

# 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)

August 1, 2010

**Worship Services at Central**  
Dr. Rob Blackburn, Senior Minister

**Sunday Worship Services**  
at 8:45 and 10:55 am

**August 1**  
Communion  
**August 8**  
Stephen Ministry Sunday

**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 also  
available live on the church website:  
[www.centralumc.org](http://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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## August 8 is Stephen Ministry Sunday

After both worship services on Sunday, August 8, there will be people available to answer any questions you may have concerning the Stephen Ministry program here at Central.

For more information about Stephen Ministry, please see page 5.

## Bishop Wilke to preach on August 15

United Methodist Bishop Richard B. Wilke, author of the *Disciple* Bible Study series and four bestselling books, will preach at both Central worship services on Sunday, August 15.

An informal luncheon sponsored by the Reconciling Ministries Group within Central UMC and Western North Carolina will be held after services on August 15, allowing Bishop Wilke to sign copies of the book and discuss *Disciple* Bible Study, Reconciling Ministries, and other topics of interest.

The cost of the lunch will be \$7. Please call the church office, 253-3316, to make a reservation before the August 10 deadline.

See the complete article about Bishop Wilke on page 2.

## Camp Tekoa potluck picnic is Sunday, August 22

Everyone is invited to come and celebrate the end of summer at the church-wide potluck picnic at Camp Tekoa on Sunday afternoon, August 22, from 2:00 to 6:00 pm.

This will be an afternoon of **fun for all ages** as we relax on the porch, play on the beach, swim in the lake, canoe, paddle boat, hike, ride the zip line, and fellowship with our church family.

We will eat at 5:00. This is a potluck dish supper so **please bring enough for your family and some to share.** Central will provide a meat and we are counting on those attending to provide lots of side dishes and desserts.



### Directions to Camp Tekoa (from Asheville)

- Follow I-26 East to Hendersonville, NC, Exit 49-B
- Travel Hwy. 64 West (Four Seasons Blvd) to Historic Downtown Hendersonville, then turn left on Church Street (Hwy. 225 South)
- Travel 8 blocks and turn right on Kanuga Road
- Go 5 miles and turn right on Thomas Road (Camp Tekoa's sign is on the right)
- Travel .2 miles on Thomas Road; the entrance to the camp is on the left (For more information and a map, see [www.campTekoa.org](http://www.campTekoa.org).)

## Central Happenings

### Bishop Richard B. Wilke, author of *Disciple Bible Series*, coming to Central UMC on Sunday, August 15

United Methodist Bishop Richard B. Wilke, author of the *Disciple Bible Study* series and four bestselling books, will preach at both Central United Methodist Church services on Sunday, August 15. The *Disciple Bible Study* series, which is a small group ministry that helps people grow in their faith, has over 2 million graduates in more than 10,000 churches and 30 denominations. His sermon topic will be Phillip and the Ethiopian Eunuch using Acts 8:26-39, and Deuteronomy 23:1 as his text.



Bishop Wilke is widely known and respected for his work as UMC Pastor, District Superintendent, and Bishop in Kansas and Arkansas over some 42 years. He has spoken and preached to audiences all over the country emphasizing church growth, evangelism, and inclusivity.

Bishop Wilke's newest book, "The Tie That Binds," published by Abingdon Press and available through Cokesbury, tells how we can reach the young and the unchurched, and discusses Jesus and homosexuality and ministry in the prisons. The book would be an excellent discussion producer for Sunday school classes, Journey groups, Circles, or other small groups or individuals. It will be available for sale throughout the summer here at Central.

An informal luncheon sponsored by the Reconciling Ministries Group within Central UMC and Western North Carolina will be held after services on August 15, allowing Bishop Wilke to sign copies of the book and discuss *Disciple Bible Study*, Reconciling Ministries, and other topics of interest.

The cost of the lunch will be \$7. Please call the church office, 253-3316, to make a reservation before the August 10 deadline.

## Widening the Circle

If you go down Kimberly Avenue and turn onto Evelyn Road, going towards Charlotte Street,

you will be treated to one of Mother Nature's grand landscapes. The huge sycamore trees that line each side of Evelyn Road meet in the middle of the road, to form a canopy whose beauty seems to stretch endlessly from the vantage point on the "high" end of Evelyn.

These huge trees, maybe 100 feet tall, have leaves that can be as much as fifteen inches across. The result is a quiet shady reprieve from a too hot summer. The scaly bark of the sycamore is unique as it peels away to divulge a white, grayish smooth surface. As the bark peels away, the tree appears to be dying. Quite the contrary, as this process is only part of its life cycle.

As Christians growing in our faith, we too experience times in our lives when it is time to strip off the old scaly bark and move forward with a smooth slate: those perceptions that needed to be updated, prejudices that need to be reevaluated, relationships that deserve to be healed, impatient that needs to become patient.



We become scaly and set in our ways. We view our view as the correct one. Then slowly, and carefully, through God working in our lives, the old bark comes off. We are able to see with new eyes, care with hopeful hearts, and reach out with new determination. Our new self is one that is tender and unscarred by life's experiences. It is one that is able to bare all in order to be in relationship with Christ.

Any relationship with Christ increases our awareness of the importance of relationships with others. Eyes take a wider view, prejudices begin to fade, hearts begin to open, new ideas take shape as God works through us. By continually reevaluating and stripping away those things in our lives that keep us out of a relationship with God, we begin to become all that He was planned for each for us. It is here that we truly are a community of Christ working to provide a shady reprieve that welcomes everyone into our canopy.

—Amy Gaston

IT IS CENTRAL FOR US ALL!

*A Community for Christ in the Center of the City*

## Central's blood drive was a success

Many thanks to those who participated in our summer blood drive on July 11. It was a very productive day—the goal was 25 units and 24 were given. Your efforts have truly made a difference in the lives of others.

Did you know that each unit of blood can be separated into as many as three products and Central's 24 units could help save as many as 72 lives?

Many thanks to each donor!

## Extra produce from your garden? ABCCM would welcome it

If you have a garden that is producing more than you eat, consider donating any excess harvest to ABCCM. You can drop off fresh food items at 24 Cumberland Avenue between the hours of 8:30 am and 4:30 pm. They feed 75 to 100 homeless folks each day and freshly harvested produce would be put to good use!

## Memorial service for Pete Wilson on August 11

A memorial service for Pete Wilson will be held on Wednesday, August 11, at 10:00 am in the Memorial Garden. A reception follows in the Fellowship Hall.

## Sound system volunteer needed to help Sunday morning

If you would be interested in working with the sound and light system on Sunday morning, please contact Peter Phelps at peterphelps@charter.net or Robyn McNeal at 253-3316 ext 312.

## 2010 budget update

As of July 18, our Central congregation has given \$854,222 toward the 2010 financial goal of \$1,727,158 needed to support our ministries and the operating budget. Thank you!

## Foods for ABCCM:

**spaghetti and sauce, jelly, sugar, vegetable oil**

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

Bring food items to the Fellowship Hall

### Jot & Tittle deadlines

**August 4** is the deadline for the August 15 issue

**August 25** is the deadline for the September 5 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.

God's LOVE has  
been poured  
into our  
HEARTS



through  
the

**HOLY SPIRIT**  
that has been  
given to us.

*Romans 5:5, NRSV*

## Haywood Street Happenings

### Art Project starting at Haywood Street Congregation

The Haywood Street Congregation is starting a once a week Art Project for the homeless and needs volunteers. If you have an art background or hobbies you would like to share with others contact Susie Sweet at 301-0605 or sesweet@hotmail.com.

Donations of art supplies are also needed to get this project off the ground.

## All are invited to the Welcome Table on Wednesdays



The Haywood Street Congregation is the place to be every Wednesday. Why not “treat” your favorite group to lunch and join us at the Downtown Welcome Table from 11:30 - 1:00? Your Journey Group, your Sunday School class, your Bible Study group, your office friends—choose a Wednesday and get your buddies together for a great lunch and even better company! At 12:30 pm, your group can attend the worship service in the sanctuary.

## The Haywood Street Congregation invites participation by Central Members

The ministries of the Haywood Street Congregation are thriving! Between 100 and 150 folks visit the Welcome Table and Clothing Closet each week, and many of those also participate in the communion worship service. This all takes place at our Haywood Street Campus on Wednesdays between 11:30 am and 1:30 pm. All are invited to participate in any or all aspects of this local mission project.

Volunteers are needed for both the Welcome Table and the Clothing Closet. “Work-time” for both ministries takes place on Tuesday evenings between 5:30 and 7:30, and “service-time” is from 11:30 - 1:30 on Wednesdays. Volunteer orientation and training takes place every month on the third Saturday at 9:30 am. Please contact Katy Kear, Volunteer Coordinator, at haywooddisciple@gmail.com or 242-8472 for more information or to volunteer.

For the Clothing Closet, donations of clothes, tents, sleeping bags and personal care items are always needed. This ministry primarily serves those who are living on the streets, so items like blue jeans, work pants, shorts and comfortable walking shoes are most needed.

Donations are accepted on Wednesdays, or can be dropped off in the Clothing Closet other times the building is open.



## Learning and Growing

### Journey Groups—a great way to connect

With busy lives and a church the size of Central finding a place of connection and belonging is important. Journey Groups provide such an opportunity. A Journey Group consists of six to twelve people sharing a Christ-centered discipleship journey.

The group meets regularly to foster spiritual growth, a sense of belonging and to equip themselves and others for life and ministry. It’s an intentional way of living out our lives for Christ while being in connection with others for mutual fellowship, support, and encouragement.

Central Church currently has around twenty-two groups. For a full listing of Journey Groups, go to [www.centralumc.org/journeys](http://www.centralumc.org/journeys) and click on either the Word or PDF files. Or you can contact Tony Bell at 253-3316 ext 308 or at [tbell@centralumc.org](mailto:tbell@centralumc.org) for additional assistance.



## Worship Opportunities

### Saturdays at Six

Saturdays at Six invites all members from CUMC to “come and see” what the contemporary service is all about. A casual dress code is the standard so come as you are.

The music offered represents today’s popular praise and worship songs heard on Christian radio stations. The sermon is the same for all three services of the weekend. Saturdays at Six can be an option if you have an attendance conflict on a given Sunday, or maybe just want to go out to dinner in Asheville some Saturday night and wish to worship prior to eating.

Just plain curious is a reason to visit, too! Also, please consider referring any family, friends or neighbors that might be interested in a contemporary style of praise and worship.

# Congregational Care Concerns

*Rev. Julie Wilburn Peeler is Central's Minister of Pastoral Care.*

*She is interested in getting to know the members of Central. The best way to get to know you is to visit.*

*Please give her a call at 989-9659 or 253-3316 if you would like to schedule a time to talk.*

## **Distribution of Holy Communion**

The pastor, or layperson at the direction of the pastor, may distribute the consecrated bread and cup to sick or homebound persons as soon as feasible following a particular service. I have been distributing communion to the homebound and to anyone who desires to receive the sacrament at their home. I invite anyone who is willing and able to assist in the distribution of the leftover communion elements. There is a particular order and the materials available to take the elements to our members. If you are interested, please see Julie.

**\*\* Note \*\*** The elements must be consecrated by an ordained person to be efficacious. Please contact Julie for more information and orientation for this special ministry for our church.

## **Prayer Requests**

Thank you for your prayer requests. Your concerns and joys help us to live out our call to "pray continually" (1 Thessalonians 5:17). We simply ask that you keep them coming. You can email [jwilburnpeeler@centralumc.org](mailto:jwilburnpeeler@centralumc.org) or call the requests in. **If you feel like your area needs a prayer group please call Julie and we will talk about starting new prayer groups.**



## **Become a Stephen Minister**



### ***What is Stephen Ministry?***

Stephen Ministry is a ministry designed to help people who are undergoing a crisis or difficult time in their life. We all can use a friend to talk with us about our grief over the loss of a loved one, help us through the pain of divorce, walk with us through the transition into retirement or loss of a job, pray with us during a difficult medical diagnosis.

Stephen Ministry is here for you.

### ***Who is a Stephen Minister?***

Stephen Ministers are caring Christian people who have the time to devote to fellow Christian friend going through a difficult time. Stephen ministers are able to keep their conversations private and are trained to handle even the most difficult of situations.

### ***What if I need a friend to help me? How can I receive a Stephen Minister?***

Just contact Julie (989-9659) or a Stephen Minister in our congregation. Julie will talk with you to find the best Stephen Minister for you. Every conversation is handled with confidentiality and respect.

### ***What is required to become a Stephen Minister?***

Stephen Ministers are trained by Central's Stephen Ministry team. Everyone is required to attend 50 hours of training.

We ask that you fill out an application and meet with our Stephen Leaders prior to the training.

Stephen Ministers are able to keep confidentiality (you will be trained on this).

### **Stephen Ministry training begins Thursday, September 2, 6:00 pm to 8:00 pm**

**and will be held every Thursday evening.**

**Please fill out an application for the training if you are interested. They are located at the Reception Desk or by contacting Julie Wilburn Peeler or Ron Maffett.**

**Food will be provided at 5:30 and if you need childcare, please let Julie know ahead of time.**

## Extended Family (a.k.a. “homebound”) News

### When you are Unable to Attend Worship....

Thank you to all our volunteers who visit those who are unable to attend worship. Thank you also to our new members who have offered to visit and help the church stay connected to our homebound members. You help Central live out our mission to be community for Christ. Help us widen the circle of Central.

You may know more members who are unable to come to church and would like to be seen by a visitor and Julie Wilburn Peeler. Please call the church office and speak with Julie. We care about our faith family and we do not want anyone to feel forgotten.



### Other Ways to Feel Connected....

We want to keep you connected to the worship life of Central United Methodist Church! Bulletins have been sent to those individuals who are unable to attend worship. My hope is that when they are able to view the worship service on T.V. on a week delay, folks will have the bulletin with them so they can follow along. If you would like to receive a bulletin in the mail or email, please let Julie know at 828-253-3316 or [jwilburnpeeler@centralumc.org](mailto:jwilburnpeeler@centralumc.org).

## Central now has two prayer groups!

### Monday at 10:30 in the Church Parlor

Everyone is invited (male and female!) to join our prayer group on Mondays. Your prayer requests are important to us. One of the most fascinating and uplifting things to see is the process of God’s work through your requests. Julie receives the prayer requests on Monday and makes a copy for the prayer groups, the ministers, and the staff. We try to keep in touch with you as God hears the requests through our and your prayers. It is our way to walk with you and God through tough and great times in your life. We invite anyone who is able to attend to come and be with us to see the process of God answering your prayers.

One of the most daunting things about a prayer group is praying in public. Don’t let this keep you away. **You are not required to pray in front of the group.** We just want you to come and be with us and to see how just a few minutes of prayer changes people’s lives.

### Thursdays at 10:30 at Givens Estates at the Chapel conference room

We invite the residents of Givens Estates and those who live around Givens (south Asheville) to join our prayer group. We begin with a short devotional and share the requests from the worship services and pray over them. Again, if you are not comfortable praying in public please don’t let this keep you away. We gather as one body, one voice to lift to God the needs of our congregation.



## Youth Ministry

### UMYF—United Methodist Youth Fellowship for grades 7-12

For more info, contact Stephen Brown, Youth Director, at 253-3316, 421-0340 or email [Stephen@centralumc.org](mailto:Stephen@centralumc.org)

**Sunday, August 8—Ultimate Frisbee Showdown 3:00-5:00 pm**

**Wednesday, August 11—Bible and Burritos (Moe’s night) 5:45-7:00 pm**

**Sunday, August 22—Church-wide picnic at Camp Tekoa so no Youth, but come to the picnic with your family and have loads of fun in the lake and on the zip line!**

**Sunday, August 29—Youth Choir resumes at a new time: 4:15. Youth group meets from 5:00-7:00 pm with pizza and a movie night**



## Prison Ministry

### Does God do miracles in prison?

*Remember the prayers you prayed, the cookies you baked, the posters you crafted, the placemats decorated by the children of our church? This was all done to share God's love in the darkness of a close security prison. Does God do miracles in prison? Just read the following letter received from an inmate.*

Dear Friends,

I am a resident of Marion Correctional Institution and a graduate of KAIROS #4. My Kairos weekend was the most spiritually moving experience that I have ever had in my life. I came that weekend as a man who stood at a spiritual crossroad, not sure of the direction I should take. I had become content to settle in to prison life as it was, thinking there was little I could do to improve my life.

I was greeted at Kairos by my sponsor and from that first handshake I could tell that this man had come to participate, not for selfish reasons. He had come as an ambassador of Christ's good will for me.

As the Kairos volunteers were introducing themselves I was surprised to find out that they had all come from different parts of the state, social backgrounds, and denominations. They had all come together as one body for a common purpose "to spread the good news of Christ." It really moved me to see such unification all in the name of God. Their overall passion of us as well as for God was without parallel. We learned about ourselves, each other and most importantly we learned about Christ's love for us. One of the most moving experiences was seeing rival gang members put aside differences and embracing each other as brothers in Christ. Without a Kairos weekend that would have never happened on our prison yard. Miracles were at work that weekend. We laughed, cried, sang, learned to forgive, and had wonderful food and fellowship.



I count down the days until my Kairos family returns for our monthly reunion. We sing and fellowship with each other, have prayer and share groups that gives everyone a chance to express how God is moving in their lives. I never thought I could find such freedom in prison. I learned not to live as a captive; prison may contain my flesh, but not my spirit. A ransom was paid on a cross for that. Thank you God!

By the grace of God and the help and direction of a few Kairos volunteers, I stood at the crossroad and made the turn away from darkness and into the light.

May the love of Christ be with you all.

—Todd, Proud Graduate KAIROS MCI #4

### **Central, will you show God's love again at Kairos MCI #5 coming October?**

*"In the same way, I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents." (Luke 15:10)*

## Outreach

### **F. I. S. H. (Families In Service to Him)**

F.I.S.H. is a family/intergenerational mission group that is open to all ages and meets the first Saturday of each month from 9:00 to 12:00 for a devotion, prayer, and service. If you are planning to participate, please contact Jessica Tripp at 253-3316 or [jtripp@centralumc.org](mailto:jtripp@centralumc.org).

- **Saturday, August 7:** Work at ABCCM on Coxe Avenue—landscaping; organizing household and food donations.

### **You are invited to the Prayer Shawl Ministry meeting on Thursday, August 26**

The Prayer Shawl Ministry is part of an international movement to provide messages of God's love and grace to recipients in need of comfort and support. The group has presented a number shawls or lap robes to recipients in our church and community. New members are welcome.

The group will meet at the church on Thursday, August 26 (the fourth Thursday of each month) from 10:00 am to noon in Room 305.

Even if you are unable to attend the monthly meetings, there are ways you can become involved and support this ministry. Contact Marie Kernodle at 658-2284 for information on how you can participate in the Prayer Shawl Ministry.



## Room in the Inn returns to Central on September 5 - 12

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. Central will be the host church for the September 5-12 week and help is needed to provide lunches, dinners, and overnight “innkeepers” who spend the night at the host church.

Volunteers are needed to supply these needs for the women. Please look for the 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.

## Needs at the Vanderbilt

Over the years, the members of Central have helped our friends and neighbors living at the Vanderbilt Apartments in downtown Asheville. The following items are currently needed:

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

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.]

## A personal word from the field ... Dominican Republic Mission Trip 2010

On July 5, 2010 I arrived in Puerto Plata, Dominican Republic not knowing what to expect. Little did I know that 9 days later my life would be changed forever. The first village we went to, there was no toilets so everyone had to go in the streets. That meant there was raw sewage running in the streets and kids with no shoes on, running around. It was a real shock to see how lucky we are to live in the United States and not to have to worry about that stuff.

It was amazing to see how happy everyone seemed when you would ask them Como esta? Which means how are you and they would respond Muy Bien or Bien, which means very good or good. They have nothing, most have dirt floors, no reliable clean source of water and they said they were good with a big smile on their face. It made me realize how much I take for granted back home. I mean as simple as having good clean running water and a very comfortable house to come home too.

In that same village we were building a patio for another family that was unable to pay their 18 dollar a month rent for the last few months. Crossroads, the organization we were working with in the Dominican, had negotiated with the landlord that if the patio got built the rent would be forgiven. Joe, Horace, Rob, Phyllis and I were working on this patio and it was very hot and tough work. We had started to mix the concrete and spread it out when a couple of Dominican men came in. They were amazing! They worked so much more efficiently and effectively then we ever could have. That made me realize how much time I waste watching TV or playing video games when I could be bettering myself or getting something accomplished.

There is never time down there to watch TV. They are always working and trying to survive. I have decided that with my free time outside of work I am going to get more involved in the church and go back to school. Most of the kids down there will never have the opportunity to go to school. The few that do get through high school have an education that is the equivalent of a sixth grade education here. I have the opportunity to get a college degree and I can't waste that opportunity.

It was truly an amazing trip to see how most of the rest of the world lives and something I will never forget. I thank Central for allowing me to go and highly recommend this trip to anyone interested in helping those in need. I believe you will come back a better person then when you left, I know I did.

Sincerely,  
Justin O'Rourke

*Many more stories are coming soon from members of our 2010 Dominican Republic Mission Team.*

*Mark your calendars now for next year's trip...July 3-11, 2011*



## Parish Nurse / Older Adult Ministry

### Wisdom and Grace Conference to be held August 9—12

The Wisdom and Grace Conference will be held August 9—12 at Lake Junaluska with the theme “Reaching Up, Reaching Out: Our Call to Spirituality and Mission. The conference is sponsored by the Southeastern Jurisdiction Association of Older Adults. Please contact Maureen Carr at 253-3316 ext 320 if you are interested in attending.

### Special Wednesdays begin August 11

The first of three Special Wednesdays will be August 11 from 5:00 to 7:00 pm. We will begin with dinner at 5:15 pm and the program begins at 6:00. Our speaker will be Ms. Spike Gram, a gerontologist in private practice as a geriatric care manager. Her topic is “A Planning Primer.”

Come and enjoy the food, fellowship, and the program. There is a sign-up sheet at the Reception Desk or **call 253-3316 to make dinner reservations.**

### Special Wednesdays August 18 — Stroke: What you need to know

- Approximately every 53 seconds someone experiences a stroke
- Stroke is the leading cause of long term disability in adults
- *Your risk of stroke doubles every 10 years after age 55*

Cheryl Wallen, RN, BSN and Director of Givens Estates LifeMinistries Outreach will be conducting an interactive presentation Wednesday, August 18, on everything you need to know about stroke and stroke prevention.

Types of stroke, their causes, symptoms and treatment will be discussed, along with personal risk factors and cholesterol education. Each participant will receive a free stroke risk assessment and door prizes will be awarded.

We will begin with dinner at 5:15 pm and the program begins at 6:00. Come and enjoy the food, fellowship, and the program. There is a sign-up sheet at the Reception Desk or **call 253-3316 to make dinner reservations.**



### How Are Your Blood Pressure Readings?

There will be blood pressure screening on Sunday, August 8, 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



## United Methodist Women

The **Mary Circle** will meet on Wednesday, August 4, at 9:30 am at the church. We are a circle whose focus is Motherhood. Childcare for the little ones is always available at our meetings. This is a great opportunity for moms to fellowship and do service work with other moms. For more information about the Mary Circle, contact Heather Nesbitt at hawessel@yahoo.com.

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 dianetrobinson@gmail.com or by phone 989-8097.

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Asheville, NC 28801-3303.

Please include *Central* in your will. Let the Business Office know when you do.

## Sympathy

Our sympathy and prayers are with Donna Hughes and her family on the death of her mother, Vida Reid-Stines of Asheville, on June 29, and on the death of her grandfather, Henry Bedinger, on July 21 in Columbia, SC.

Our sympathy and prayers are with Tom Dabney and his family on the death of his sister, Elaine Dabney Duncan, on July 10 in Rock Hill, SC, and on the death of his brother, Olin Ray Dabney, on July 20 in Eddyville, KY.

## Memorial Gifts

In memory of David Clark by:

Tom and Helen Dabney

In memory of Holly Otis by:

Ann and Dean Reed

In memory of William Collin by:

Dave and Patty Couch

Virginia Reepe

Phyllis Myron

In memory of William Collin for the Foundation Fund by:

Charles and Betty Burnette

Robert and Genette Henderson

Arlene McMath

Jim and Patricia Perry

In memory of William Collin for the Music Ministry by:

Robert and Donna Vaughn

In memory of Buddy Scarborough by:

Tom and Helen Dabney

In memory of Buddy Scarborough for the Foundation Fund by:

The Covenant Class

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