

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)

March 20, 2011

Worship Services at Central
Dr. Rob Blackburn, Senior Minister

Sunday Worship Services

at 8:45 and 10:55 am

March 20

2nd Sunday of Lent

March 27

3rd Sunday of Lent

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

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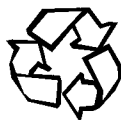
Everyone is invited to the Community Lunch on Monday, March 21

There will be a Community Lunch, Monday, March 21, from 11:45 am to 1:00 pm at the Haywood Street Campus. The menu will be: Chili, coleslaw, cornbread, dessert, fruit, and beverages.

Bob Decker from Givens Estate will bring our entertainment. Everyone is invited.

Do your part to help Central recycle

Central is making an effort to recycle. In order for this to be successful, we need your help. There are containers around the church for paper of any kind and containers with blue bags. There are separate trash containers in the Fellowship Hall for uneaten food, garbage, and non-recyclable trash. There is also a recycle container for drink cans.



Please do not put trash—such as napkins, paper towels, food, or liquids—in any of the recycle containers. There are signs at each container to tell you what items can be put in the container.

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

Please help us with this important effort to preserve our planet for the future.

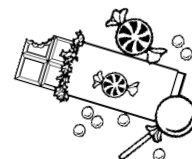
How much candy does it take to fill 3,000 Easter eggs? A whole lot! We need your help

This year the annual Spring Festival will be held on Saturday, April 23, from 11:00 am – 2:00 pm. Among other activities there will be Easter egg hunting. Last year, volunteers filled over 3,000 plastic eggs with candy for the children. But this will not be possible again this year without your help.

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

So if you can, please help us by buying a bag or two of candy and bringing it to the Reception Desk so we can get started filling eggs.

Thank you!



Central Happenings



Congratulations to



Stephen Brown and Alisa Tripolino who became engaged while they were on the recent Bolivia mission trip.
Bob and Jan Gelder on the birth of their grandson, Puck Bailey, on February 15. He is the son of
 Rodney and Austin Bailey of Little Rock, Arkansas.
Central's Youth Basketball Team who won the **Church Youth Basketball League on March 5.**
 (See more info on the Youth Page.)

You are invited to join Central's United Methodist Women

Are you new to Central, a long time member, married, unmarried, with or without children, prefer a day or night circle? You do not have to be a member of the United Methodist Church to join us. We also have Associate Members—women who prefer not to be in a circle but want to support us with a monetary donation. Ask you best friend, neighbor or sister to come with you.

We have 10 circles. I will help you find one that is right for you. Our focus is helping women, children and youth in Asheville, the United States, and the world. You will become a member of the largest women's organization in the world. We are 142 years old so you know we're a wonderful way of doing God's work, support each other and make life long friends.

Want more information? Call me 768-8964 or email me at vickiebusby@gmail.com.

—Vickie Busby, Membership Chair.

It's time to order Easter Lilies

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

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



The deadline to order is Sunday, April 17.

Easter Lily Order Form

(please print very clearly)

Your name _____ Number of lilies _____

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

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

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

Attention all Homebound Volunteers

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

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

Dish cloths and towels needed in kitchen

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

Claim your items at Lost and Found by March 21

Central collects lost and found items at the Reception Desk on the third floor. There are a large number of items that have been "found." Please take a moment and stop by to see if any of the items belong to you.

Any items left on Monday, March 21 will be donated to the Clothes Closet at Haywood Street (or some other charity).



Foods for ABCCM:

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

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

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

2011 budget update

As of March 6, our Central congregation has given \$322,809 to support our ministries and the operating budget. Thank you!

(This is up \$8,217 from the same time last year.)

Jot & Tittle deadlines

March 23 is the deadline for the
April 3 issue

April 6 the deadline for the
April 17 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.

Memorial Gifts

In memory of Kerri O'Rourke by:
The Adams

In memory of Kerri O'Rourke for the
Music Ministry by:

Alton and Linda Day

In memory of Kerri O'Rourke for Mission
Scholarships for Justin or Keely O'Rourke
by:

The Eve Circle

In memory of Miriam Parsell for Missions
by:

Steve and Leigh Noblitt

In memory of Bill Harpe by:
Phil and Pat Smith

In memory of Bill Harpe for the Memorial
Garden by:

Jim and Bitsy Powell

In memory of Mr. and Mrs. L. H. Latham
(Suzy Carter's parents) by:

David and Peggy Beaman

In memory of Frank McMahon by:
Grady and Margaret Byrd

In memory of Betty Clowers by:
The Covenant Class

In memory of Lee Sechler by:
Jim and Betty Danner

Music Events at Central

- Sunday, March 20—The Children’s Choir will present “The Tale of the Three Trees” by Allen Pote and Tom Long. This musical portrays a story of three trees who each dreamed of becoming something great. Come, see, and hear how each of them become God’s instruments, pointing the way to heaven. The performance will be part of both morning worship services.
- Sunday, June 12, Pentecost—The Chancel Choir will present its annual “Music Celebration Sunday” in both worship services. Music will include festive anthems and hymns in celebration of the Holy Spirit.

Wonderful Wednesdays

Wonderful Wednesdays offer a variety of small groups and fellowship

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

A Pilgrimage through Scripture

Led by: Susan Griffin

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

Thinking about Sacrifice in the Season of Lent continues

Led by: Margaret Whitt

Ash Wednesday on March 9 is the start of Lent

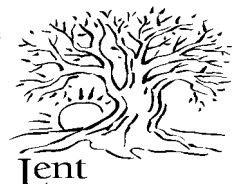
The season of Lent is a time of preparation for Easter Sunday. For forty days—the length of time that Jesus withdrew into the wilderness—we, too, have the opportunity to embark on a season of soul searching, repentance, and reflection. The story of Easter is, at its heart, a story of sacrifice and new life. Just as Jesus used this time alone to contemplate, to pray, to fast, we can make more meaningful these holy days of the Christian year by conscientiously thinking and talking about the meaning of sacrifice.

We will look at stories of sacrifice from various literary texts and discover what and how sacrifice might mean in our own lives.

March 23 - We will look at excerpts from two different genres. First, a memoir by Rick Bragg, *All Over but the Shoutin’* and we will look at Carson McCullers’s *Ballad of the Sad Café* (1952). (Handouts will be provided at the first session.)

March 30 – “A Father’s Story,” by Andre Dubus (1936-1999) is a short story that pushes us to think about God’s sacrifice of His son and complicates that action by wondering how it might have been played out if God had a daughter.

Margaret Whitt, University of Denver English Professor Emerita, has a long history of successful teaching of 20th century American literature courses. She has also taught Literary Search for God at Iliff School of Theology in Denver, Colorado. This is her third offering for Wonderful Wednesdays at Central.



April 6 Village Wisdom: Lessons from Uganda

Led by: Carrie Wagner

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

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

April 13 "And Your Daughters Shall Prophecy"

Led by: Rev. Heidi Robinson-Campbell

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

April 20 Holy Week—No Wonderful Wednesday dinner or program

April 27 Last Wonderful Wednesday for this year with Story Tellers

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

Haywood Street Congregation

Join us for lunch at Haywood Street on Wednesdays

Check out the new website: www.HaywoodStreet.org

Come join us and 150 - 200 friends at the Downtown Welcome Table on Wednesdays for lunch. We serve from 11:30 am to 1:00 pm.

Looking for a volunteer opportunity? We can help you find your niche at Haywood Street. We need volunteers to go to MANNA Food bank on Mondays and/or to shop at Sam's. Preparation work for the Wednesday meal is done on Tuesdays at 5:15. Volunteers work on Wednesdays from 9 - 2. If the entire time range does not work for you, we can work around your schedule!

Need more information? Contact Amy Gaston (253-5188 or amy@jggaston.com) or Shelly Arnold (299-8528 or shellyarnold99@gmail.com).



Congregational Care Concerns

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

Watch for news about a Cancer Support Group at Central

The diagnosis of Cancer is life changing and overwhelming. Everyone responds to the illness differently and as a church we want to be a place of prayer, support, and encouragement. We would like to begin a Cancer Care group at Central for those individuals and/or families who have been or are affected by Cancer.



I would like to form a team of leaders who would be willing to launch this group with me. Please call Julie Wilburn Peeler at 989-9659 if you are able to help or are interested in participating in a Cancer Care group. We will meet in late March to plan our group.

Join a Central UMC Prayer Group

Mondays at 10:30 in the Central 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 in response to prayer. 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 in South Asheville to join our prayer group. We begin with a short devotional and share the requests from the worship services and lift the requests in prayer. Again, if you are not comfortable praying in public please don't let this keep you away. We gather as one body and one voice to lift to God the needs of our congregation

Would you be interested in a new Singles Sunday School Class?

Central is blessed to have many singles in our church. We are trying to determine if there is an interest in a new Sunday School Class. If you have an interest in attending such a class, please contact Reverend Julie Wilburn Peeler at 989-9659 or complete the form and drop it off at the office or place in the offering plate. Although it is not necessary, it would be helpful if you indicated your age group.

I would be interested in Central's New Singles Class

Name _____

Best contact (address, phone, cell phone) _____

under 35 35-50 50 and older

Prison Ministry

Disciple Class at BCC looks at Psalm 23 in a new light

At the Buncombe Correctional Center Disciple Bible Class, Central UMC facilitators started a short-term Bible study “Invitation to Psalms.” Psalm 23 and Psalm 51 were the main topic of discussion the evening of March 3.



Many of us can recite Psalm 23 by heart, a psalm that we read, pray, or recite when we seek comfort in moments of distress. Most of us are familiar with “the valley of the shadow of death,” as translated in the King James. The NRSV translates verse 4 to a deeper meaning, “the darkest valley.”

All of us have had or are experiencing dark valleys in our lives where we seek to be comforted by our Lord and Savior. In the dark valleys of the prisons, God’s children experience the knowledge about forgiveness and the comfort that only God can give. God is so good and thank you Central UMC for supporting our Prison Ministry.

*Even though I walk through the darkest valley, I fear no evil; for you are with me;
your rod and your staff—they comfort me. (Ps 23:4 NRSV)*

New Life Center Golf Tournament on Thursday, May 12

The 2nd Annual New Life Center golf tournament will be held on Thursday, May 12, at the Municipal Golf Course starting at 8:30 am. The entry fee is \$55 per person which includes lunch. Proceeds will go to building a religious-education building called the New Life Center on the ground of the minimum security prison, Buncombe Correctional Center. Flyers with complete details are available at the Reception Desk. Contact Micki Cabaniss at 277-0998.

Children’s Ministry

To parents of acolytes:

Please let me know the **dates your child will not be available to be an acolyte during the months of April, May, and June.** Please call me at 253-3316 or at 665-8436 or you can email me at thenry@centralumc.org—right away! The new schedule will be sent out the end of March.

— Tammy Henry

You can now subscribe to the Children’s Ministry e-Newsletter

To receive updated information on children’s events and church wide programs, please subscribe to the Children’s Ministry email newsletter. Go to www.centralumc.org, click on the Children’s page under Ministries and scroll down to find the link to subscribe.

The Spring Festival is coming and we need CANDY

Join us at Long Meadow Park in The Ramble for another fun-filled event as we celebrate the gift of Easter. This year the Spring Festival will be held on Saturday, April 23 from 11 am – 2:00 pm. We will enjoy a day of Easter egg hunting, outdoor activities, giant inflatables (including a new 21 foot slide!), pictures with the Easter Bunny, and more.

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

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

We need candy for the Easter Eggs! Please bring your donation by the church office.

Mark your calendar

The annual Palm Sunday Donkey Walk is April 17 at 10:00 am

The Spring Festival is Saturday, April 23, 11:00 am – 2:00 pm

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

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

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

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



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

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

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

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

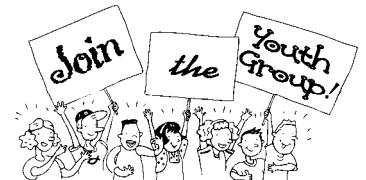
Youth Ministry

UMYF—United Methodist Youth Fellowship for grades 7-12

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

Sunday, March 20: Program on Bullying

Please join us for this special evening where we welcome some very special guests to come and share with us and lead a discussion on bullying. We are very interested in not just sharing some things with you about the topic but hearing what you have to say about it. We want to know what's going on in your Schools!! So I need everyone to come out and help us understand you better. You will leave this evening feeling heard, and equipped to deal with some things you deal with everyday.



Sunday, April 10: Spring Break

There will be no youth due to Spring Break

Sunday, April 17: Movie and Pizza

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

Sunday, April 24: Easter

There will be no youth in observance of the Easter Holiday

Congratulations to the Central Youth Basketball Team

Congratulations to the Central United Methodist Youth Basketball Team. **They won the Church Youth Basketball League on Saturday, March 5.** Central won all of its games in the tournament and faced off against Groce UMC in the finals. It was an exciting game, but in the end Central prevailed.

It has been a long journey for most of the guys on the team as they have been playing together each winter for the last few years. A huge thank you to Nate Day and Van Tomlinson for their dedicated service to the team over these past years.



Upcoming 2011 Dates

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

Wilderness Trail July 17 - 24

Middle School Missions to North Georgia July 31 – August 5

Outreach

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



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

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



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

More Sponsors needed for Isaac Dickson and Asheville High students

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

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

Opportunities available at Issac Dickson School

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

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

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

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

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

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

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



June 4: Building a reflection garden. We will work out at the Haw Creek UMAR home planting flowers, creating outdoor art work, and building and painting benches with the residents in this UMAR home. Following our work we will have a picnic and music. If you have carpentry skills or would like to donate supplies or food for this day please let Jessica know.

July 2: No F.I.S.H. – 4th of July holiday weekend!

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

Golf Tournament to support Caring for Children

Please mark your calendars and plan to participate in the 2nd Annual Trinity Place and Caring for Children Golf Tournament at Broadmoor Golf Links, Friday, May 20, 2011. \$75 registration includes breakfast, lunch, beverages, prizes galore and great fellowship. Help support this special program initiated by a Central Sunday school class over 35 years ago. For more info call Ham Fuller 231-8838 or email at hamfuller@aol.com.

Room in the Inn coming April 3—9

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

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

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

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

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



Looking ahead, Central will be the host church for the week of July 10—16 and the week of October 2—8. Check your calendars and make your plans now to help out those weeks.

Parish Nurse / Older Adult Ministry

Coming soon:

AARP Safe Driving Class, Wednesday May 4, 10:00 am—2:00 pm
Sunday, May 1, Red Cross Blood Drive, 8:00 am—1:00 pm

Lipid Screening on Thursday, March 24

On Thursday, March 24, from 8:30-10:30 am, Maureen Carr, Parish Nurse performs Lipid Panel (Total Cholesterol, good and bad cholesterol, triglycerides, blood sugar) screenings in Senior resource Center (Room 318). You need to 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.

How are your blood pressure readings? Come March 27 and see

There will be a blood pressure screening on Sunday, March 27, from 9:30-10:45 am in the Senior Resource Center which is located behind the Reception Desk.

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

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



United Methodist Women

United Methodist Women District Prayer Breakfast is Saturday, March 26

The United Methodist Women District Prayer Breakfast will be Saturday, March 26, at Weaverville United Methodist Church with registration beginning at 8:30 am. Debbie Pittman, Deaconess from Brooks Howell, will be our speaker.

The cost is \$8.00 and registration is required for the breakfast. Circle Chairpersons send in the number attending for breakfast and the money to Ginger Haselden by March 8. There is no charge for those wanting to attend only the program.



The **Eve Circle** will meet on April 5 at Leslie Hollowell's home at 7:00 pm. Shirl McDonald will be our co-hostess and our program will be "Call to Prayer and Self Denial." Members who are attending the March 26 Prayer Breakfast are reminded to meet at the Sav-Mor parking lot off of Merrimon Avenue no later than 8:10 AM.

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

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• Web Site www.centralumc.org
• Fax 828-254-8796

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Sympathy

Our sympathy and prayers are with Florence Sharp and her family on the death of her mother, Marjorie Cowan, on January 16.

Our sympathy and prayers are with Ellie Daniels and her family on the death of her mother, Helen M. Obiol, of Isle of Palms, SC on February 14.

Our sympathy and prayers are with Gleyne Hoffman and her family on the death of her father, Alfred Wright, Sr., on February 24.

Our sympathy and prayers are with the family and friends of Rosemary Maxwell who died March 6.

Our sympathy and prayers are with Robert P. Ingle II on the death of his father, Bob Ingle, on March 6.

Our sympathy and prayers are with Clinton Smoke and his family on the death of his son, Clinton Smoke III, on March 7 in Raleigh, NC.

Honor Gifts

In honor of George and Agnes Roberts by:

Sandy Stanford

In honor of Trudi Peters for Bolivia by:

David and Leigh Young

In honor of Christina Maxwell for the Welcome Table by:

David and Leigh Young

How to contact our Central Staff

Church phone (828) 253-3316

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[ext.311, send email to: lhollowell@centralumc.org]
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Clint Weninegar, Worship Leader for Saturdays @ Six service
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Haywood Street Congregation

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