

Central UMC

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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)

January 15, 2012

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

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

**January 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 live on  
[www.centralumc.org](http://www.centralumc.org) (you must have  
high-speed internet and Real Player).

## Contents

Central Happenings	2
Learning and Growing	3
Prison Ministry	3
Outreach	3-5
Congregational Care	5-6
Wonderful Wednesday	6
Children's Ministry	6
Youth Ministry	6
Parish Nurse/Older Adult	7
United Methodist Women	7
Sympathy	8
Jot & Tittle deadlines	8
Church Staff Contacts	8

## Blood Drive at Central on Sunday, January 15

The American Red Cross will hold a blood drive from 8:30 am to 12:30 pm in the Fellowship Hall. Please take this opportunity to give the gift of life. You may call 253-3316 to reserve the time you prefer to come. Also, there is a sign-up sheet at the Reception Desk. Walk-ins are also welcome.



## "Something Extra" Sunday, January 22, at 10:00 am in Fellowship Hall

Come hear the stories of Central members who are having a positive impact on a child from a low-income family in Asheville. You, too, can be a sponsor this year for a girl or boy, kindergarten through fifth grade, attending Isaac Dickson school.

Also, Asheville High students from low-income families who are graduating in the spring 2012 and attending college will need dorm room supplies.

We need sponsors for these two groups of students. This will be our third year to participate in this outreach effort in our local community. Come learn more about this opportunity or call Karen Ballard at 665-7501 for more information.

## 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.



**The church offices will be closed on Monday, January 16,  
in honor of the Martin Luther King, Jr. Holiday**

## Central Happenings

### Central Staff attending retreat on Thursday, January 19

All members of the Central UMC staff, excluding the Weekday School, will be attending an all-day retreat on Thursday, January 19. The Central Weekday School will operate as usual.

### Flower calendar has open dates January 29 and February 26

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](mailto:kelliott@centralumc.org).

### A new Journey Group is forming for women in your 40's and 50's

A January Introductory Meeting to discuss possible meeting times will be held on Sunday, January 22, from 5:00 to 6:30 pm in the Central Parlor (near the Sanctuary). Please call Carol Bailey at 252-7436 if you are interested or need further information. Come join us!

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

### You are invited to the Community Lunch on Monday, January 16

There will be a Community Lunch on Monday, January 16, at the Haywood Street Campus from 11:45 am-1:00 pm. The menu will be mixed beans, potatoes, coleslaw, cornbread, dessert, fruit and beverages. David Moore from Givens Estate will bring the entertainment.

Come and enjoy the fellowship and meal.

### Additional Peace Lights for 2011

The Anna Circle thanks you for your continued support of our Peace Light Project. We look forward to supporting local missions with your donations.

The following donations were received after the Peace Light List was printed. We apologize that we were not able to include them in our list in the Sunday bulletin:

**In Honor of Mrs. Anne D. Campbell** by Nancy and Sebastian Sommer

**In Memory of Robert F. (Bob) Campbell** by Nancy and Sebastian Sommer

### 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.

If weather could be a problem, please check the homepage on Central's website [www.centralumc.org](http://www.centralumc.org) to see if a service has been canceled.



### Foods for ABCCM:

**cereal, tuna, quick grits, juice peanut butter, spaghetti sauce, vegetable oil**

[ABCCM can break down larger packages if you prefer to buy items in bulk]. Bring food items to large box in the Fellowship Hall to help feed the hungry in our area.

## Learning and Growing

### Come to “Spiritual Boot Camp” on Sunday morning

Want a fresh start for 2012? Want to get in shape—from the inside out?

Join us for a seven-week Spiritual Boot Camp

Lunge into the Bible! Tone your love for the Lord through His Word!

See the results of dedicated Spiritual renewal

Sunday mornings 10:00 to 10:45 January 8 through February 19

Meet in the New Morning Sunday School Classroom  
(Behind the Boy Scout Room directly under the Sanctuary)

Bring your Bible. Please join us! All ages and stages welcome.

For more information contact 828.691.0586 or leigh@fugazync.com.



## Prison Ministry

### Christmas Eve eve at Buncombe Correctional Center

On the eve of Christmas Eve five Central members and 10 inmates at Buncombe Correctional Center gathered in a 12 x 12 foot room and prepared for Christmas. John Klees led the group in a test of our knowledge of Christmas events. While very humorous, the exercise served to remind us how often poetic license taken in songs and stories skew the facts about our Lord's birth. Holiday refreshments were enjoyed.



Stewart Humphrey led the group in a Christmas meditation and served the Lord's Supper. There in the darkness of a prison environment the light shone as brightly as it did on that night long ago. The light ignited in the hearts of the inmates without doubt made the shadows of that cinder block building a little less menacing for their fellow inmates.

In addition to this evening's activities, Central's children had gathered thousands of Hershey Kisses for gift bags presented to the inmates a few days before. Other volunteers collected pencils, pads, and toiletry items. Central also provided devotional guides for the New Year.

Your Central missionaries to our local prison facility wish to thank all of you for your gifts to our Missions efforts and your prayers for the team and the inmates we gather with weekly to share the "Good News" of the Gospel.

—Harry Frick, John and Alie Klees, and Stewart and Linda Humphrey

## Outreach

### F.I.S.H. begins something new Saturday, February 4!

**Families in Service to Him** a.k.a. F.I.S.H. will begin its 2012 year of service on Saturday, February 4. This year F.I.S.H. will be creating something new! We will be building a prayer path around the community garden at the Haywood Street Campus. The prayer path will include a variety of art work, reflection and prayer spaces and more—all created by our F.I.S.H. volunteers.

We will meet at the Haywood Street Campus, by the community garden. In inclement weather we will meet inside the building. All ages are invited to participate. Dress to be outside. Bring work gloves, shovels, rakes and buckets; water bottle and snacks if needed.

This will be an ongoing project meeting the first Saturday of each month from 9:00 am – 12:00 pm.

## Dominican Republic Intergenerational Mission Trip orientation January 29

On Sunday, January 29, at 10:00 am in Room 205 we will have a meeting for everyone interested in joining the July 2012 mission team. If you are planning to participate in this summer's mission trip you need to attend.

### Information on the Upcoming Dominican Republic Mission Trip

Team Leader: Jessica Tripp [jtripp@centralumc.org](mailto:jtripp@centralumc.org) 828-253-3316 or 828-505-5842

- Trip Dates: July 2-10, 2012 (plan on July 1-11 for travel)
- Who can go: All ages are invited to participate. Children must travel with an adult family member or other adult responsible for them. Due to the extreme heat and physical labor, you must have a doctor's approval to join the team.
- What will we do: Work with Dominican Crossroads, an established ministry serving Haitian immigrants in the Dominican Republic. We will participate in medical, construction and education projects; work with Crossroads feeding ministry, visit the hospital, prison, and garbage dump providing hygiene items; and encouragement and enjoy recreation with the village children.
- Where will we stay: At the Dominican Crossroads retreat center, 15 minutes from the airport in Puerto Plata, on the north coast of the Dominican Republic. Good meals are provided, and the water at Crossroads is good to drink. Lodging is mostly dorm style. Hot water is provided for the showers.
- Cost of the trip: \$1,500 (includes airfare, lodging in the DR, meals at Crossroads, ground transportation in the DR, airport taxes, leisure day)
- Prior to trip: Vaccinations (if not already vaccinated). You will need current Tetanus and Hepatitis A & B (These are recommended by Crossroads and the CDC.) The CDC will make other recommendations such as a malaria preventative and Typhoid vaccine. Please check the CDC web site and talk to your doctor.  
**If you don't already have a passport, APPLY NOW!**
- Required for trip: Participate in any fundraisers we may have prior to the trip.  
Help with collecting needed team items.
- Payment schedule: \$200 due by: February 5  
\$550 due by: March 4  
\$750 due by: April 1 (**no refunds will be given after April 1**)

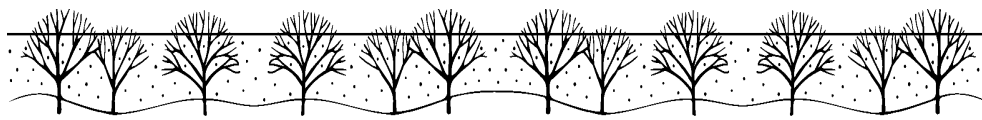
For more information about Crossroads visit: [www.dominicancrossroads.com](http://www.dominicancrossroads.com)

### 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.]



April 9—19

## Mission Trip scheduled to Kory Wawanaca Children's Home in Bolivia

Central's annual mission outreach trip to Bolivia is scheduled for April 9-19. Kory Wawanaca Children's Home, founded by Central's own Carrie Blackburn Brown, 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](mailto:roopechad@yahoo.com). I'll look forward to hearing from you.



## 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 speaks at CCCT 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 small 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.

## Will you be a Lay Communion Steward?

Communion is one of the most powerful manifestations of God's love for God's people. In the early church, the Apostles recognized a great need for those people who felt empowered to take communion to those who were unable to attend worship services. Therefore they set apart people who they named Deacons to take communion out to the people in the community.

We also recognize a great need in our church for those to serve the people unable to attend worship on Saturday or Sunday. We call them Communion Stewards. If you would like to serve our church in this important ministry, please contact Julie Wilburn Peeler at 989-9659 or [jwilburnpeeler@centralumc.org](mailto:jwilburnpeeler@centralumc.org) for more information.

## 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.

### January 18 and 25: What are your "New Possibilities" in 2012?

Join us on Wednesday evenings January 18 and 25 from 6:00 pm to 7:00 pm, for a two-part program that focuses on how we can live into New Possibilities. The Rev. Heidi Campbell-Robinson and Dave Carr, a consultant who is affiliated with WaterRock Institute, will lead the workshops. They will talk about how we often live between two narratives but how we can integrate them: how God's Story can become *our* story. They will also lead us in some practical ways in which we can adopt new patterns and infuse our lives with creativity in the New Year. Register now at the table located outside the Fellowship Hall!

## Children's Ministry

### Confirmation Class 2012 resumes Sunday, January 22

Confirmation Class will begin again on Sunday, January 22. We will meet at 5:00 pm in Room 205. Class will meet from 5:00 – 6:30 and the confirmands will have dinner with the youth from 6:30 – 7:00 each Sunday night.

The **Confirmation Class Spring Retreat** will be at Lake Junaluska on March 16-18.

### "Cyberbullying: How to Protect Your Child Online" on Wednesday, January 25, at 6:00 pm Fellowship Hall

To support the No Name Calling Week January 23-27 that addresses the issues of bullying in our schools and community, we have a program titled "Cyberbullying: How to Protect Your Child Online" scheduled on Wednesday, January 25, at 6:00 pm in the Fellowship Hall.

This program is for parents of children and youth. We will share tools and resources for parents to teach their children how to have healthy relationships online and through the use of cell phones. Our world has changed in the ways our children socialize and communicate with one another. We need some safe guidelines for them to follow.

—Karen Ballard

## 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](mailto:Stephen@centralumc.org)

### 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

### How are your blood pressure readings? Come January 22 and see

There will be a blood pressure screening on Sunday, January 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, January 26

On Thursday, January 26, from 8:30-10:30 am, Cheryl Wallen RN from Givens Estates will perform Lipid Panel (Total Cholesterol, good and bad cholesterol, triglycerides, blood sugar) screenings in the Senior Resource Center (Room 318). You need to have been fasting 8-12 hours. No appointments are necessary. Just come and be informed of your cholesterol and blood sugar numbers.

## United Methodist Women

### UMW Executive meeting scheduled for January 15

The United Methodist Women Executive Meeting will be Sunday, January 15, at 2:00 pm in the Fellowship Hall.

The **Martha Circle** will meet on Thursday, January 12, at 6:30 pm at the home of Sue Schwein. This is our annual soup meeting. Soup will be provided, but please bring a dish to round out the meal. We'll be planning our Valentine fundraiser at this meeting. Contact Alexandra Holland ([alexandra@wncnature.com](mailto:alexandra@wncnature.com) or 280-1470) for more information.

The **Rebekah Circle** will meet on Tuesday, January 17, at 10:00 am in the dining area of Oxford Commons at Givens Estates. Dixie Kirby has the program "Goal Setting."

The **Sarah Circle** will meet on Tuesday, January 17, at 10:00 am in the home of Nancy Stancil. Jessica Tripp will share her mission trip experiences to the Dominican Republic.

The **Grace Circle** will meet on Tuesday, February 6, at 10:00 am.

The **Eve Circle** will meet on Tuesday, February 6, at 7:00 pm at the home of Glenda Patterson.

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](mailto:dianerobinson@gmail.com) or by phone 989-8097.



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## Sympathy

Our sympathy and prayers are with Kaaren Ehlert and her family on the death of her brother, Alex Nead, on December 13 in Michigan.

Our sympathy and prayers are with Annie Reed and her family on the death of her husband, Karl Reed, on December 27.

Our sympathy and prayers are with Mel Craddock and his family on the death of his brother, Jude Craddock, on December 28 in Chatham, Virginia.

Our sympathy and prayers are with Joe Edmonds and his family on the death of his mother, Jessie Edmonds, on December 31.

## Jot & Tittle deadlines

**January 25** is the deadline for the February 5 issue

**February 8** is the deadline for the February 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](mailto:africk@centralumc.org). All material is subject to editing.



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ADDRESS SERVICE REQUESTED  
Postmaster: Send address changes to  
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*Are you receiving this Jot & Tittle in error? Please let us know.  
Contact [africk@centralumc.org](mailto:africk@centralumc.org)*

## How to contact our Central Staff (phone 828-253-3316)

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

Rev. Julie Wilburn Peeler, Minister of Pastoral Care  
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## Haywood Street Congregation

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Volunteer Coordinator, Shannon Spencer, 231-4169  
[email: [sspencer@uccasheville.org](mailto:sspencer@uccasheville.org)]