

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)

February 5, 2012

Worship Services at Central
Dr. Rob Blackburn, Senior Minister

Sunday Worship Services

at 8:45 and 10:55 am

February 5

Communion and Healing Service

February 26

New member Sunday
1st Sunday in Lent

Saturdays at Six Worship

6:00 pm in the Fellowship Hall

February 4

Communion and Healing Service

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).

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Charge Conference meets Sunday, February 5

There will be a **brief Charge Conference** in the Chapel on Sunday, February 5, immediately following the 10:55 service. We are meeting by request of the Staff Parish Relations Committee for the purpose of expanding the duties and salary support of the Minister of Congregational Care.

Service of Healing and Wholeness on February 4 and 5

On Saturday and Sunday, February 4 and 5, we will have a Service of Healing and Wholeness at all the worship services.

From the beginning, ministries of healing and wholeness have been an integral part of what it means to be Christian. The root of the word "healing" in New Testament Greek is *sozo* which is the same as that of salvation and wholeness.



The New Testament records that Jesus himself healed the estranged and sick and sent out his disciples on ministries of healing. James 5:14-16a calls us also to pray for and anoint the sick, that they may be healed (from *The United Methodist Book of Worship*).

Our services on Saturday, February 4, and Sunday, February 5, will be much the same as any given Saturday or Sunday **except** at the end of the service we will give the congregation an opportunity to be prayed for and anointed by oil by one of the pastors.

This certainly is not compulsory. We hope to offer everyone an opportunity to experience the tangible presence of the healing Christ, working in and through those who minister in his name.

Souper Bowl Weekend February 4 and 5

Please remember to bring a dollar or a canned food item with you to church on February 4 and 5 to participate in the Souper Bowl of Caring.

The youth will be collecting these items at the entrance to the church on Sunday morning and in the Fellowship Hall during Saturday evening services.

100% of the donations will be given to MANNA Food Bank here in Asheville to feed those who are hungry.

During a day of hearty eating and cheering for the big play or the big hit, let us not forget that there are those less fortunate than us who may not get a big plate of nachos. They might not even get a sandwich.

So during our time of preparation for the big game, remember to take some time out to help the children and adults around us who go hungry every day.



Central Happenings



Congratulations to



To **Gavin and Carrie Blackburn Brown** on the birth of their son, Levi Fisher Brown, on January 10.

Rob and Sarah Blackburn are the proud grandparents.

To **Carlos and Fran Kennedy** who celebrated their 60th wedding anniversary on January 26.

Flower calendar has open date February 12

If you would like to place the flowers on the altar in honor or memory of a loved one or to celebrate a special day, please contact Karen Elliott in the church office at 253-3316 or kelliott@centralumc.org.

Place your order now!

Martha Circle Annual Valentine's Cookie and Truffle Sale

It's time again for delicious heart-shaped shortbread cookies and luscious chocolate truffles! They are ideal treats for family, friends, co-workers, and clients. All proceeds benefit Steadfast House (ABCCM's women and children's shelter). Place your order on Sunday mornings January 15 - February 5.

Treats will be available for pick-up on Sunday, February 12, in the Fellowship Hall. Other homemade goodies will also be for sale that day.



To complement our previous years' sales of cookbooks full of soup and dessert recipes, we'll have appetizer cookbooks available (only \$5 each). All proceeds from the cookbooks will benefit the Haywood Street Congregation.

Claim your items from Lost and Found before February 23

Central's Lost and Found items are located at the Reception Desk down the hall from the Sanctuary. Periodically we donate unclaimed items to a local charity. **Please check to see if items belonging to you or your children are at Lost and Found before Thursday, February 23.** At that time, any remaining items will be distributed to an appropriate charity.

Library volunteers schedule Workdays

Our dedicated library volunteers are working hard to catalogue all of the materials in the Beverly Library (located near the Sanctuary). In order to avoid conflicts with work, the group has scheduled upcoming Workdays on some weekends when the church is already open for other activities.

If you would like to help, please contact Martha Hayes 299-0427 or hayes335125@charter.net or Trudi Peters 628-1683 or trudipeters@hotmail.com.

The Saturday Workday times are 3:30 to 6:00 pm on Saturday, February 4, 11, 18, and 25. Sunday Workdays are 11:00 am to 3:00 pm on Sunday, February 5, 12, 19, and 26.

Foods for ABCCM:

**peanut butter, powdered milk,
canned meats, vegetable oil, juice**

Bring food items to the beautiful new wooden box—**thank you, Carlos Kennedy!**—located at **2** the foot of the stairs near the Fellowship Hall.



2011 budget update

As of December 31, our Central congregation has given \$1,841,197 to support our ministries and the operating budget. Thank you!

(This is up \$151,602 from the same time last year.)

Jot & Tittle deadlines

February 8 is the deadline for the February 19 issue

February 22 is the deadline for the March 4 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.

Come and meet the newlyweds, Stephen and Alisa Brown, on February 19

We announced back in December that Central's Director of Youth Ministries, Stephen Brown, and Alisa Tripolino were to be married on December 30 in St. Petersburg, Florida. Well, now that the knot has been tied, Central is having a shower in their honor on Sunday, February 19, in the Fellowship Hall during the Sunday School hour.

Everyone is invited to come by and meet Stephen and Alisa and offer your best wishes. We'll have light refreshments, celebrate with them, and get to know them a little better. (Gifts are certainly not required; but if you wish, they are registered at Bed Bath and Beyond.)

In case of bad weather, the snow date will be Sunday, March 4.



Lydia Circle's "Parade of Tables Tea" on March 17

The Lydia Circle presents a "Parade of Tables Tea" fundraiser for our missions project the Kory Wawanaca Children's Home. Our guest speaker is Carrie Blackburn Brown, founder of Kory Wawanaca.

The event will be held on Saturday, March 17, at 12:00 noon in Central's Fellowship Hall. A light lunch will be served and child care is provided. Tickets are \$10 and must be purchased by March 1.

Call Leigh Armistead for further details 273-4633.

Share your Central story!

Are you excited about something you are involved with at Central? Perhaps serving our neighbors in Asheville or there around the world? Perhaps with your Journey Group, Sunday School Class, Youth Group, or UMW Circle?

Tell us about it! Share your story!

We are collecting stories of faith and faithful service with and to our neighbors—to share with each other, perhaps in occasional future *Jot and Tittle* articles. There is so much going on in and through Central that others want to hear about but you have to let us know!

Please email your story to me, in care of Karen Elliott at kelliott@centralumc.org. Include your best estimate of the number of people involved, any financial contributions, and over what time frame your story transpires.

Questions? Contact Karen Elliott in the church office 253-3316 ext 310 for more information.

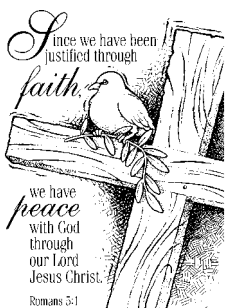
—Ron Ballard

Learning and Growing

Central welcomes

Dr. Mickey Efirm to lead us in a study of Romans on February 24 - 25

"In the history of the Christian church perhaps no other New Testament book has been quite as influential as the letter to the Romans. When theologians want to write "theologies," they usually begin with this book. And in the history of the church when there has been a reform movement of some sort, Romans seems always to be near the center of the movement.



Paul is writing to a church and a people whom he does not know to introduce himself to them. What was on his mind when he wrote? We shall try to figure this out together!!!"

Join us for dinner on Friday night, February 24, at 6:00 and stay for the study from 7:00 – 9:00 pm. Join us again the following morning at 8:30 am for refreshments and the continuation of our study from 9:00 – 12:00. Please call the church office at 253-3316 to make a reservation.

The dinner and Bible Study will not be in the Fellowship Hall because of the Labyrinth. Watch for the new location.

New Faith Friends journey group formed for women in their 40's and 50's

Have you been thinking of spending more time on spiritual growth in 2012? The first meeting of Faith Friends journey group, will meet Thursday, February 9, from 5:30 pm - 7:00 pm in the Parlor (beside the Sanctuary).

Please come and visit us! We are looking for more ladies to participate with us in this experience. Please call Carol Bailey at 252-7436 to learn what book you need to order.

"Let us not give up meeting together...but let us encourage one another..." Hebrews 10:25

Prison Ministry

Kairos Prison Ministry is growing in U.S.

The Kairos Ministry grows! Last November Wisconsin and Oregon joined the Kairos movement; now Delaware is the latest state to join the Kairos family. That brings the ministry totals to 34 states and 9 countries. God is at work inside the darkness of the prisons!

And now, He is assembling a team of servants for the Kairos MCI #8 at Marion Correctional Institute that will run from Thursday, May 17, through Sunday, May 20. **Would you serve on that team?**

Team training will take place at Saturdays, March 31, April 21, and April 5. Team members who go inside the prison for the Kairos are expected to come back the evening of every second Thursday of the month for a monthly reunion. This is a time of mentoring God's love and friendship. For a team application form, please contact John Klees 56john44@charter.net.

Central, please be well represented in this interdenominational team sharing God's love with those whom Jesus refers to as "the least of these my brethren."

Then I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?"

And I said, "Here am I; send me!" (Isaiah 6:8)

Will that "I" be you?

Outreach

Mission Trip scheduled April 9—19 to Kory Wawanaca Children's Home in Bolivia

Deadline to sign up is February 15

Central's annual mission outreach trip to Bolivia is scheduled for April 9-19 to go to Kory Wawanaca Children's Home, founded by Central's own Carrie Blackburn Brown, that is nestled deep within the Andes Mountains and is home to children who have been abandoned or abused.

This year, we will work on the farm in Tacachia and at the construction site of the new home just outside of La Paz. In Tacachia, our work will focus largely on home and farm improvements that range from moving rocks to painting walls. In La Paz, our work will focus on finishing exterior structures, putting down floors, painting walls, and developing recreation and green areas. Most importantly, we will also interact with and plan activities for the youth of both homes.

This is a physically demanding trip from an altitude, labor, and bathroom facilities standpoint. There will be consecutive days without a shower or flushing toilet. That is not to discourage anyone, but simply to inform you of the realities of traveling and working in a developing nation. If you decide to go, you will have a great adventure I promise!

There are 14 spots available for this trip. The deadline for signing up is February 15. On this date a check for \$300, made payable to Central UMC, will be required as an indication of your interest and commitment in going on this trip. If you wish to go and/or have any questions, please contact Chad Roope at (828)808-6375 or email him at roopechad@yahoo.com. Chad will look forward to hearing from you.



Reconciling Ministries Group meets Wednesday, February 15

The Reconciling Ministries Group at Central will meet on Wednesday, February 15, from 6:00 – 7:00 pm in Room 305. The group's purpose is to promote dialogue that can lead to a more inclusive church. The group is currently sponsoring an upcoming program led by Dr. Bob Henderson on Wednesday nights entitled "This I Know" (*more information on the program on page 7*).

—Laura Kirby

Winter clothing needed at Haywood Street campus

The Clothing Closet at our Haywood Street campus is in need of warm clothing—coats, hats, gloves, mittens, scarves, and undergarments for both men and women. There is a box outside the Fellowship Hall for donations.

—Lesli Hollowell

Work starts Saturday, February 4—come and help

A Prayer Path will be built at Haywood Street

A ministry of F.I.S.H. (Families in Service to Him) at Central UMC

Seeking to involve the entire church family in missions locally and globally

The purpose for this path is to create a prayerful, sacred space surrounded by God's glory to "Be still and know that He is God." (Psalm 46:10) The prayer path is an outreach to our congregation and community, inviting all ages to come and spend time in prayer and meditation enjoying the beauty of the space and the works of art themed "images of God" displayed throughout the path.

This is an effort that seeks to create greater community inviting all to participate in the creation of the prayer path and the works of art that will be installed throughout the year. Once the path is completed, it is our hope that people will enjoy the space for their own personal prayer and reflection, as a community gathered for picnics and study groups, and a space to experience the wonder and beauty of God through the artwork and landscape.

Come and volunteer your time to this ministry. F.I.S.H. meets the first Saturday of each month from 9:00 -12:00. We will meet at the Haywood Street campus, outside, in the back of the church, at the site of the Prayer Path. **All ages are invited!** Bring shovels, picks, work-gloves, tamping tools, buckets, and wheel barrows. We will have an art station for children to begin working on "Images of God" themed tiles that will be laid in the concrete and other art projects as the project progresses.



WNC Conference collecting empty pill bottles

What do you do with your empty pill bottles from the pharmacy? The WNC Conference of the UMC in Lake Junaluska is collecting empty pill bottles. They will be shipped to Africa to be used where there is a shortage of bottles—medications are often dispensed to patients in pieces of rags or just put into a pocket because there are no bottles.

We will be collecting pill bottles until the Caring for Creation experience at Lake Junaluska in mid-March. Look for the collection box at the Reception Desk. **The bottles must have a cap on them and remove all prescription labels.**

Vitamin bottles and over-the-counter drug bottles are accepted as well.

—Donna Broadwell

Journey through the Labyrinth beginning Ash Wednesday, February 22

We invite you to journey through the Labyrinth February 22 – February 25 in the Fellowship Hall. The Fellowship Hall will be closed to regular activities in order to create a quiet, sacred space for prayer and reflection. Volunteers will be on hand to welcome you and help you prepare to enter the Labyrinth. **A sign-up sheet to reserve your Labyrinth walk time will be located at the table as you enter the Education Building.**

The Labyrinth: Labyrinths mean many different things to different people. One of the beauties of Labyrinths is that they are open to anyone of any age, at any stage or on any spiritual path and from any religious tradition.



They are often used for quiet prayer and meditation. Some people find that walking the path of the Labyrinth helps relieve stress and anxiety. Others use the labyrinth as ritual space for saying "good bye" to a relationship or "hello" to a new one. Some seek illumination from being in the Labyrinth space. Others look for direction, focus, and creativity. Labyrinths can offer those who take the journey an opportunity for healing, focusing, letting-go, praying or simply feeling more open and present to the still small, sacred voice within each one of us.

The Altars: There are four altars located in the four directions. You will find that each altar gives you an opportunity to enhance your individual pilgrimage.

- **Air** A place for you to leave prayer requests—for peace, for healing, for love, for forgiveness, reconciliation—in a way of giving wings to the things that are on your heart. There are also shawls or scarves available for you to use on your journey.
- **Earth** A place to write, draw or leave reflections about your experience. A way of grounding your experience, in this place, at this time.
- **Fire** A place to light candles in honor or memory of those you love. And to acknowledge your connection to the Holy. (*Continued on next page.*)

- **Water** A place to wash off the dust and debris that you have brought with you to this place. You may want to do this literally or symbolically.

About this particular Labyrinth

The design is the creation of A.K. McMillan. It represents hours of work and planning on the part of A.K. and all those who volunteered to give birth to her creation. In its own right it has been a pilgrimage.

There are five spirals in the walk. The spiral is the most primal form of the Labyrinth throughout history. Primitive people recognized the spirals throughout the universe. And we can concur with them as we know of spirals as part of our lives—spiral galaxies, DNA, our own ear chambers—spirals are everywhere.

The Labyrinth spins on its axis and that is why the spiral arms are pulled out into the four directions and yet they are truly one spiral symbolized by the central rose.

At the four corners there are what some would call the four cherubim. They also represent the four evangelists and the four winds. Throughout history these four creatures have been powerful symbols. These winged creatures are described in Ezekiel and Revelations. They are referred to the Four Living Creatures, the cherubim and the beings who hold up the throne of God. The *Human* (sometimes described as an angel) guards the East. Also known as St. Matthew in many traditions. She symbolizes air and the intellect. Her color is Yellow. This is also the entrance and exit point for the Labyrinth. The male *Lion* with flowing mane has always stood for the sun. Also known as St. Mark in many traditions. He guards the South and symbolizes fire and passion—spirit. His color is Red.

*Thank you to Sue Perrin and Dr. John Simmons for the above information
and to Central UMC-Spartanburg for the use of the Labyrinth.*

Wonderful Wednesdays

Everyone is invited to attend the Wonderful Wednesdays dinner and activities. Dinner begins at 5:00 pm in the Fellowship Hall. Adults are \$7 each and children are \$4. Please call 253-3316 to make dinner reservations.

You are invited to these upcoming Wonderful Wednesday programs

February 1 & 8: Exploring the Spiritual Disciplines led by Rev. Julie Wilburn Peeler

With the start of the New Year and Lent rapidly approaching, this is the perfect time to deepen your walk with God. On Wednesday, February 1 and 8, we will explore the many different ways to connect with God. We will also help you find a way to live into the season of Lent in a meaningful way.

Robert Webber writes, “Lent calls us back to God, back to basics, back to the spiritual disciplines of life.” We will talk about how prayer, fasting, journaling, personal devotion, bible study, and art connect us with God *and* our Christian community. You will have a hands-on opportunity to create an artful expression of your walk with God.

If you are ready to get back to the basics of your faith, back the basics that have helped thousands grow closer to God, walk with us on February 1 and 8 at 6:00 pm in the Fellowship Hall.

February 8: Introduction to Mind-Body-Spirit Skills Class Early Bird pricing is in effect through February 10. See details on the class at February 29 on the next page.

February 15: Sacred Traditions and Rituals led by Rev. Sue Perrin

This evening will be a special night as we welcome Rev. Sue Perrin to lead us on a journey through Sacred Traditions and Rituals focusing on the Labyrinth.

“Labyrinths are used for many reasons. Some walk the pathway for quiet prayer and meditation. Some find relief from stress and anxiety, while others use the labyrinth as ritual space to say “good-bye” to a relationship or “hello” to a new one. In preparation for the 10th Anniversary of 9/11 this past September, *Sacred Traditions and Rituals* invited the community to join in offering prayers for peace and healing utilizing our Labyrinth designed by A.K. McMillan. As with most Labyrinths, this one invites pilgrims on a journey that involves three parts: the pathway to the center, the center itself, and the pathway back out of the center. A.K.’s design shows the Labyrinth spinning on its axis and though the spiral arms are pulled out into the four directions, they are truly one spiral—symbolized by the central rose. It represents hours of work and planning on her part as well as all those who volunteered to give birth to her creation.”

Sue will prepare us for our own Labyrinth journey as we will be bringing the Labyrinth designed by A.K. McMillan to Central as part of our Lenten journey. The prayer Labyrinth will be set up in the Fellowship Hall Ash Wednesday (February 22) through the following Saturday, February 25. (Continued on next page.)

Sue Perrin is an ordained Deacon in the Episcopal Church, recently retired from active parish ministry. As Minister of Ritual for S.T.A.R. (Sacred Traditions and Rituals) with Central UMC-Spartanburg, she is involved in planning, leading and encouraging participation by other members of the community. For 20 years, Sue was involved with the Education for Ministry Program—a 4-year program of small group theological study and reflection (developed by the School of Theology - University of the South). As a graduate of the Shalem Institute in Washington, D.C., she is involved in individual and group spiritual direction; is a facilitator for Quiet Days, and a retreat leader.

February 22: No Wonderful Wednesday dinner or program. Please attend the Ash Wednesday Service in the Sanctuary at 6:00 pm. (Cherub Choir and Chancel Choir will meet; Children’s Choir and Handbells will not meet.)

February 29; March 7, 14, 21, 28; and April 11: “This I Know” led by Dr. Robert Henderson

This 6-session course is designed to lead participants in a biblically-based study and facilitate dialogue about homosexuality. This study centers around the award-winning documentary film “For the Bible Tells Me So” and will be divided into six lessons:

- Lesson 1: “The Power of a Single Word” by Brian McLaren
- Lesson 2: “A Matter of Interpretation” by Dr. Jack Rogers
- Lesson 3: “Text and Context” by Dr. Victor Furnish
- Lesson 4: “The Sweep of History” by Nancy Kruh
- Lesson 5: “A Faithful Journey” by Roberta Sowler Kreider
- Lesson 6: “A Final Word” by Marcus Borg

The course was designed and put together by such notables as Bishop Richard B. Wilke (one of the originators of the Disciple Bible Series), Dr. John Holbert of the Perkins School of Theology faculty at S.M.U., Dr. Marcus Borg (biblical scholar at the University of Oregon and a key figure in the Jesus Seminar), and Dr. Victor Furnish of Perkins School of Theology.

Dr. Henderson is a graduate of Perkins School of Theology, Southern Methodist University, and Texas Tech University School of Medicine. He currently resides in the Asheville area.

This study and dialogue group is sponsored by the Reconciling Ministries Group at Central (*see page 4*). 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, including lesbian, bisexual, gay, and transgendered individuals in The United Methodist Church.

February 29; March 7, 14, 21, 28; April 11, 18, 25: Mind-Body-Spirit Skills Class led by Dr. John Simmons

Early Bird pricing is in effect through February 10 for \$295. Thereafter, the course will cost \$325. To register, mail your check made out to WaterRock Institute to: P.O. Box 324, Asheville, NC 28802. For more information, please call (828) 456-8215 or email heidi@waterrockinstitute.org.

A new class in Mind-Body-Spirit Skills begins on February 29, 6:00-8:00 pm. It is an eight (8) week class that meets weekly for two hours. We will explore and learn various meditation skills from breathing to dancing and imagery, journaling, forgiveness, mindful eating. The goal of the classes is to increase self awareness, self expression and relaxation.

The benefits of programs such as this for cancer patients, patients with cardiovascular problems, chronic pain, and anxiety, depression and grief have been studied extensively at such places as Harvard University and are now well documented.

The class will be led by John W. Simmons, MD. who led a class at Central last fall. John is an affiliate of WaterRock Institute (www.waterrockinstitute.org) in Asheville. **He will be at Central on Wednesday evening, February 8, to do a brief presentation, answer questions, and enroll those are interested.**



Mind Body Spirit

Some comments from previous participants are:

“I enrolled in Mind-Body-Spirit Skills Development with John Simmons hoping to find a coping mechanism for stress that would help me find an alternative to medication. I am more than pleased with the results I have had and hope to continue the progress in the future. Dr. Simmons created a loving, safe environment for healing and self exploration.”

“Dr. Simmons was one of the best facilitators I have ever worked with. I was amazed at the positive support that I received as part of the group experience.”

“John Simmons is an engaging and compassionate group leader. He is very knowledgeable about Mind-Body Medicine and communicates his knowledge to class participants in ways that are easy to comprehend. I highly recommend this class to anyone interested in improving their health through self care.”

February 29; March 7, 14, 21, 28 (the Five Wednesday of Lent): Way of the Mystic led by Rev. Jane Curran

The way of the mystic is a powerful and personal path to and with God and Christ. And while we tend to apply the word “mystic” to others and elevate them to some kind of higher realm, each of us has the innate and God-given potential to find our own mystical way even in this busy and technically challenging 21st century.

LENTEN



STUDY GROUP season.

For the five Wednesdays in Lent we will explore the way of the mystic through the lives of three remarkable people: Thomas Merton (American, 20th century), Julian of Norwich (English, 14th century) and Teresa of Avila (Spanish, 16th century). And we will explore our own mystical qualities through prayer and experience of God as we open ourselves more fully to the life of Christ this Lenten

Jane Mary Curran is a United Methodist clergywoman and a spiritual director here in Asheville. She is certified in spiritual direction and dream leader training from the Haden Institute where she is currently on the faculty, both in North Carolina and in Niagara Falls, Ontario. She has training in Ignatius spirituality through the Ignatius Companions program offered by the Jesuits of the Maryland Province. Dr. Curran served as chaplain and later chaplain supervisor at CarePartners Hospice and Palliative Care in Asheville for sixteen years. In addition to hospice, she served as a pastoral associate at Givens Estates in Asheville and has pastored local churches in the Asheville area.

April 4: Holy Week—No Wonderful Wednesday activities or programs

April 11, 18, 25: The Power of Narrative—A Fresh Look at Some Old Parables led by Margaret Whitt

There is no denying the power of a story. When a group of energetic kids needs to be settled, a parent, a teacher will often turn to the young and say: “I will now tell you a story.” And the room becomes quiet. As we get older, we often judge the success of an evening out on the town by the stories that we hear, and we often decide if we like someone based on the ability that person has to weave a tale. As adults, when we return to family reunions, there is often a favorite uncle, grandmother, or in-law whom we count on to tell us the story. Maybe we have a story that is so popular that we enjoy hearing it every single time we gather with those we love. Although we know the story, we want to hear it again. That story becomes part of who we are.

In the traveling days of Jesus, He was often asked questions by which he responded not with an answer, but with a story. His parables are stories that include a faith lesson, one which He lets us figure out. And though His parables are among the most well known parts of the Bible, we somehow manage to learn something new when we re-visit a familiar narrative. In Joy Williams’ 1988 novel, *Breaking and Entering*, she has one of her characters ask another: “Are we ever more than our stories?” As Christians, if we can live up to the lessons in the parables, we might not need be more...

Bring your Bibles to class so we can all be expanded by the various translations to old stories.

The Lost Parables of Luke 15: The Lost Sheep, the Lost Coin, and the Lost Son

In each of these parables, something or someone is lost—and then found again. In each story the major cast is small—one to three people—but the supporting cast is large and sometimes we forget they are an important part of the story. Here we will pay new attention to those unnamed people who support the major plot lines.



Breaking Bread Parables of Luke 14: Where to Sit at a Banquet and Who Comes to the Banquet

In these parables, Jesus reminds us about dinner invitation manners, but a larger issue is at the core, one having to do with hospitality, a concept that we probably still recognize as part of our Southern heritage. Here we will look at the importance of communal eating and what it means to visit in one another’s homes.

The Brother’s Keeper Dilemma of Luke 10: The Good Samaritan

Even before we learned the baggage that went along with being a Samaritan, we knew that in the story, he was the one who showed mercy. In this parable, Jesus is responding to the question: Who is my neighbor? In 21st century American neighborhoods, what might this story mean for the way we live today?

Margaret Whitt, University of Denver English Professor Emerita, also had a long history of adjunct teaching at Iliff School of Theology, one of the United Methodist seminaries, located in Denver, Colorado. This is her fourth offering for Wonderful Wednesdays at Central.

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 at the church 253-3316.

Lourdes Lorenz is speaker at Central Cancer Care Team Ministry event to be held on Thursday, February 16

On Thursday, February 16, at 6:30 pm in the Fellowship Hall, the Central Cancer Care Team (CCCT) welcomes Lourdes Lorenz to speak on meditation and other integrative care options. **She comes with great excitement and passion to teach us how to meditate and connect with God in and through suffering. Everyone is welcome to attend this event!** We believe everyone can benefit from the care that Lourdes will bring.

Lourdes Lorenz, RN, MSN-IH, AHN-BC, HTPa, is the Director of Integrative Healthcare at Mission Hospital here in Asheville. She has been an RN for almost 30 years with experience in critical care. Ms. Lorenz is currently working towards her doctorate in Healthcare Administration. Her extensive leadership and administrative background served her in the development of the framework for Integrative Healthcare at Mission Hospital.

She oversees all the research developed by the Integrative Healthcare Department, working closely with the Research Institute at Mission. She promotes holistic nursing and lectures on evidence-based, complementary modalities in Western North Carolina. She is also board certified as an Advanced Nurse Executive, Advanced Holistic Nurse and is a Healing Touch apprentice.

Last summer Ms. Lorenz spoke at a workshop at the national meeting for the American Holistic Nurses Association and at the Healing Touch Program worldwide program. She was published 2009, in the Journal of Emergency Nursing. Ms. Lorenz serves as a member of the Health Advisory Council for the Institute of Emerging Issues a public policy institution in Raleigh, NC, and on several non-profit community boards. In September 2011 she was appointed to the American Nurses Association Congress on Nursing Practice and Economics



New Journey Group forming for Central Cancer Care Team (CCCT) Ministry

On Thursday, March 15, at 1:00 pm we will begin our first small group gathering as a cancer care ministry group. You are invited to participate in this small group where confidentiality will be important. We will begin by reading together *Affirming the Ash Heap* by Rev. Dr. Wallace Kirby.

We will meet in the Parlor on a weekly basis and use the journey group format that has been so successful at our church. If you are interested, please contact Julie Wilburn Peeler to sign up for this great new opportunity.

Children's Ministry

Central UMC Weekday School has early registration for 2012-2013

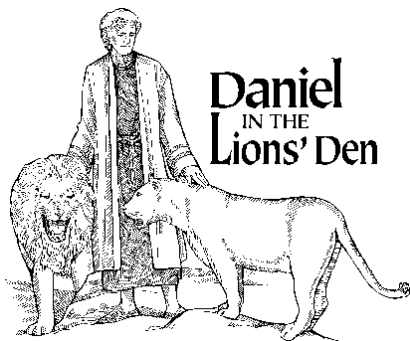
Early Registration is available to members of Central United Methodist Church. Beginning on Monday, January 30, Registration Packets are available at CUMC's Reception Desk on the third floor, on the CUMC web-site (www.centralumc.org), or from Tammy Henry at the pre-school. All completed paperwork along with the registration fee of \$85 (Pre-K Registration also requires a non-refundable deposit of \$275.00) must be turned in at Early Registration in order to complete the registration process.

Please contact Tammy Henry, director of the Weekday School, at 253-3316 ext 318 or thenry@centralumc.org with any questions.

Mark your calendar for VBS 2012 “Babylon: Daniel’s Courage in Captivity”

Join us **June 18-22** as we join Daniel—torn from his home and forced into a foreign king’s service. Immerse yourself in the exotic sights and smells of Daniel’s new Babylon world. Imagine the pressures of learning a new language and culture...and the shock of discovering your best friends have been tossed into the fiery furnace just because they follow God. Lots of surprises await you in Babylon!

We need lots of volunteers! Please give your time to this exciting and growing ministry! Contact Jessica Tripp at 253-3316 ext 306 or jtripp@centralumc.org if you can help.



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

February 4 and 5: Souper Bowl Weekend

I need your HELP to volunteer at the Saturday evening and Sunday morning services to collect food or dollars. Call me if you want to help. 828-421-0340

February 5: Super Bowl Party 5:00-9:30 Sunday

Our annual Party to celebrate one of America’s favorite pastimes, Sports and Food!! Please join us Sunday, February 5, in the Youth Arena for a night of great food, fellowship, and the Super Bowl.

We will have the game on the big screen, all the amenities of the youth arena, lots of video games to play and all the soda you can drink.

Super Bowl Party: Two things are required for this event:

1. A donation for MANNA food Bank (either a dollar of a canned food item)
2. A Super Bowl snack. Get out your aprons and bring your favorite football game concoction to share with the youth group. (I will have drinks and a few pots of chili.)

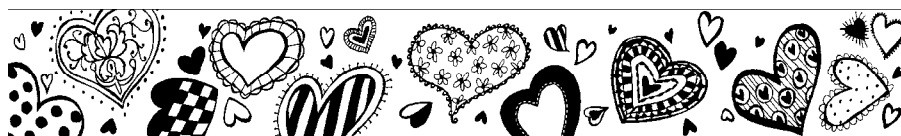
Friends are always welcome, invite someone to come check us out!!

February 12, 19, 26: Youth Group meets from 5:00-7:00 pm



2012 Youth Summer Schedule

Senior High Mission Trip: June 24 -30 **Wilderness Trail:** July 15-22
Middle School Mission Trip to North Georgia: July 29 – August 3



Parish Nurse / Older Adult Ministry

Thank you for your caring

Many thanks for your thoughts and prayers, cards, calls, visits, and food while I am recovering from total knee replacement surgery.
—Maureen Carr

How are your blood pressure readings? Come February 12 and see

There will be a blood pressure screening on Sunday, February 12, from 9:30-10:45 am in the Senior Resource Center which is located behind the Reception Desk. Don't take chances! Elevated blood pressure raises your heart disease risk and can damage your eyes and kidneys.

Ten ways that you can help yourself stay healthy

1. Don't Smoke.
2. Avoid lung health hazards.
3. Recognize the warning signs of lung disease: **frequent cough, chest pain, shortness of breath, wheezing, chronic fatigue are not normal.**
4. Know symptoms of asthma—shortness of breath, wheezing, tightness in chest, and frequent coughing.
5. Ask your health care provider about a flu shot, it's not too late.
6. Prevent pollution.
7. Get involved: Join the fight for healthy air.
8. Test your home for radon.
9. Teach your children to grow up smoke free.
10. Protect your family by encouraging exercise.



—This information provided by the American Lung Association

United Methodist Women

UMW Mission Study on Haiti

The United Methodist Women will have a Mission Study on Haiti on Saturday, February 18, from 9:30 am to 1:30 pm in the Fellowship Hall.

UMW Prayer Breakfast on March 24

The Asheville District UMW Prayer Breakfast will be held on Saturday, March 24, at 9:00 am at East Asheville UMC.

The **Deborah Circle** will meet on Sunday, February 5, at 2:00 pm at Givens Estate. Mildred Shields is hostess.

The **Grace Circle** will meet on Monday, February 6, at 10:00 am in the dining room at Givens Estates. Light refreshments will be served before the meeting. All women are welcome.

The **Ruth Circle** will meet on Monday, February 6, at 10:00 am in the home of Jane Fagan, 400 Charlotte Street #601.

The **Eve Circle** will meet on Tuesday, February 7, at 7:00 pm at the home of Glenda Patterson.

The **Martha Circle** will meet on Tuesday, February 7, and Thursday, February 9, to prepare for our Valentine's Sale that will be held in the Fellowship Hall on Sunday, February 12. Contact Alexandra Holland (alexandra@wncnature.com or 280-1470) with questions.

The **Rebekah Circle** will meet on Tuesday, February 21, at 10:00 am in the Oxford Dining Room at Givens Estate. Janice Baldrige is hostess.

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 Dick Washam and his family on the death of his wife, Jean Washam, on January 18.

Our sympathy and prayers are with the family and friends of Bob Hufstader who died January 21.

Our sympathy and prayers are with Sally Bell and her family on the death of her grandmother, Sarah Little, on January 25 in Sanford, NC.

Memorial Gifts

In memory of Kirby Connolly by:
Burt and Donna Anderson
In memory of Sally Beck by:
Meredith Harvey
In memory of Donna Ware by:
Lee and Sally Mims

Honor Gifts

In honor of Joe Connolly by:
Burt and Donna Anderson
In honor of Russell Nelson and Corey Powell for the Music Ministry by:
Steve and Leigh Noblitt
In honor of the Chancel Choir for the Organ Fund by:
Mary Jane Edwards
In honor of Russell Kirby and Blakely Whilden by:
Rebekah Whilden
In honor of Kenneth Partin for Haywood Street Missions by:
Emily Partin
In honor of Andrew and Jessica Tripp for Missions by:
John and Elizabeth Tripp

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Contact africk@centralumc.org*

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