

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 15, 2010

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

Sunday Worship Services

at 8:45 and 10:55 am

August 22

New Member 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 (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.

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.

Camp Tekoa potluck picnic is Sunday, August 22 bring plenty of side dishes to share

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.** Keith Henry will be grilling hot dogs, hamburgers, and chicken 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.)

Block Party BBQ and Bluegrass on September 8

Central's annual block party will be Wednesday, September 8! Our friends from First Presbyterian have been invited and Church Street will be closed so will have plenty of room.

Plan to join us for an evening of BBQ and Bluegrass as we welcome back the band White Water Blue Grass. Put on your dancin' shoes and bring your friends and neighbors!

Dinner begins at 5:15 followed by music and square dancing at 6:00. Call 253-3316 to make your Wednesday night dinner reservations. The meal cost is \$7 for an adult, \$4 for children 12 and under, with a \$22 family maximum.

Contents

	Page
Central Happenings	2-4
Haywood Street Happenings	4-5
Music Ministry	5
Congregational Care	5-7
Children's Ministry	7-8
Youth Ministry	8
Outreach	9
Prison Ministry	10
Parish Nurse/Older Adult Ministry	10-11
United Methodist Women	11
Memorials	12
Sympathy	12
Church Staff Contacts	12

Central Happenings



Congratulations to



Congratulations to **Roy and Virginia Scott** who celebrated their 65th wedding anniversary on August 13.

Flower Calendar open for Sunday, August 22

If you would like to provide the flowers for the Sanctuary on August 22, please contact Sherry Glance at 667-8729 or sstgglance@gmail.com. The cost is about \$65.

Newcomer Class begins Sunday, September 5

The next Newcomer Class will begin September 5. The classes will be held the first four Sundays in September. If you are interested in learning more about Central, or would like a tour of the church, feel free to attend. You do not have to be a newcomer to Central to attend. The first Sunday will be an introduction to all of Central's many ministries and activities. The tour will be on September 19. For more information, contact Suzanne Brown (253-3316 x324).

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!

Church Women United meet August 21

The Church Women United, Area 1 Annual Meeting will be held at Biltmore United Methodist Church in Asheville. This year's theme is "To heal a broken world." Registration, fellowship, and refreshments are at 9:30 am. At 10:00, the program is presented by James Pitts, Ph.D. President of National Association for Mental Illness for the state of North Carolina.

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 August 1, our Central congregation has given \$900,998 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 25 is the deadline for the
September 5 issue

September 8 is the deadline for the
September 19 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.

Wednesday night Small Groups at Central begin on September 15

Following our fabulous Blue Grass and BBQ block party on Wednesday, September 8, our regular Wednesday night programming will begin on September 15. Many fabulous spiritual growth and fellowship opportunities will be available. Below (and continuing on the next page) is a list of the small groups offered from 6:00 – 7:00 pm this fall.

Not The Jesus I Thought I Knew: Led by Buzz Busby

This 6-week course will examine some of the stories, parables, teachings, and life events of Jesus during His ministry. Much will be familiar, some not so much. We all like to think of Jesus as loving and kind. In this course we will examine some of the other sides of Jesus, hence the title. We may squirm a little, feel like our toes have been stepped on a little, but we will come away with a more complete picture of what it means to take up our cross and follow Him.

Bring your Bible, your experiences, and your expectations and join in a lively discussion.

Relationship Enrichment for Couples and Singles: Led by Anne Burns Harris, PhD

Dr. Harris is a licensed psychologist who has practiced as a psychotherapist in WNC for thirty years. Early in her career she trained with internationally recognized therapists in the art of Gestalt Therapy. She has adapted this approach, applying these techniques to working with couples and singles and has now made them accessible through her book *When Two Souls Find Each Other... someone still needs to take out the trash*.

Anne Burns Harris uses the power of stories about situations most couples face and these stories mirror our own relationship challenges. In this workshop, we read and listen to these stories and identify ways that the problems that we often think are immense and unique to us are, in fact, quite common and not without solution.

Anne provides a format of discussion, role play, and group brainstorming to guide participants toward pragmatic pathways through the greatest spiritual journey we as people can have in relationship with others.

Session One: Explore the three phases of relationship enrichment.

Session Two: Define the steps for processing difference.

Session Three: Identify skills we inherently possess that can guide us through an impasse.

Session Four: Develop our use of ritual in creating strong foundations for bonding.

Film & Discussion: Led by The Reconciling Ministries Group of CUMC

The Reconciling Ministries group of Central UMC will offer film and discussion opportunities this fall on **the second Wednesday of each month beginning September 15**.

The Reconciling Ministries Network (RMN) is a growing movement of United Methodist individuals, congregations, campus ministries, and other groups working for the full participation of all people in the United Methodist Church. We believe that it is not enough just to welcome LGBT (lesbian, gay, bisexual, transgender) folks into our churches. It is time that the United Methodist Church recognized their spiritual gifts and talents on an equal basis with all other members.

Come, learn more, and take part in a meaningful dialogue about how we can open our hearts, minds and doors to our LGBT brothers and sisters in Christ.

Exploring the early life of Jesus with Anne Rice's *Christ the Lord* Novels: Led by David Bourne

What happens when a boy learns that he is God? Come join us for two four-week discussions of Anne Rice's novels about the early life of Jesus. We will read scripture alongside the texts to gain insight into the author's vision and to supplement our understanding of how she constructed her vision.

In reading these two novels (*Christ the Lord: Out of Egypt* and *Christ the Lord: The Road to Cana*) we will explore of the possibilities of...What was Jesus' childhood like? How did Jesus learn of his divinity? How did Jewish customs shape His family and personal life? Will a fictional Jesus be more human or less human than a scriptural Jesus? Will he be portrayed as more divine or less?

David Bourne is leading this discussion because he's a big fan of these novels and of Anne Rice's conversion to Christianity. He brings four years of teaching at the college level and degrees in literature and art.

Resources: <http://www.amazon.com/Christ-Lord-Out-Egypt-Novel/dp/0345436830/>

<http://www.amazon.com/Christ-Lord-Road-Anne-Rice/dp/1400078946/>

Linking Christians to Artists: Led by Jarrett Rutland

This group will discuss the commonality of being an artist to being a Christian, showing that they are not all that different. Not an artist? That's okay. Artists as well as people who respect the arts are welcome. The group will tackle the topic of how the same creativity artists use, can be used to win hearts for Christ, whether or not you are able to use your creativity visually, musically, or any way you see in the world that touches your heart.

Each week, the time will be broken up into two parts, discussion from light readings, and a project that will culminate into a final take-home piece of art at the end of the six weeks. Readings will be taken from the book *Imagine: A Vision for Christians in the Arts* by Steve Turner.

A Pilgrimage Through Scripture: Led by Susan Griffin

Join us on a **Pilgrimage** through scripture! We'll start the journey on September 15 and continue each Wonderful Wednesday throughout the school year. We'll take up the Gospel of Mark first. Our study approach is three-fold: What does the Bible say? What does the Bible mean? What does the Bible mean to me?

We'll read, question, and discuss purposefully each week, moving along as quickly or slowly as the lesson requires. Preparation time for class will be minimal, and purchase of the study guide is helpful (under \$10).

Fellowship, Games, Coffee and Dessert

As always, you are welcome to stay in the Fellowship Hall on Wednesday evenings and enjoy the company of your Central friends. Games will be available for your enjoyment, and the coffee will continue to brew.

Haywood Street Happenings

Art Day at Haywood Street Congregation

Art day at Haywood Street Congregation is a time for the people on the streets and our community to forget about their worries. If you are an artist or retired art teacher and would like to volunteer, please contact Susie Sweet at 301-0605 or sesweet@hotmail.com.

Come see how art feeds the soul and heals the heart every Tuesday from 1-3 in the Fellowship Hall. Art supplies, newspapers or monetary donations are welcome. Donations are tax deductible.

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.



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.

Music Ministry

Music Programs begin soon...Come join us!

If you sing or play an instrument, now is a great time to join the Music Ministry! We have a full year of graded music programs, and we’re ready to begin. All groups, information, and start dates are listed below.

- **Wesley Singers** — Adults. Practices Tuesdays at 2:00 pm, Choir Room. Begins Tuesday, August 17.
Contact Russell Nelson, rnelson@centralumc.org
- **Chancel Choir** — Adults and high school students. Practices Wednesdays from 7:00 pm-8:30 pm, Choir Room. Begins Wednesday, August 18.
Contact Russell Nelson
- **Youth Choir** — Youth, grades 6-12. Practices Sundays at 4:15 pm, Choir Room. Begins Sunday, August 29.
Contact Russell Nelson
- **Chancel Bells** — Adults and high school students. Practices Wednesdays at 6:00 pm, Bell Room. Begins Wednesday, September 15. *Music reading skills required*
Contact Corey Powell, cpowell@centralumc.org
- **Brass Ensemble** — Adults and youth. Practices Thursdays at 7:00 pm, Choir Room. Begins Thursday, September 16.
Contact Suzanne Brown, sbrown@centralumc.org
- **Cherub Choir** — Children age 4 through Kindergarten (must turn age 4 by October 15). Practices Wednesdays at 6:00 pm, Room 206. Begins Wednesday, September 15.
Contact Kelli Mullinix, mullinixkelli@hotmail.com
- **Children’s Choir** — Children in grades 1-5. Practices Wednesdays at 6:00 pm, Choir Room. Begins Wednesday, September 15. This year’s musical: *Moses and the Freedom Fanatics*.
Contact Russell Nelson

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.

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 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.**

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 jwilburn-peeler@centralumc.org.

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.



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.

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.

Children's Ministry

Important Children's Ministry Parent Meeting on Sunday, August 29

Sunday, August 29, we will have a brief parent's meeting at 12:15 in the Fellowship Hall. **It is very important that all parents of children 6th grade and under attend.** We will discuss confirmation class, 3rd grade Bible Sunday, overnight retreats, Children's discipleship group sign-up, Sunday school (including a new class for toddlers), Children's Church and more. **Please support children's ministry here at Central and ATTEND!**

Children 1st grade and under may stay in their Sunday morning activities and nursery care until the meeting is over. All other children can go to Room 205 for a 30-minute movie and small snack. **This meeting will only last 30 minutes so lunch will not be served.**

3rd Grade Bible Presentation is Sunday, September 12

On Sunday, September 12, we will have a service of celebration as our third graders are presented their Bibles during the 10:55 service.

Please check your child's full name shown below and **email me any corrections** (jtripp@centralumc.org). Your child's name will be written in the Bible so you will want to be sure it is correct. Also, if you notice that someone is missing from the list please let me know.

We will rehearse for this service on Wednesday, September 1, at 5:00 pm in the Sanctuary. It is very important that all of our third graders and a parent be present for the rehearsal.

Please check your child's full name and email me (jtripp@centralumc.org) if you have any corrections. Also, if you notice that someone is missing from the list please let me know.

Tristan Dagny Anderson
Charles Stuart Boatwright
Anna Rose Bourne
Beege ____ Colombo
Ryder Mitchell Cumbow
Asher Alexei Davidson
Catherine Stuart Davis
Hannah ____ Davis
Maxmillian James Field
Henry Forbes Fowler
Heather Lynn Holland

Isabelle Ann Ingle
Merry Peyton Jenkins
William Elijah Jones
Kathleen ____ Kennerly
Wallace Draughon Kirby
William Austin Lowe
Catherine Ann Jing Maddox
Phoebe Gabrielle McNabb
Isabella Elizabeth Mohr
James Pruett Norris
Samuel Mitchell Norris

Erin McKamey Pickel
Katherine Mary Pritchard
Eliza Chris Lovingood Purnell
Cole Thomas Rettew
Luke Christian Sloan
James Throop Smith
Liam Gray Tripp
Willem Arie van de Groep
Ameika Mason Weninegar
Sara Grace White
Sloane Elizabeth Yount

Destination Unknown—

A fun-filled, friendship building series for 6th grade confirmands

Alright 6th graders...we will kick-off a great year of confirmation on Sunday, September 12, from 4:00 – 7:00 pm as we begin our fall series Destination Unknown! For seven Sundays we will meet in the Fellowship Hall at Central and then head out to a mystery location for fun, team building activities, and a group devotion.

Parents...come to the Parent meeting on Sunday, August 29, at 12:15 pm for complete details and information on confirmation class and our fall retreat!

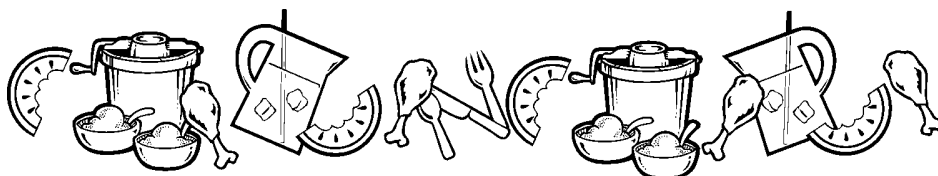
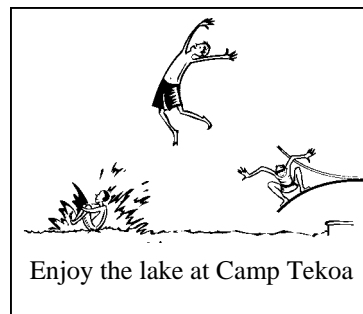
Youth Ministry

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

Big things are happening at Youth!

- Sunday, August 15: 3-5 pm Ice Cream Social. 20 Feet of Ice Cream and Endless Toppings, need I say more?
- Sunday, August 22: Church-wide picnic at Camp Tekoa so **no youth**, but go to the picnic with your family!
- Sunday, August 29: 4:15 Youth Choir starts back. Youth 5-7 pm (note the time change!) Movie and a pizza night
- Sunday, September 5: NO YOUTH b/c of Labor Day
- Sunday, September 12: 5-7 YOUTH FALL KICK-OFF . There'll be a cookout, Wiffle ball, and tons of fun. Get the year started off right and be there!
- Sunday, September 19: YOUTH SUNDAY for both services. We'll have a Celebration lunch afterwards from 12-1:30 and that will be youth for the day. I need Volunteers!!!
- Sunday, September 26: 5-7 pm Youth: Dominican Trip presentation by the mission team. Their stories and pictures will blow your mind!!
- Sunday, October 3: Summer Sit-down. This is our time to share our summer videos with family, friends, and prayer partners. Invite your parents, friends and distant relatives!!!



Outreach

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.]

Save the Date!
CUMC Auction for Missions
November 5, 2010
6:00 p.m.



Mission Reach Out 2010

“...reach out with Christian love & compassion...”

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.

- **Saturday, September 4:** Meet at 9:00 in the Fellowship Hall.

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.

Prison Ministry

Kairos Prison Ministry is active at Marion Correctional Institution

God is at work in the hearts of 53 volunteers from Western North Carolina who will receive spiritual and logistical training in order to prepare them for the Kairos MCI #5 weekend in October. Eight Central UMC members are among the team. The first training session will be Saturday, August 28 in our Fellowship hall.

Please support the team with your prayers.

Buncombe Correctional Center group studying book of Romans

Sabbath (Heb. verb Shabbath, meaning “to rest from labor”) is first mentioned as having been instituted in Paradise, *when man was in innocence*. “The Sabbath was made for man,” as a day of rest and refreshment for the body and of blessing to the soul. From Sabbath the word sabbatical is derived and synonyms are: time off or vacation. Although the word Sabbath is mentioned 116 times in the King James Version, the words “time off” and “vacation” are not mentioned in the scriptures.

Such wisdom was shared at Buncombe Correctional Center (BCC), a place where innocence is certainly not in evidence and the word vacation is meaningless to inmates. What is meaningful to those men is the continuation of the Disciple Bible Study and their hunger for the word of salvation. That is the reason why Disciple Bible Studies in prison does not take a sabbatical and the volunteer teachers from Central continue the program during these hot summer months using the study *Invitations to Romans* by Pamela M. Eisenbaum.

Invitation to Romans highlights some of the impact Paul’s letter to the Romans has had over the centuries and presents historical snapshots of people’s encounters with Romans. The study is a great starting point for the group to discuss what Paul’s letter means to us personally and the church of today. Who is the church? THIS GROUP IS THE CHURCH, although physically—but not spiritually—locked up.

Since there is no other time or place available, the staff of BCC has been so courteous to let inmates attend **after their curfew hours** in the staff’s small conference room. This is why the Disciple class at BCC meets every Thursday evening from 8:30 till 10:15 pm.

BCC desperately needs a place for education. Several CUMC members together with members of sister denominations are working towards building a multi-purpose chapel / educational center, called New Life Center, at BCC. We need your physical and financial assistance for this project. Please become part of positively changing the lives of those who are incarcerated.

Remember those in prison as if you were their fellow prisoners, and those who are mistreated as if you yourselves were suffering. (Hebrew 13:3)

Parish Nurse / Older Adult Ministry

How Are Your Blood Pressure Readings?

There will be blood pressure screening on Sunday, August 22, 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



Lipid Screening on Thursday, August 26

On Thursday, August 26, from 8:30-10:30am, Maureen Carr, Parish Nurse performs Lipid Panel (Total Cholesterol, good and bad cholesterol, triglycerides, blood sugar) screenings in Senior resource Center (Room 318). You will get better results if you have been fasting 8-12 hours. There is a \$15 charge to cover supplies.

No appointments are necessary. Just come and be informed of your cholesterol and blood sugar numbers.

Special Wednesdays August 18 and 25

Everyone is invited to the remaining two Special Wednesday programs in the Fellowship Hall. We will begin with dinner at 5:15 pm and the program begins at 6:00. Come and enjoy the food, fellowship, and interesting programs. There is a sign-up sheet at the Reception Desk or **call 253-3316 to make dinner reservations.**

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. Strokes can happen at any age.



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.

August 25—Celebration of Methodism

This will be a fun program with hymns, stories about Circuit Riders, little-known bits of Central's history, and some surprises! The speakers are Doris Manning and Friends. Don't miss it!

United Methodist Women

United Methodist Women Executive Committee meets August 15

The United Methodist Women Executive Committee will meet Sunday, August 15, from 2-4 pm in the Fellowship Hall. If you are on the committee and unable to come, please send someone to represent your Circle.

Asheville District United Methodist Women Annual Meeting will be held Saturday, August 28

Asheville District United Methodist Women Annual Meeting will be held Saturday, August 28, at Fletcher United Methodist Church, with the theme "Let's Get Together and Celebrate." Barbara Campbell will be the speaker. Registration and Refreshments from 9-10 am and Annual Meeting 10-11:30 am.

United Methodist Women Conference Annual Meeting will be held September 10-12

The United Methodist Women Conference Annual Meeting will be held September 10-12 at Lake Junaluska. The theme is "Faith, Hope, Love in Action." Come for the entire time or for a day. Your life will be enriched.

The **Mary Circle** will meet on Wednesday, September 1, 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 **Deborah Circle** will meet Sunday, September 5, from 2-4:00 pm at the home of Doris Manning and Maureen Carr.

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.

August 15, 2010
Vol. 34 No. 16

Jot & Tittle (USPS 005-511) Published twice monthly by Central United Methodist Church
Periodical postage paid at Asheville, NC • ISSN 1052-7966 • Postmaster: Send address changes to Jot & Tittle, Central United Methodist Church, 27 Church Street • Asheville, N.C. 28801 • Phone 828-253-3316
Office Hours 8:30 am to 4:30 pm weekdays
• E-mail centralumc@centralumc.org
• Web Site www.centralumc.org
• Fax 828-254-8796

PERIODICAL
ADDRESS SERVICE REQUESTED
Postmaster: Send address changes to
JOT & TITTLE, 27 Church Street,
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 Bill Hussey and his family on the death of his wife, Dorothy (Dot) Hussey, on July 25.

Memorial Gifts

In memory of Dorothy (Dot) Hussey for the Foundation Fund by:

K. Lee Wright

In memory of William Collin for the Foundation Fund by:

Susan Waite

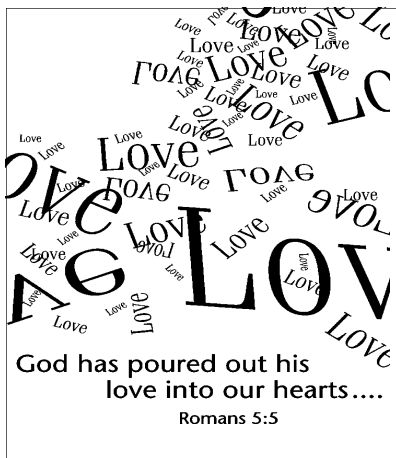
In memory of David Clark by:

Mark Giuffrida

Nancy Radcliff

Honor Gift

In honor of David Hodges, Jr., by:
Betsy and Mark Forbes



How to contact our Central Staff

Church phone (828) 253-3316

Dr. Rob Blackburn, Senior Pastor

[ext.311, send email to: lhollowell@centralumc.org]

Dr. Tony Bell, Executive Pastor (Evangelism and Journey Groups)

[ext. 308, email: tbell@centralumc.org]

Rev. Julie Wilburn Peeler, Minister of Pastoral Care

[ext. 304, email: jwilburnpeeler@centralumc.org, 989-9659]

Jessica Tripp, Director of Christian Education (Missions)

[ext. 306, email: jtripp@centralumc.org]

Stephen Brown, Director of Youth Ministries

[ext. 305, email: stephen@centralumc.org]

Russell Nelson, Director of Music Ministries (Worship)

[ext. 302, email: rnelson@centralumc.org]

Burt Anderson, Haywood Street Campus Coordinator

Corey Powell, Music Associate/Organist, Director of Handbells

[ext. 303, email: cpowell@centralumc.org]

Suzanne Brown, Director of Brass; Evangelism Assistant

[ext. 324, email: sbrown@centralumc.org]

Clint Weninegar, Worship Leader for Saturdays @ Six service

Tammy Henry, Director, Weekday School

[ext. 318, email: thenry@centralumc.org]

Alan Gibson, Church Administrator

[ext. 313, email: agibson@centralumc.org]

Robyn McNeal, Business Manager

[ext. 312, email: rmcneal@centralumc.org]

Lesli Hollowell, Administrative Assistant, Capital Campaign Coordinator

[ext. 310, email: lhollowell@centralumc.org]

Maureen Carr, Parish Nurse

[ext. 320, email: mcarr@centralumc.org]

Kendra Simpson, Nursery Supervisor

Phyllis Youngberg, Web page

[email: youngberg8865@bellsouth.net]

Anne Frick, Jot & Tittle and Bulletin

[ext. 314, email: africk@centralumc.org]

Joe Edmonds, Building Care

Hayes Brown, Building Care

Haywood Street Congregation

Rev. Brian Combs, 246-4250; email rev.briancombs@gmail.com

Katy Kear, Volunteer Coordinator, haywooddisciple@gmail.com or 242-8472