

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)

May 16, 2010

Worship Services at Central
Dr. Rob Blackburn, Senior Minister

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

May 23
New Member Sunday
Pentecost

Saturdays at Six Worship

6:00 pm in the Fellowship Hall

A nursery is provided
during all worship services.
Sunday School classes for
all ages at 9:45 am.

Sunday worship is broadcast
on 1310 WISE-AM at 9:00 am.

The Sunday worship service is also
available live on the church website:
www.centralumc.org (you must have
high-speed internet and Real Player).

The prior week's service is telecast
on Public TV Channel 20
at 11:00 am on Sunday.

Volunteer Appreciation Lunch Wednesday, May 19

The annual Volunteer Appreciation Luncheon will be held on Wednesday, May 19, at 11:30 am in the Fellowship Hall. **All those who volunteer in the church are invited.** The time and energy our volunteers devote to Central is greatly appreciated—Central would not be able to do all we do if it were not for our faithful volunteers!

Volunteers, we hope you will come for this special day of recognition. Please call the church at 253-3316 by Thursday, May 13, to let us know you are coming so we will be sure to have food for all.



Fill up your water bottle with \$\$ for Haiti

Remember to be filling up the water bottle you received in April. If you did not receive a water bottle, please pick one up outside the Fellowship Hall and begin filling it with your coins, cash and checks.

Bring the bottles back to worship on May 15 and 16 when the bottles will be brought forward during the offertory and a special prayer said for those in Haiti that these gifts will benefit.

Know that your gift will go to give those in Haiti medical care, food, water and shelter. Your gifts will make a difference and will be delivered by our Dominican Republic mission team in July as we provide medical care and other relief to Haitian refugees in the Dominican and with Crossroads medical teams into Haiti.

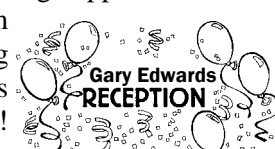
Reception for Gary Edwards on Sunday, May 30

For the past 13 years, Gary Edwards has faithfully served Central United Methodist Church caring for our beautiful building and for our members. On June 1, Gary is retiring to spend more time with his family while doing some window washing and plumbing work.

Gary has been the one to call for any maintenance or building needs. He has kept the church supplied with anything from cleaning supplies to coffee to postage for the Jot & Tittle. You can also find him at the Haywood Street campus taking care of plumbing needs. Gary has maintained the church vans and has always made sure they are safe for our many travels! And who among us hasn't been blessed by his sharing of his beloved pickled eggs? Gary has been a very valuable and trusted presence who will be greatly missed!

On Sunday, May 30, Central will host a reception in the Fellowship Hall after the second service to express our appreciation to Gary for his dedicated and loving service. At this reception we will also present Gary with a monetary gift from the members at Central.

Please make plans to attend and express your thanks to Gary for all he has meant to Central Church.



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F.I.S.H.
Families in service to him

Saturday, June 5

Presbyterian Home for Children:

painting, outdoor work, car wash, special projects

The Lord's Acre:

garden work, planting, harvesting

ABCCM Veterans Center:

indoor/outdoor work, possible special project

ABCCM on Cox:

organizing donations, spring cleaning

MANNA food bank:

organize & pack food, help set up/ decorate for the Blue Jean Ball that evening

Animal Haven of Asheville:

cleaning & caring for animal habitats and grounds

River Link:

clean up of our adopted section of the Swannanoa River

Haywood Street Campus:

work in the clothing closet & other areas of need

Central UMC:

pack health kits for Haiti, organize children's areas, work on VBS props

Kids Against Hunger:

pack dehydrated food to benefit Haiti

Meet in the Central UMC Fellowship Hall at 9:00 am for a devotion and prayer before heading off to your site.

Volunteer hours at the sites are from 9:30 - 12:00

EXCEPT Kids Against Hunger which is from 12:30 -3:00

All ages are welcome. Invite your friends and neighbors to participate in this day of service and fellowship.

Call 253-3316 or email Jessica for more information: jtripp@centralumc.org

Fill out the form **below** indicating where you will volunteer.
 Tear it off and return it to the church office.

Contact Name _____

Phone or Email _____

Presbyterian Home for Children: _____ # volunteering

The Lord's Acre: _____ # volunteering

ABCCM Veterans Center: _____ # volunteering

ABCCM on Cox: _____ # volunteering

MANNA Food Bank: _____ # volunteering

Animal Haven of Asheville: _____ # volunteering

River Link: _____ # volunteering

Haywood Street Campus: _____ # volunteering

Central UMC: _____ # volunteering

Kids Against Hunger: _____ # volunteering

Central Happenings



Congratulations to **Wendy Lofton and Randy Haerberle** who were married at Central on March 27.
Congratulations to **Matt and Amy Ostwalt** on the birth of their daughter, Charlotte Elyse Ostwalt, on May 1.
Congratulations to **Geoff and Julie Noblitt** on the birth of their son, Jack Austin Noblitt, on May 3.
Steve and Leigh Noblitt are the proud grandparents.

Everyone is invited to the Community Lunch on Monday, May 17

There will be Community Lunch, Monday, May 17, at Haywood Street Campus, from 11:45 am to 1:00 pm. We will have a Story Teller present the program.

Did you know May is Older Adult Month?

The United Methodist Church took appropriate action at the 2008 General Conference by establishing the month of May as the time to recognize the contributions of older adults.

The month of May was selected to coincide with the U.S. Administration on Aging "Older Americans" Month. This year theme recognizes the diversity and vitality of today's older Americans who span three generations. It is predicted that by 2030 there will be 72 million older adults. In many congregations, the older adults have key leadership positions.

Prayer partners needed for youth this summer

Last summer we connected 65 church members with our youth in prayer over the summer. This year we are already in **need of 75 prayer partners** for this summer. Our youth will be participating in a number of trips this summer and we would love to have each kid sponsored in prayer while they are on their trip.

We ask that each Prayer Partner would surround their youth in prayer the week they are on a trip this summer. We also ask that each Prayer Partner write a short note or letter for the youth to receive while they are out serving the church. This is a fantastic way not only to connect the members of the congregation with the youth of the church but a great way to live out what it means to be the body of Christ.



If you would like to participate, please contact Stephen Brown for more information. He can be reached via email at Stephen@centralumc.org or by phone at 828-421-0340.

Foods for ABCCM:

Vegetable oil, powdered milk, jelly
hot and cold cereal,
spaghetti noodles and sauce

2010 budget update

As of May 2, our Central congregation has given \$527,904 toward the 2010 financial goal of \$1,727,158 needed to support our ministries and the operating budget. Thank you!

Jot & Tittle deadlines

May 26 is the deadline for the
June 6 issue

June 9 is the deadline for the
June 20 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.

Congregational meeting on May 23 will update us on Capital Campaign

The Capital Campaign will hold a congregational meeting in the Fellowship Hall during the Sunday school hour on Sunday, May 23. Campaign status and building design updates will be followed by a time for comments and questions and answers.

“Something Extra” Sunday program May 30 on Givens Estates

“*The Mission and Ministry of Givens Estates*” will be presented by Mark Bailey and Judi Karriker on Sunday, May 30, at 10:00 am, in the Fellowship Hall. This program is offered to express appreciation to Central members for your support of Givens. Come to hear more about the little-known, unique qualities of this mission endeavor and learn how our contributions make a difference in the lives of Givens residents.

May 23 is Pentecost Sunday—wear something red

Pentecost was originally an Old Testament festival, called the Feast of Weeks or Shavuot, celebrating and giving thanks for the “first fruits” of the early spring harvest. In the New Testament, Pentecost is most significant in Acts 2 and the familiar scene of the outpouring of the Holy Spirit on those in the “upper room.”

Pentecost represents God’s gracious, enabling presence actively at work among His people, calling and enabling them to live out in dynamic ways the witness of being His people. The word “pentecost” means “fiftieth day.” In most Christian traditions, Pentecost Sunday occurs 50 days following Easter Sunday. The sanctuary color for Pentecost Sunday is red, the color of the church. Red recalls the tongues of flame in which the Holy Spirit descended on the first Pentecost.

Members of the congregation are invited to wear something red to celebrate this giving of the Holy Spirit. For Christians, Pentecost Sunday is a day to celebrate hope, a hope evoked by the knowledge that God through His Holy Spirit is at work among His people. It is a celebration of newness, of re-creation, of renewal of purpose, mission, and calling as God’s people. It is a celebration of God’s ongoing work in the world. Yet, it is also a recognition that His work is done through His people as He pours out His presence upon them.



Spring Festival—A fun time was had by all!

Our many prayers were answered for a wonderful spring festival filled with sunshine! Thank you to all of the volunteers who stuffed eggs, hid eggs, handed out water, collected money for the BBQ sales, set-up, cleaned-up, handed out water, and more. Thank you to Don Farris and the Cornerstone Sunday school class for preparing the BBQ and hot dogs and making the wonderful desserts. Thank you to “All Natural Ingredients” and “The Sons of Ralph” for the fabulous musical entertainment!

You are invited to a free concert on Sunday, May 30

The Asheville Community Band (which includes several Central musicians) invites you to a Memorial Day Concert on Sunday, May 30, at 3:00 pm at the Folk Art Center on the Blue Ridge Parkway. Come and enjoy patriotic music, marches, and lots of fun. Sit in the auditorium or bring a picnic and sit on the grass.



Haywood Street Happenings

All are invited to the Welcome Table on Wednesdays

The Haywood Street Congregation is the place to be every Wednesday. Why not “treat” your favorite group to lunch and join us at the Downtown Welcome Table from 11:30 - 1:00? Your Journey Group, your Sunday School class, your Bible Study group, your office friends—choose a Wednesday and get your buddies together for a great lunch and even better company! At 12:30 pm, your group can attend the worship service in the sanctuary.



Congregational Care Concerns

Rev. Julie Wilburn Peeler is Central's Minister of Pastoral Care.

She is interested in getting to know the members of Central. The best way to get to know you is to visit. Please give her a call at 989-9659 or 253-3316 if you would like to schedule a time to talk.

Prayer Life

Intercessory Prayer Group

Thank you for your prayer requests. Your concerns and joys help us to live out our call to “pray continually” (1 Thessalonians 5:17). We simply ask that you keep them coming. You can email jwilburnpeeler@centralumc.org or call the requests in. **If you feel like your area needs a prayer group please call Julie and we will talk about starting new prayer groups.**

Central now has two prayer groups!

Monday at 10:30 in the parlor

Everyone is invited (male and female!) to join our prayer group on Mondays. Your prayer requests are important to us. One of the most fascinating and uplifting things to see is the process of God's work through your requests. Julie receives the prayer requests on Monday and makes a copy for the prayer groups, the ministers, and the staff. We try to keep in touch with you as God hears the requests through our and your prayers. It is our way to walk with you and God through tough and great times in your life. We invite anyone who is able to attend to come and be with us to see the process of God answering your prayers.

One of the most daunting things about a prayer group is praying in public. Don't let this keep you away. You are not required to pray in front of the group. We just want you to come and be with us and to see how just a few minutes of prayer changes people's lives.

Thursdays at 10:30 at Givens Estates at the Chapel conference room

We invite the residents of Givens Estates and those who live around Givens (south Asheville) to join our prayer group. We begin with a short devotional and share the requests from the worship services and prayer over them. Again, if you are not comfortable praying in public please don't let this keep you away. We gather as one body, one voice to lift to God the needs of our congregation.

Stephen Ministry News

“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

Recovery after an accident or disaster

Birth, adoption, miscarriage, or infertility

A terminal illness

Unemployment or a job crisis

Incarceration

A chronic illness

Relocation

Aging



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.

Extended Family (a.k.a. “homebound”) News

When you are Unable to Attend Worship....



Thank you to all our volunteers who visit those who are unable to attend worship. Thank you also to our new members who have offered to visit and help the church stay connected to our homebound members. You help Central live out our mission to be community for Christ. Help us widen the circle of Central.

You may know more members who are unable to come to church and would like to be seen by a visitor and Julie Wilburn Peeler. Please call the church office and speak with Julie. We care about our faith family and we do not want anyone to feel forgotten.

Other Ways to Feel Connected....

We want to keep you connected to the worship life of Central United Methodist Church! Bulletins have been sent to those individuals who are unable to attend worship. My hope is that when they are able to view the worship service on T.V. on a week delay, folks will have the bulletin with them so they can follow along. If you would like to receive a bulletin in the mail or email, please let Julie know at 828-253-3316 or jwilburnpeeler@centralumc.org.

Children’s Ministry

Don’t miss our V.B.S. closing music program

On Friday evening, June 25, bring your family and friends and come enjoy the sights and sounds as our children perform music from a fun-filled week in Egypt!

Dinner will begin at 5:30 and the show will begin at 6:30 in the Fellowship Hall.

Register your child for Vacation Bible School June 21-25

Join us for a week of fun, fellowship and spiritual growth

Egypt: Joseph’s Journey from prison to palace

V.B.S. is open to children two years old – 5th grade (children must be 3 by August 31, 2010).

Nursery care is available for V.B.S. staff

As you arrive each morning, you will check in at the table in front of the Fellowship Hall:

- Parents will walk 2 and 3 year old children directly to their classroom on the first floor.
- Children 4 years old – 5th grade will then go into the Fellowship Hall to meet their family leaders (to be in these groups, children must be entering kindergarten in the fall of 2010).

Morning arrival will begin at 8:30. All children need to arrive by 8:45.

After opening assembly children will begin their Bible time adventure as they enjoy recreation, drama, crafts, snacks, family time, music, missions and more.

All activities will introduce children to the culture of ancient Egypt as we learn about Joseph and his journey from prison to palace.

Dismissal will begin each day at 12:30.

Children will be dismissed from the Fellowship Hall. You may walk up to the Fellowship Hall or drive up on Church Street to pick up your child.

Each day we will collect an offering during opening assembly.

Offering items will benefit Central’s Dominican Republic Summer Mission Team. Items we are collecting:

Monday: nickels and toothbrushes/ toothpastes

Tuesday: dimes and soaps/washcloths

Wednesday: quarters and small bottles of shampoo, plastic hair combs

Thursday: dollars and crayons

Friday: nickels, dimes, quarters, dollars and coloring books



REGISTRATION FEE: \$25 per child/ Family Maximum \$50/ Scholarships available

Make all checks payable to Central UMC. Memo:VBS

Milk jugs and picnic blankets needed for V.B.S.

We are currently collecting gallon size milk jugs and picnic blankets for VBS. Please drop your donation by the church office.

Church minivan available for Camp Tekoa transportation

We have lots of children traveling to Tekoa this summer and both of the white vans are FULL. We do have a church minivan that we can use that will seat 6 passengers. In order for us to use this van, parents who would like to send their children in the minivan will need to take turns driving that van each day.

Call or email Jessica Tripp for more information.

Youth Ministry

UMYF—United Methodist Youth Fellowship for grades 7-12

For more info, contact Stephen Brown, Youth Director, at 253-3316, 421-0340 or email Stephen@centralumc.org

Senior Sunday

May 16—5:00-7:00 in the Fellowship Hall

This is another special day for our Graduates here at Central. We invite all the graduating seniors not only to join us Sunday morning for the brunch and late service, but we ask that they join us for a special ceremony at Youth on Sunday night. We hope to honor their time spent in service towards the community, the church and the Youth Group. This will all take place Sunday May the 16th.



Movie Madness

May 22—1:00-3:00 (schedule may vary), Meet in the back Church parking lot

Join us Saturday May the 22nd as we screen the new Shrek movie, "Shrek Forever After". If you are a fan like I am we will love, and laugh this new movie. Keep an eye out for a time change, since show times may vary. Meet at the church at 1 o'clock. We plan on being done somewhere around 3 o'clock.

Kyle Parker Speaks: A Discussion on Stereotyping

May 23—5:00-7:00 Youth Arena

To do this we will be watching some clips of Larry the Cable Guy. Come laugh with us as we discuss the harms of stereotyping, and what we are called to do as Christians. This will be a great evening of discussion.

Sign Up for Summer Trips

Deadline for Summer Trip sign ups is **two weeks prior to the date we leave**. Money is due the week before the trip you are going on. Re-Check your calendars and call me to sign up for summer trips. Spots for Wilderness Trail are flying off the counter. Mission Trips are going to be amazing. Cell: 421-0340 Church: 253-3316

High School Mission Trip

June 20 – 26: Inner City Cincinnati, OH Cost \$269

Middle School Mission Trip

(Rising 9th graders are still considered Middle School Participants for the summer.

Confirmants are welcome to join us on the Middle School Mission Trip.)

August 1-7 Cleveland, Georgia Cost \$269

Wilderness Trail

(All Youth and Confirmants—rising 7th graders—are welcome to join us on the Wilderness Trail.)

July 17- 24 Troutdale, Virginia Cost \$260

(Scholarships are available for any youth activity. Contact Stephen Brown.)

Sign-ups begin now. Permission Forms for all of these trips can be picked up at the Central Reception Desk in a folder labeled "Summer Trips." Please call or email Stephen Brown at 828-421-0340

or stephen@centralumc.org with your reservations and questions.

Calling all parents of high school seniors

Central United Methodist Church is proud to celebrate Senior Sunday with your youth on Sunday, May 16. To prepare for this wonderful tradition here at Central, Stephen Brown would like to get a picture of the graduating seniors for the bulletin that morning. Headshots of the senior will be fine.

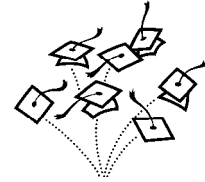
Along with the headshot, I need these things for the bulletin:

1. Their current school
2. Their plans after they graduate
3. Short list of accolades

All of this information will be put in the bulletin insert on Sunday Morning.

I need these things for the brunch:

We would also like to ask you for 5-6 pictures of your senior for a slide show that will run during our brunch Sunday on May the 16th. These pictures can be dropped off to be scanned, emailed, and sent on a CD or memory device. Please get this information to me ASAP. I want to make sure everyone will be able to participate in this event.



Prison Ministry

Central, can we count on you again?

Kairos MCI # 4 weekend is almost here. Four Central UMC members will spend Thursday May 20 thru Sunday May 23 in Marion, on the Kairos team. Two males are among the inside team and two females are among the kitchen and Agape team, all serving those whom Jesus called “*one of the least of these My brethren*”

In order to make this weekend a blessing to “*the least of these,*” we need Central’s help!

First, and most important, pray for the participants. **Be a prayer partner** and visit <http://www.3dayol.org/Vigil/GetVigil.phtml?pvid=4448&commid=1474> and select a time slot when you will be praying for the incarcerated and the team. The prayer partner names will be shown on “prayer wheels” and inmates will stand in awe looking at all those names, knowing that they are lifted up in prayer 24 hours per day for the entire weekend.



Second, we need the “Cookie bake” again. We handed out over **3,000 dozen homemade, “prayed over”** cookies at previous Kairos weekends and expect to do the same at Kairos MCI #4. Every day during the weekend, the Kairos team will hand out with the love of Christ a dozen of homemade, prayed over, cookies to every inmate in their cell and the Kairos participants can indulge themselves on a pile of cookies on their table.

For the cookie bake instructions and recipes, visit <http://www.kairosprisonministry.org/templates/System/details.asp?id=23761&PID=151434>, or pick up a copy from Jessica Tripp.

Again, the key ingredient to the cookies is prayer.

Third, perhaps for the first time ever, men will see the Body of Christ through the tangible display of posters. Be part of stepping into the prison thru your expression of Christ love by making a poster. Posters can be of any size, from 8½ X 11 up to poster board size. Are there any Sunday school classes (adults and children) who are willing to participate?

Fourth, The kitchen team prepares lunches and dinners in Glenwood Baptist Church’s kitchen, a church nearby MCI. These meals are served to the participants and placed on placemats decorated by the children from Central UMC and other churches. Are you willing to buy an inmate a meal? A meal ticket, showing the first name of the sponsor is placed on the placemat with their meal. The average cost of a meal is \$5.00 and a check can be made out to N.C. Kairos. Thank you Central for showing Christ’ love to those who are physically and spiritually incarcerated.

For more information on Kairos visit <http://www.kairosprisonministry.org/>, contact Jessica Tripp jtripp@centralumc.org or John Klees, 828-667-0580, 56john44@charter.net.

Cookies, posters, placemats, and meal donations must be at Central by Wednesday, May 19, at 7:00 pm.

Are there any Central members who would like to attend the Kairos closing on Sunday, May 23, at MCI and witness the miracles which God does in a maximum-security prison! You all are invited; however call John Klees before May 19 for time, directions, and security instructions.

Outreach

F.I.S.H. & Friends: A special day of service on Saturday, June 5 **See enclosed colored sign-up sheet for more info**

Join us Saturday, June 5, beginning at 9:00 am for Methodist Community Impact Day. F.I.S.H. (Families In Service to Him) will host this special day of service as Methodist churches around the world take the love of Christ in service to their communities.

Look for the sign-up table near the Welcome Center and choose from a variety of service locations that day; morning and afternoon opportunities available. We will serve at The Presbyterian Home for Children, ABCCM's Veterans' Center, The Lord's Acre, Animal Haven of Asheville, MANNA, Kids Against Hunger, River Link, ABCCM on Cox, Haywood Street Campus clothing closet and right here at Central UMC reorganizing some rooms, painting and working on VBS props.

All ages are welcome. Invite your friends!



Room in the Inn coming June 13—20

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

Central and Trinity Episcopal partner with each other to provide meals, overnight volunteers, and a place to sleep. Central is the host church the June 13-20 week and Trinity will help with meals and volunteers. Each night volunteers are needed 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. Please look for the sign-up sheets that will be posted on the standing bulletin board outside of the Sanctuary and see where you—or your circle, Journey Group, or Sunday School class—can help.

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



Habitat for Humanity's Methodist Summer Building Project **needs help this summer**

Central will be partnering with area churches and Habitat for Humanity this summer for the Methodist 2010 home build! The construction will take place in the Woodland Court community in West Asheville. Central has participated in these summer builds for many years and is excited to have this opportunity once again. The build will run from June – August. Central will provide volunteers on the following dates:

Wednesday, June 23 (Frame & Floors)
Thursday, July 1 (Build Porch)
Thursday, July 8 (Deck Roof)
Friday, July 16 (Siding)
Saturday, August 7 (Trim & Cabinets)



On site volunteer hours are from 8:15 am to 3:30 pm. Plan to bring a sack lunch, drinks, and snacks. There is a 15 minute morning and afternoon break. Lunch is from 11:30 to 12:00. Wear weather appropriate clothing and work boots. Bring sun screen and a hat. Tools are available on site. Please be sure to sign in each time you volunteer at the kiosk on Verona Drive.

General work will continue in inclement weather. If you are scheduled to work and are unsure due to weather, please call the construction trailer at 257-2623. To volunteer, please sign-up at the table in the Fellowship Hall or call Jessica Tripp at 253-3316.

Parish Nurse / Older Adult Ministry

Lipid Screening on Thursday, May 20 (note date change)

On Thursday, May 20, 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 will get better results if you have been fasting 8-12 hours. There is a \$15 charge to cover supplies. No appointments are necessary. Just come and be informed of your cholesterol and blood sugar numbers.

Free Blood Pressure Screening on Sunday, May 23

Available for all ages—young adults can have high blood pressure, too

There will be Blood Pressure Screening on Sunday, May 23, from 9:30-10:45 am in the Senior Resource Center (Room 318). Normal blood pressure is less than 120/80. One is considered to have Pre-Hypertension if your reading is 120-139/80-89. Stage 2 Hypertension is 160+/100+. High blood pressure increases the risk of heart disease, heart attacks, strokes, eye or kidney damage. Come and find out if you are at risk.

Enjoy singing? Older Adult Choir is forming

We are starting an Older Adult Choir led by Russell Nelson, Central's Director of Music. Practice is on Tuesdays at 2:00 pm in the choir room.

AARP Driver Safety Course at Central on Wednesday, May 26

The AARP Driver Safety Course will be presented at Central on Wednesday, May 26, starting at 10:00 am. The AARP Driver Safety Course is a classroom-based refresher course for drivers 50 years old and older and is designed to keep older drivers on the road longer and safer. The new version of the course is just four hours. The fee, \$12 for AARP members and \$14 for non members, covers the cost of delivering the program, including a Participant Workbook.

The AARP Driver Safety Program is designed to help you tune up your driving skills and update your knowledge of the rules of the road; learn about normal age-related physical changes, and how to adjust your driving to allow for these changes; reduce your traffic violations, crashes, and chances for injuries; and drive safer. After completing the course, you'll develop a greater appreciation of driving challenges and how you can avoid potential collisions and injuries to yourself and others.



To assure an adequate supply of materials and comfortable classroom accommodations, the AARP requests that you preregister for the course at least one week in advance of the delivery date. You may register and get more information by calling Maureen Carr at 253-3316 ext 320 or email: mcarr@centralumc.org.

United Methodist Women

Watch for the United Methodist Women Study coming Sunday, June 13.

The **Rebekkah Circle** will meet on Tuesday, May 18, at 10:30 am for a salad picnic at the home of Donna Vaughn.

The **Sarah Circle** will meet on Tuesday, May 18, at 11:00 am at the home of Nancy Stancil. Former member and friend Barbara Campbell will speak on "A Glimpse of the Sudan" followed by lunch.

The **Mary Circle** will meet on Wednesday, June 2, at 9:30 am at the church. We are a circle whose focus is Motherhood. Childcare for the little ones is always available at our meetings. This is a great opportunity for moms to fellowship and do service work with other moms. For more information about the Mary Circle, contact Heather Nesbitt at hawes-sel@yahoo.com.

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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Sympathy

Our sympathy and prayers are with Pamela Dunkin Baker and her family in the death of her older brother, Mike Dunkin, on April 30 in Glenview, IL.

Our sympathy and prayers are with the family and friends of Wayne Young who died May 1 in Fort Worth, TX where he lived with his sister Judy Johns.

Memorial Gifts

In memory of Dr. Robert Boerner

In memory of Irene Scarborough

In memory of Wayne Hinson

In memory of Pete Wilson

In memory of Joe Frick

by Ed and Donna Broadwell

In memory of Wayne Hinson by:

Micki Cabaniss

In memory of William C. Hopkins

(Steve Hopkins' father) by:

Steve and Leigh Noblitt

Honor Gifts

In honor of Russell Nelson for the Music Intern Program by:

Charles and Suzanne Davis

In honor of Ruth and Steve Hopkins by:

Steve and Leigh Noblitt



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