

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)

November 20, 2011

Worship Services at Central
Dr. Rob Blackburn, Senior Minister

Sunday Worship Services

at 8:45 and 10:55 am

November 27

First Sunday of Advent
New Member Sunday
Communion

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).

Contents

Central Happenings	2-3
Peace Light order form	3
Congregational Care	4
Wonderful Wednesday	5
Poinsettia order form	5
Outreach	6-7
Advent Calendar—colored insert	
Children's Ministry	7
Youth Ministry	8
Parish Nurse/Older Adult	9
United Methodist Women	9
Memorial	10
Church Staff Contacts	10
Jot & Tittle Deadlines	10

Eve Circle Bake Sale on Sunday, November 20

The Eve Circle of Central's United Methodist Women is hosting a Fall Bake Sale on Sunday, November 20, in the Fellowship Hall from 8:30 am to 12:15 pm. There will be all kinds of delicious homemade goodies, including breads, cakes, pies, cookies, and fudge. This is Thanksgiving week, so you can select a special treat to share with your family and guests.

Proceeds will go for local missions, focusing on women and children.



Charge Conference on Sunday, November 20

On Sunday, November 20, Central UMC will participate in the District-wide Charge Conference at Covenant Community UMC from 3:00 to 4:30 pm.

The Season of Advent begins November 27: Anticipation and Hope

Advent is the beginning of the Church Year for most churches in the Western tradition. It begins on the fourth Sunday before Christmas Day and ends on Christmas Eve (December 24). Protestant churches now use blue to distinguish the Season of Advent.

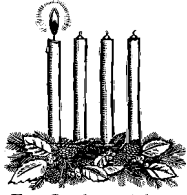
The word **Advent** means "coming" or "arrival." The focus of the entire season is the celebration of the birth of Jesus the Christ in his First Advent, and the anticipation of the return of Christ the King in his Second Advent. Thus, Advent is far more than simply marking a 2,000 year old event in history. It is celebrating a truth about God—the revelation of God in Advent is marked by a spirit of expectation, of anticipation, of preparation, of longing. There is a yearning for deliverance from the evils of the world, first expressed by Israelite slaves in Egypt as they cried out from their bitter oppression.

The beginning of Advent is a time for the **Hanging of the Greens**, decorating the church with evergreen wreaths, boughs, or trees that help to symbolize the new and everlasting life brought through Jesus the Christ.

The Advent Wreath is a symbol of the beginning of the Church year in many churches as well as homes. It is a circular evergreen wreath (real or artificial) with five candles, four around the wreath and one in the center. The **center candle** is white and is called the **Christ Candle**. It is traditionally lighted on Christmas Eve or Christmas Day.



Celebrating Advent 2011 at Central



First Sunday in Advent

Sunday, November 27

We will celebrate Communion at both morning services. Music will be led by the Chancel Choir and the Brass Quintet.

Wednesday, November 30 United Methodist Women Holiday Brunch

The annual UMW Holiday Brunch will be held in the Fellowship Hall on Wednesday, November 30, at 10:00 am. The Anna Circle is preparing the meal (cost \$7) and your reservations need to be called in to the church by Sunday, November 27.

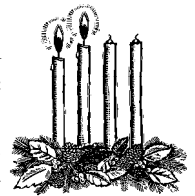
November 30 and December 1 Hanging of the Greens

Volunteers are needed to decorate the Sanctuary, Fellowship Hall, and other places around the church for Christmas. If you would like to help, meet in the Sanctuary at 6:00 pm on Wednesday, November 30. It will probably take more than the one evening to get everything done, so feel free to come at 9:30 am on Thursday, December 1, to help finish the job. Questions, please contact Alexandra Holland (alexandra@wncnature.com or 280-1470) or Gail Moody (298-5394).

Sunday, December 4

The Chancel Choir and orchestra present a musical Advent Celebration at the 8:45 and 10:55 am worship services. Selections will include Bach Cantata 19 "Gloria in excelsis" along with other music by Haydn, J. F. Fasch, and G. F. Handel. Music will be presented in both morning worship services.

The choir will be accompanied by a guest orchestra, which will also perform instrumental selections. The orchestra will include Central's Melissa Hope Brown Memorial Harpsichord, played by Corey Powell.



Second Sunday in Advent

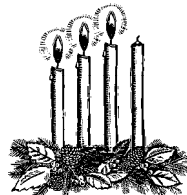
Saturday, December 10 Kids-Day-Inn from 9:00 - 2:00

This one day, fun-filled VBS style experience will take children on an adventure through Christmas themed workshops exploring the story of Jesus' birth. We will also welcome back the VBS band to lead us in opening assembly. Children currently of age to be in a three year old pre-school program - 5th grade are invited to participate.

Cost of this event is \$15 per child. Lunch and snacks will be provided. **Pre-Registration is required.** Register at the table located near the church offices or online at centralumc.org.

Sunday, December 11

Worship in the Sanctuary at 8:45 and 10:55. Come hear the Youth Choir at the 8:45 worship service. The Cherub Choir will sing at the 10:55 service. Also at the 10:55 service, the Youth Choir will join with the Chancel Choir to provide our worship music.



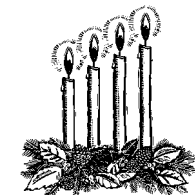
Third Sunday in Advent

Sunday, December 18

Worship in the Sanctuary at 8:45 am and 10:55 am. At 8:45 the Brass Ensemble will participate in worship. At 10:55 the Chancel Choir and Brass Ensemble lead our music.

Church-wide Christmas Brunch on December 18

All the adults are invited to a Christmas Brunch in the Fellowship Hall. from 7:45 to 10:45 am for a time of fellowship and good food. The children will attend their regular Sunday School classes so this is a time for the adults to enjoy. A delicious breakfast casserole, juice, and coffee will be provided by Central. But that's not all!



Fourth Sunday in Advent

Christmas Eve Services at Central

Christmas Eve Service for Children and Families at 3:00 pm

Join us on Christmas Eve at 3:00 pm in the Sanctuary to celebrate the birth of Jesus. The children will present a play at this special service for children and families. Practice is underway and our children are preparing to present the Christmas story to you in a unique and fun way.

All children and adults are invited to bring a baby care item to place at the manger at the end of the service.



Adults and children, please remember to bring a baby care item, such as diapers, wipes, food, formula, etc.

During the final hymn, we will bring these gifts to the manger as a Christmas offering. The items will be given to Project Angels Watch, a local ministry to assist families with young children.

Birthday Party for Jesus follows in the Fellowship Hall

At the conclusion of the 3:00 pm worship service, you are invited to the Fellowship Hall for cake and punch at our Birthday Party for Jesus.

Central Brass Concert at 5:00 pm

Come and enjoy a concert of Christmas music presented by the Central Brass Ensemble under the direction of Suzanne Brown. The concert begins at 5:00 pm in the Sanctuary, but plan to come early because the seats fill up quickly!

Traditional Christmas Service of Lessons and Carols at 5:30 pm

This traditional Lessons and Carols service will feature readings from the Scriptures on the Nativity—followed by anthems from the Chancel Choir and congregational carols. The Youth will present a tableau of the Christmas story.

Dr. Blackburn will give a meditation and the service will conclude with the lighting of candles and the singing of “Silent Night.”



Candlelight Communion Service at 11:00 pm

The Candlelight Communion Service takes place in the darkened Sanctuary with candles providing the light. It is a quiet, reflective time of worship. The service ends as Christmas Day begins.

No Saturdays at Six service on December 24 or 31

The Saturdays at Six worship service will not be held on December 24 or December 31.

Only one worship service on December 25 at 10:55 am

On Sunday, December 25, there will only be one worship service—the 10:55 service. You are welcome to wear Christmas or casual attire for this service if you wish.

There will be no Children’s Sunday School. There will not be a Youth program that morning. There will be Children’s Church at 10:55 worship. The doors will open at 9:30 am and the adult Sunday School classes have the option of meeting or not.

Central Happenings

Administrative Board meets Sunday, December 11

The Administrative Board will meet on Sunday, December 11, at 6:00 pm in the Fellowship Hall. The agenda will include committee reports and approval of the 2012 Operating Budget.

Attention: Women in their 40s and 50s

A new Journey Group is forming for you!

Are you interested in meeting new friends! An *introductory meeting* will be offered for women in this age group! If you would like to attend, please call Carol Bailey at 252-7436 for more information. The group will start in January, but names are being taken now. Please come join us for friendship, spiritual growth, and Bible study.

Early reminder for Homebound Volunteers

Poinsettias will be available for pick up on Wednesday, December 7, in the office waiting area. Please check off your name when you pick up your flower. If you have questions or if you cannot pick up your flowers, please phone Ruth Hopkins at 628-6813.

The first Grace Life Conference welcomed 42 participants

The weekend of September 24, 42 people attended Asheville's first Grace Life Conference at Central UMC. The conference was a practical Biblical explanation of how to stop depending on yourself and start depending on Christ in you. The conference was taught by Mark Maulding of Grace Life International in Charlotte. The next Asheville conference is planned for early 2012.

Grace Life International has opened a branch office at the Haywood Street Campus of CUMC which is staffed by two of our members, Joe and Jean Nesbitt. They are available for mentoring and discipleship counseling. Those who come are lovingly counseled in the truths of the Abundant Life that Jesus spoke of in John 10:10. You can reach us at Grace Life International, 297 Haywood Street Suite 8, Asheville, NC 28801; gracelifeinternational.com; or 828-545-1425.

Central members can park in Capital Center lot on Sunday morning

The newly paved and marked Capital Center Parking Lot is located behind Central across from the DSS parking lot. Central members will be allowed to park in this lot at no charge on Sunday mornings but they must leave before 2:00 pm. **Please note that this privilege is for Sunday mornings only.** If you are asked by a parking attendant, just say that you are with Central.

Library volunteers schedule Work Days

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 Work Days 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 last two Work Days and times are 3:30 to 6:00 pm on Saturday, November 19, and Sunday, November 20.



Advent Devotional available to the congregation on November 27

This year, as a gift to the congregation, we would like to offer everyone an Advent Devotional. The devotional is written by Wallace Kirby, Julie Wilburn Peeler, Tony Bell, and Rob Blackburn. They will be available on November 27, the first Sunday of Advent, at no cost to the congregation and anyone is welcome to take a devotional.

So often the time between Thanksgiving and Christmas can feel hectic and stressful as we anticipate time with family and friends, choosing the perfect gifts, and cooking the meals.

During the season of Advent, we pause, we remember, and we celebrate Immanuel (God with us) in the past, present, and future. For each day of the season of Advent which lasts for four weeks, there will be daily scripture reading, a reflection, and a prayer. We hope you enjoy this gift from Central.



Hanging of the Greens on Wednesday, November 30

It's beginning to look a lot like Christmas—or at least it will if you come help decorate the church! Volunteers are needed to decorate the Sanctuary, Fellowship Hall, and other places around the church for Christmas. Meet in the Sanctuary at 6:00 pm on Wednesday, November 30, if you would like to help.

It will take more than the one evening to get everything done, so feel free to come at 9:30 am on Thursday, December 1, to help finish the job.

If you have any questions, please contact Alexandra Holland (alexandra@wncnature.com or 280-1470) or Gail Moody (298-5394).



Place a Peace Light in honor or memory of a loved one

The Anna Circle will be placing a Christmas tree in the Memorial Garden and one in the Chapel during the month of December to remember and honor loved ones during the Christmas season. The trees will be decorated with small white lights referred to as "Peace Lights."

To take part in this celebration of peace and love, fill out this form and return it to the church office by **November 30** with your donation of \$3.00 for each name in memory or honor. A light will be placed on both trees for each name. **If writing a check, please make it payable to "Anna Circle" marked for "Peace Lights".** If mailing, the address is Central United Methodist Church, 27 Church Street, Asheville, NC 28801-3303, attention Anna Circle.

A list of those remembered and honored will appear in a church bulletin in December.

All donations will be used to help in local mission work. For further information contact Mary Ann Wansong, 628-9163.

PLEASE PRINT ALL INFORMATION

Given by _____

Telephone _____

IN MEMORY OF

IN HONOR OF

Thank you for your support of the Anna Circle Peace Lights!

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.

Christmas Party on Thursday, December 15, at 6:30 in the Fellowship Hall

Come one, come all to this celebration of life with the Central Cancer Care Team Christmas Party. Bring a dish to share with the group, if you are able, and we will have a great time together. We hope to welcome in new friends, celebrate with the old ones and celebrate the birth of Christ.

We have been given hope and the promise of life here and to come. Let us get together and look forward to what is in store for 2012.



CCCT (Central Cancer Care Team)

Cancer Survivor visitors available to Central UMC

The Central Cancer Care Team offers visitors who are cancer survivors who can walk with you during your diagnosis and treatment. If you have recently been diagnosed with cancer or have been impacted by cancer in any way and feel like you need a friend to share your struggles with or to visit with you in the hospital, home, or treatment center, we now have a group of trained experienced folks who would love to connect with you.

Please call Julie Wilburn Peeler for more details at 989-9659.

The holidays can be a difficult time. If you are in a time of crisis, you don't have to be alone.

Stephen Ministry is available to help

"Bear one another's burdens, and in this way you will fulfill the law of Christ." Galatians 6:2

Stephen Ministers are ready to provide the emotional and spiritual care we need when faced with a crisis or difficulty. If you have experienced any of the following (other difficulties), please contact Rev. Julie Wilburn Peeler. A Stephen Minister could be a blessing in your situation and provide a caring friend to be with you in your troubles.

Loss of loved one

Hospitalization

Divorce or separation

Loneliness or discouragement

Unemployment or a job crisis

Recovery after an accident or disaster

Birth, adoption, miscarriage, or infertility

A terminal illness

Aging

Incarceration

A chronic illness

Relocation



Stephen Ministry is a confidential ministry—the identity of those receiving care and what takes place in each caring relationship remain private.

We all experience challenges in life—times when we could benefit from the support of a caring Christian friend. **If you would like to be that caring friend for another, consider becoming a Stephen Minister.**

Every person in our congregation plays an important role in this ministry. We ask that you pray for this ministry and for God to bring hope and healing to hurting people through Stephen Ministry. You are important to this ministry when you accept care from a Stephen Minister during your time of need. God doesn't expect you to bear your burdens alone. You can tell a friend, neighbor, coworker, or relative who is hurting about our Stephen Ministry. If you are a really good listener and a compassionate person, prayerfully consider becoming a Stephen Minister.

If you are interested in any facet of Stephen Ministry, please contact Rev. Julie Wilburn Peeler at 253-3316 ext. 304 or jjwilburnpeeler@centralumc.org

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.

**There will be no Wonderful Wednesday dinner or programs on November 23.
The final two dates for this fall are November 30 and December 7.
Then Wonderful Wednesdays will take a break until after the new year.**

Join us November 30 and December 7 for the concluding sessions of:

A Thrill of Hope—The Christmas Story in Word and Art

Led by: Rev. Julie Wilburn-Peeler

This inspiring Advent study focuses on the birth narrative from the Gospels of Matthew and Luke. This DVD study will carry participants into each passage of scripture through beautiful illustrations painted by John August Swanson along with commentary by members of the Candler School of Theology's renowned faculty, including Michael Brown, Luke Timothy Johnson, Steve Kraftchick, Tom Long, Carol Newsom, and former associate dean Gail O'Day.

This study will take you on an Advent journey beginning with The Annunciation to Mary, through The Nativity, The Shepherds, Epiphany, The Presentation in the Temple, and ending with The Flight into Egypt

It's time to order poinsettias for the Sanctuary

The poinsettias will be placed in the Sanctuary on Sunday, December 18. If you would like to order a poinsettia 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.

Make checks payable to Central UMC marked "for Poinsettia." The cost is \$6.00 each (a six inch flower). **The deadline to order is Sunday, December 11.**

Please take your poinsettia with you to enjoy at home after the service you attend on Christmas Eve.



1. Fill out this form and mail it to Central, 27 Church Street, Asheville, NC 28801. Or drop it off with your check at the Reception Desk. Additional copies of the form are there, also.
2. Print, or write clearly, your name and the name of the person(s) for whom the poinsettia is in memory of or in honor of.
3. Attach a check for the amount (\$6.00 each) when you place your order. Checks should be to Central UMC for "Poinsettias."
4. Sunday, December 11, is the deadline for orders.

Poinsettia Order Form	
Your name and phone no. _____	
Name(s) of the person(s): _____	
In Memory of _____	
In Honor of _____	
Number of Poinsettias	Amount paid
Poinsettias are \$6.00 each. Please pay at the time of ordering. _____	
Deadline for orders is Sunday, December 11.	

Outreach

Christmas offering to go to international missions

Our special Christmas offering will once again go to our international mission efforts. Over the last 10 years Central United Methodist Church has supported Kory Wawanaca Children's Home in Bolivia (the orphanage founded by Carrie Blackburn); has partnered with Dominican Crossroads in the Dominican Republic since 2009, where Haitian refugees are helped with food, clothing, education, medical care, and housing; and supported many other Volunteers in Mission opportunities provided through the Western North Carolina Conference of the United Methodist Church.

Many of our members have represented our church in Third World locations acting as Jesus' (and our) hands and feet providing care to strangers and living out their faith in places of desperate need.

This Christmas offering will allow us to continue to support these programs and assist with the cost of sending short term missionaries from our church to these places for the work that needs to be done.



Reflections from the field . . . Dominican Republic Mission Team 2011

What I remember most is the warmth and love of the people in Villa Ascension, despite their horrid living conditions. As we worked on a construction project in the village, I remember a grandmother asking me to come into her home to talk, and asking me to sit in what was clearly her best chair. I remember going to visit her again and finding her asleep on her bare, concrete floor and our final day in the village when she invited me back into her home, once again wanting me to visit and sit in her best chair.

I remember a young man with a broken wrist, in a full cast helping our team members pass out much needed sunglasses to the villagers. He was vital in keeping emotions in check and keeping the kids from overwhelming the team members. As we went from house to house it began to rain. As the villagers took shelter, this young man ran to his house, retrieved an umbrella and continued to walk with the team, one arm in the cast and the other holding the umbrella to help the team members stay dry.

If there were strange people in my neighborhood working on a neighbor's house I wouldn't invite them into my home to talk, offering them the best that I have. If there were people going door to door in my neighborhood and it started raining, I wouldn't run to them with my umbrella to walk with them and keep them dry. I learned a lot from these people who live in extreme poverty about how to give all that you have; how to truly welcome the stranger and share what you have and care for and love your fellow man.



Winter gear and winter clothing needed at Haywood Street

There is a clothing closet at our Haywood Street campus that serves those in our community. However, the coat and jacket racks are nearly empty. The sock, underwear, and hat drawers are bare. If you have fall or winter clothing that you could donate, please bring it to the Haywood Street campus on Tuesday or Wednesday afternoons or put them in the box in the Fellowship Hall.

Warm blankets, pillows, and sleeping bags are needed to keep folks warm during these colder winter nights. These items can be brought to Haywood Street or the Fellowship Hall.



Here's a way you can help children in our Community

The Bright Ideas Program at Isaac Dickson Elementary School (IDES) is looking for warm, caring volunteers to work with children on homework, reading and just being there for them in the afternoon. Penny Lewis, the IDES P.E. Teacher, coordinates the program and would be happy to take calls/emails regarding anyone that would like to help. You may volunteer for one day a week, two days a week or more. You may pick times.

The program begins at 2:30 and ends at 5:30 pm. The times that are most needed are homework times which begin at 3:00 pm and ends at 3:30 pm and at the end of the day from 4:30 to 5:30 pm. (Most of the children are signed up for different clubs from 3:30 to 4:30 pm.) You may sign up to help for one month, a six-week session, or the year.

IDES Bright Ideas staff would appreciate any time that you can give to help. Please call Amy Monroe if you have any questions or would like further information about volunteering at 545-4257 or contact Penny Lewis directly at penny.lewis@asheville.k12.nc.us.

Children's Ministry

Children's Christmas Eve play rehearsal schedule

Sign-ups for the play have taken place and rehearsals are beginning. All children participating in the Children's Christmas Eve play will rehearse on the following Sundays and Wednesdays:

Sunday, November 20, from 12:30 - 2:00 pm
Sunday, December 4, from 12:30 - 2:00 pm
Sunday, December 11, from 12:30 - 2:00 pm
Wednesday, December 14, from 5:30 -6:30 pm
Sunday, December 18, from 12:30 - 2:00 pm
Wednesday, December 21, from 5:30 -6:30 pm



Dress Rehearsal, Friday, December 23, at 10:00 am

Kids-Day-Inn is 9:00 – 2:00 on Saturday, December 10

A one day VBS style, Christmas event

Register now for Kids-Day-Inn and come celebrate the gift of Christmas. This one day, fun-filled VBS style experience will take children on an adventure through Christmas themed workshops exploring the story of Jesus' birth.

We will also welcome back the VBS band to lead us in opening assembly. Children currently of age to be in a three year old pre-school program – 5th grade are invited to participate.

Cost of this event is \$15 per child. Lunch and snacks will be provided. **Pre-Registration is required.** Register at the table located near the church offices or online at centralumc.org.

Volunteers are need for Kids-Day-Inn. Please contact Jessica Tripp at 253-3316.



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, November 27: No Youth Happy Thanksgiving

There will be no youth on Sunday the 27th of November in observance of the Thanksgiving Holiday. I hope you all eat way too much turkey this year, I know I will!!

December 11: Guest Speaker Rev. Julie Wilburn Peeler

You asked for her now here she is!! We are super excited to have Rev. Julie Wilburn-Peeler join us for youth tonight. She will be here to share with you some of her experiences. I hope that everyone will come out to give her a good ole fashion Youth Welcome!!



December 18: Christmas Party

Come join us for an evening of fun and festivities as we celebrate Christmas the way it was meant to be celebrated, with fun and Christmas themed Games. The party will start at 5:00 and end a little later than normal at 7:30. **Bring a Gag Gift, UNDER \$5!!** (The dollar store is your friend.)

Sunday, December 25 and Sunday, January 1: No Youth Happy Holidays to everyone!!!

Volunteers needed for Live Nativity Christmas Eve Service

December 24

I need volunteers to join in the live Nativity Scene during the Christmas Eve service December 24. We are costume fitting and practicing on December 18 at 4 o'clock. **All participants must be there for practice.** We will meet at the church at 4:30 on Christmas Eve to get ready for the service at 5:30. **I only have 11 spots so let me know if you want to help out ASAP.**

Youth Basketball

It's free and it starts this January. Games are played Thursdays and Saturdays at the First Baptist Church. The league is for anyone not currently on a basketball team. More information will follow soon. I am searching for anyone who wants to play, and a Parent or two who is willing to help coach the team. Please contact me for more information. 828-421-0340 or stephen@centralumc.org.

January 14-16: Winter Retreat Our Annual Get away Weekend!!

- Where: Camp Cedar Cliff in Black Mountain January 14-16
- What: Basically Camp Cedar Cliff has everything a person would ever want to do.... Archery, Floor Polo, Camp Field Games (such as Adventure Ball and Capture the Flag), Nature Trail, Soccer, BB-gun Range, Frisbee Golf, Basketball Courts, Challenge Course, Softball, Zip Line, Climbing Wall, Beach Volleyball, Ping Pong, and A Talent Show.

Not only will we have a weekend full of fun, but we will continue to experience God with each other. Worship will be led by an All-Star Waynesville praise Band and we have a plethora of wonderful speakers. I really hope that all of you would like to be a part of this it will be a great weekend. Deadline for registration is January 8. If you have any questions please give me a call at the church or on my cell phone 828-421-0340.

Scholarships are available for youth activities. Just let Stephen know.

2012 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 November 27 and see

There will be a blood pressure screening on Sunday, November 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.

Mission Hospital has a personal emergency response service: Lifeline

This service can greatly enhance the security and safety of medically or physically challenged persons who are trying to live independently. Many people can manage very well, but are vulnerable to situations like falls or a medical emergency. The Lifeline System includes a small button which can be worn even when bathing and can be pressed in the event of an emergency. The monitoring center then immediately brings in a friend, family member, or EMS.

Lifeline has served more than 500 Buncombe County residents. For more information contact call Maureen Carr, Parish Nurse at 253-3316, ext 320.

Here are some tips for getting through the holidays

The hustle and bustle of the holidays are upon us and as much as we enjoy and celebrate the holidays, many persons find them stressful. Here are some strategies that might be helpful so that we may truly enjoy and celebrate the holidays rather than rejoice that they are over.

- **Set Priorities and Limits.** Focus on the activities that are special and important to you and your family.
- **Avoid the Emotional Roller Coaster.** Holidays can be hard on our emotions. Be willing to let go of old traditions if they no longer work for you or your family and start new ones that do.
- **Stay in Budget.** Keep it simple. Choose thoughtful or useful gifts over expensive surprises. Be creative.
- **Plan Ahead.** Take charge of your holidays in advance by making lists of things to do and setting some time each day for them.
- **Take Care Of Yourself.** Think about what the holidays are actually celebrating and try to stay true to that spirit.



United Methodist Women

UMW Holiday Brunch on Wednesday, November 30

The United Methodist Women will have a Holiday Brunch on Wednesday, November 30, at 10:00 am in the Fellowship Hall. All women are invited. The Anna Circle will be preparing the Brunch. Reservations are needed by Sunday, November 27. The cost is \$7. Call the church at 253-3316 to make your reservation.

We will have a short business meeting, memorial service, and installation of officers. Our "Hands On Mission Project" is clothes for the BEAR (Baby Equipment and Resource) Closet at Haywood Street.

The **Eve Circle** will meet on Tuesday, December 6, at 7:00 pm in the home of Tammie McDonald. Sharon LeDuc will co-host. A traditional cookie swap will be held.

The **Martha Circle** will meet on Thursday, December 8, at 7:00 pm at the home of Ann Jennings. Bring an ornament (\$5 or less) to exchange and an appetizer or dessert to share. If you have any questions, please contact Alexandra Holland (alexandra@wcnature.com or 280-1470) or Heather Cree (hrcree@hotmail.com or 684-7137).

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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Central United Methodist Church,
27 Church Street • Asheville, NC 28801
• Phone 828-253-3316
Office Hours 8:30 am to 4:30 pm weekdays
• E-mail centralumc@centralumc.org
• Web Site www.centralumc.org
• Fax 828-254-8796

Memorial Gift

In memory of Jim Baechtold (Dan Baechtold's father) by:
Steve and Leigh Noblitt

**The church offices
will be closed on
Thursday and Friday,
November 24 and 25
for the
Thanksgiving Holiday.**

Foods for ABCCM:

**Spam, cooking oil, powdered milk,
canned fruit
self-rising flour and self-rising corn-
meal**

[ABCCM can break down larger packages if you prefer to buy items in bulk]
Bring food items to large box in the Fellowship Hall

Jot & Tittle deadlines

November 23 is the deadline for the December 4 issue

December 7 is the deadline for the December 18 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.

PERIODICAL
ADDRESS SERVICE REQUESTED
Postmaster: Send address changes to
JOT & TITTLE, 27 Church Street,
Asheville, NC 28801-3303.

*Are you receiving this Jot & Tittle in error? Please let us know.
Contact africk@centralumc.org*

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

Dr. Rob Blackburn, Senior Pastor
[ext.311, send email to: lhollowell@centralumc.org]
Dr. Tony Bell, Executive Pastor (Evangelism and Journey Groups)
[ext. 308, email: tbell@centralumc.org]
Rev. Julie Wilburn Peeler, Minister of Pastoral Care
[ext. 304, email: jwilburnpeeler@centralumc.org, 989-9659]
Jessica Tripp, Director of Christian Education (Missions)
[ext. 306, email: jtripp@centralumc.org]
Stephen Brown, Director of Youth Ministries
[ext. 305, email: stephen@centralumc.org]
Russell Nelson, Director of Music Ministries (Worship)
[ext. 302, email: rnelson@centralumc.org]
Burt Anderson, Haywood Street Campus Coordinator
Corey Powell, Music Associate/Organist, Director of Handbells
[ext. 303, email: cpowell@centralumc.org]
Suzanne Brown, Director of Brass; Evangelism Assistant
[ext. 324, email: sbrown@centralumc.org]
Mark White, Praise and Worship Leader for Saturdays @ Six service
[email: pwl@centralumc.org]
Tammy Henry, Director, Weekday School
[ext. 318, email: thenry@centralumc.org]
Alan Gibson, Church Administrator
[ext. 313, email: agibson@centralumc.org]
Pat Horton, Interim Administrative Assistant
[ext. 310, email: phorton@centralumc.org]
Maureen Carr, Parish Nurse
[ext. 320, email: mcarr@centralumc.org]
Kendra Simpson, Nursery Supervisor
Phyllis Youngberg, Web page
[email: phyllisyoungberg@gmail.com]
Anne Frick, Jot & Tittle and Bulletin
[ext. 314, email: africk@centralumc.org]
Hayes Brown, Building Care [email: smoothappeal@gmail.com]
Ed McGowan, Building Care

Haywood Street Congregation

Rev. Brian Combs, 246-4250 [email rev.briancombs@gmail.com]
Volunteer Coordinator, Shannon Spencer, 231-4169
[email: sspencer@uccasheville.org]