre garden supplies fresh, organic vegetables to Food for Fairview (wear gloves and outdoor clothing. Bring a water bottle and sun hat).

May 7: UMAR bowling party! We are taking the residents of the Asheville UMAR homes bowling. UMAR is a Methodist organization that promotes community inclusion, independence and growth for adults with intellectual and developmental disabilities through residential, employment and cultural enrichment opportunities. This F.I.S.H. is all about creating new friendships and enjoying a time of fellowship!



F.I.S.H. meets the first Saturday of each month at 9:00 a.m. in the Fellowship Hall at Central for a devotion and prayer, and then heads out to the service site for a morning of fellowship and service. All ages are welcome. Please let Jessica Tripp know you are planning to come a week prior to the F.I.S.H. date at jtripp@centalumc.org or 253-3316.

More Sponsors needed for Isaac Dickson and Asheville High students

This is the second year Central members are sponsoring 24 kindergarten through fifth children at Isaac Dickson and 20 graduating seniors at Asheville High who are going to college. Here is your opportunity to make a difference in providing a positive and caring action of a child living in poverty here in Asheville.

We still have 10 Asheville High students who need sponsors for their dorm room supplies and 5 elementary students who need a sponsor. Call Karen Ballard to learn more at 665-7501 rball@bellsouth.net. This is your opportunity to act on your faith and show we are a caring faith community in the center of Asheville.

Opportunities available at Issac Dickson School

Isaac Dickson Elementary School is in need of Homework Helpers, Monday – Thursday from 2:45 – 3:45 pm to help tutor children in reading and math.

Isaac Dickson is also beginning the Backpack Program. This program provides students who may otherwise go hungry with food for the weekend. People are needed to pack food into backpacks for students on Fridays between the hours of 12:00 and 2:00. An exact time will be decided once we have volunteers. Isaac Dickson would like to have 8 volunteers for this, 2 for each Friday, so pairs would serve once a month. Packing takes about half an hour.

Please contact Jessica Tripp at 253-3316 for more information and to volunteer.

Parish Nurse / Older Adult Ministry

How are your blood pressure readings? Come April 10 and see

There will be a blood pressure screening on Sunday, April 10, from 9:30-10:45 am in the Senior Resource Center which is located behind the Reception Desk.

Elevated blood pressure raises your heart disease risk plus can affect your eyes, and kidneys. So Remember:

- Normal blood pressure is less than 120/80
- Pre-Hypertension is 120-139/80-89
- Stage 1 Hypertension is 140-159/90-99
- Stage 2 Hypertension is 160 and higher/100 and higher



The Ten Commandments for Reducing Stress

- Thou shalt NOT be perfect, nor even try to be.
- Thou shalt NOT try to be all things to all people.
- Thou shalt leave things undone that ought to be done.
- Thou shalt learn to say “NO.”
- Thou shalt NOT spread thyself too thin.
- Thou shalt schedule time for thyself, and thy supportive network.
- Thou shalt switch off, and do nothing regularly.
- Thou shalt be boring, untidy, inelegant, and unattractive at times.
- Thou shalt NOT even feel guilty.
- Especially, thou shalt NOT be thine own worst enemy, but be thy best friend.



—Author Unknown

AARP Safe Driving Course is on Wednesday, May 4

The AARP Safe Driving Course will be presented, Wednesday, May 4, from 10:00 am to 2:00 pm. It's a refresher course for drivers 50 years old and older and is designed to keep older drivers on the road longer and safer.

Clint Smoke will be the instructor. You may register and get more information by calling Maureen Carr at 253-3316 ext.320.

United Methodist Women

**Central United Methodist Women Executive Committee
will meet, Sunday, April 10, from 2:00 to 4:00 pm in the Fellowship Hall.**

Asheville District United Methodist Women Mission Study is Saturday, April 30

The Asheville District United Methodist Women will have their Mission Study, April 30 at Brooks Howell Home. Betty Swarouth, Deaconess from the Waynesville District, will be the speaker. The Theme is “Joy To The World.”

If you were unable to attend the study at Central a few weeks ago, here is another opportunity to attend. Each person attending should bring a salad for the lunch.

The **Anna Circle** will meet on Friday, April 1, at 10:00 am at the home of Ann Rennard. The program will be presented by a Haitian child who is receiving medical treatment here and her mother. Please bring your items for this summer's Dominican Mission Team. Also, remember cotton fabric, paper goods, egg cartons, and canned protein items (have tuna).

The **Deborah Circle** will meet on Sunday, April 3, at 2:00 pm at the home of Doris Manning and Maureen Carr. Diane Robinson will share about her mission trip to Haiti. Everyone is welcome.

The **Grace Circle** will meet on Monday, April 4, at 10:00 am at Givens Estates.

The **Ruth Circle** will meet on Monday, April 4, at 10:00 am at the home of Kay Williamson, 10 Highlander Road. The Ruth Circle has completed their workbook, “The Power of a Praying Woman.” These workbooks have been placed in the library for the use of any circle that would like to use them.

The **Eve Circle** will meet on Tuesday, April 5, at Leslie Hollowell's home at 7:00 pm. Shirl McDonald will be our co-hostess and our program will be “Call to Prayer and Self Denial.”

The **Sarah Circle** will meet on Tuesday, April 19, at 10:00 am at Brooks-Howell. Dr. Wallace Kirby will present a Holy Week program.

The **Lydia Circle** includes young, professional Christian women who are sharing their faith journey through community service, devotion, mission outreach, prayer, and fellowship. We meet once a month for dinner and our meeting, which will have varying content. There are no set meeting dates—we pick the next date at our meeting, so contact Diane Robinson for meeting info if you are interested in becoming acquainted with the Lydia women. You can reach her via email at dianerobinson@gmail.com or by phone 989-8097.

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Sympathy

Our sympathy and prayers are with Josh Cree and his family on the death of his grandmother, Dot Dickson, on March 6 in Sarasota, Florida.

Our sympathy and prayers are with Cindy Lund and her family on the death of her mother, Betty Pletzke, who died in Raleigh on March 19.

Our sympathy and prayers are with Ann Goosmann and Nicki Ingle and their families on the death of their father, Rodney R. Duckett, on March 20.

Memorial Gifts

In memory of Bill Harpe by:

Joe and Mary Davis

In memory of Bill Harpe for the Music Ministry by:

Joy and Solon Minton

In memory of Bill Harpe for the Memorial Garden by:

Eleanor Hall

William and Lee Mynatt

In memory of Betty Clowers by:

Joe and Mary Davis

Beverly Hills Garden Club

In memory of Kerri O'Rourke by:

Joe and Mary Davis

Irene and Leonard Slaughter

In memory of Elizabeth Johnson for the Building Fund by:

Nancy Stancil

Honor Gift

In honor of Corey Powell for the Organ Fund by:

Mary Jane Edwards

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