



The Central Visitor

A weekly visitor to your home bringing you news from Central Christian Church

Vol. LXXIX

Decatur, Illinois, August 23, 2006

No. 34

Summer Worship Schedule Extended

The Sunday morning schedule for this summer is extended one week to include Sunday, September 3 of Labor Day weekend. We will resume the regular fall schedule on Sunday, September 10 with worship at 8:15 a.m. and 10:45 a.m. and church school at 9:30 a.m.

You're Invited to the All Church Picnic Sunday, September 10th at Noon

We hope you're making plans to attend the annual All Church Picnic at noon on Sunday, September 10th. The year's festivities include great fellowship and food (grilled pork barbecue sandwiches, hot dogs, cole slaw, baked beans, chips, cookies and bars); games for the young and young at heart (moon bouncer, bubble wands, sidewalk chalk and more) and great, mellow saxophone music by our own **Matt Swarthout**. Dress casually for worship and stay for the celebration! We've put in our order for beautiful weather and now all we need is YOUR RESERVATION! You can sign up in the Friendship Center this Sunday or call

the church office (428-4336) and let us know how many chairs to set up for you and your family. The church picnic is also an excellent opportunity to invite friends, neighbors and co-workers to experience the Central Difference! Invite them to come for worship and stay for the picnic and include them in your reservation!



Handmade Greeting Cards Workshop

Back by popular demand, anyone interested is invited to a Handmade Card Workshop on Wednesday, August 30th at 6:30 p.m. in the Great Hall. Each participant will create at least 4 cards (examples are on display in the Friendship Center). Please bring sharp scissors and a glue stick or other adhesive. All other supplies will be provided. Donations of any size are welcome to help cover the cost of materials. Childcare will be provided for young children in the nursery, if needed. Sign up in the Friendship Center this Sunday!

Spiritual Growth Study Begins September 3rd

The Disciples Sunday School Class invites you to join us in a study of *The Life You've Always Wanted: Spiritual Growth for Ordinary People* by John Ortberg. This six-week video study starts September 3rd in the Disciple Room. Many of us enjoyed the study of Ortberg's *If You Want to Walk on Water, You've Got to Get Out of the Boat*. Come join us in this study of spiritual disciplines.

SUNDAY, AUGUST 27, 2006
WORSHIP AT 8:00 AND 10:00
Will We Go or Will We Stay?

Text: John 6:56-69
Gretchen Barron

Congregational Meeting

The congregation will meet on Sunday, September 10 at noon the all-church picnic for the purpose of electing executive officers, trustees, deacons, elders, and deacons emeriti. All members are invited to attend and cast a ballot. The list of nominees was published in The Central Visitor two weeks ago. Additional copies are available in the church office.

First Fall Concert

Internationally acclaimed pianist **Aldo Mancinelli** will present his annual Decatur concert on Sunday, September 10 at 4:00 p.m. on the sanctuary Steinway at Central Christian Church. Mr. Mancinelli is a former artist-in-residence at Millikin University. His appearance at Central is made possible by the **Lyle and Minnie Campbell Memorial Fund**. The concert is free and open to everyone. Invite a friend to come with you!

Evangelism Seeds

Do you know someone who is searching for something meaningful in life? Help them find what they are looking for by inviting them to experience the Central Difference!

Central Youth

Sunday, August 27th Youth Group Launch Sunday!

Central Youth grades 6-12 will launch into a new school year with Launch Sunday on August 27th at 3-5:00 p.m. We will share games outside and some great snacks, of course! Wear something that can get messy and bring a towel with you. Safety glasses will be provided! Bring a friend too! You will not want to miss out on the fun!

Sunday, September 3rd

Central Youth will NOT meet over the Labor Day Weekend! Enjoy your time with family and friends!

Sunday, September 17th

Central High School Youth are welcome to attend the Peace & Justice film, *Crash* in the Great Hall at 6 p.m. The award winning film which is rated 'R' carries a strong message about the pervasiveness of racism in our society. Youth attending without parents present will need a permission slip signed by a parent or guardian. Permission slips will be available after Labor Day. A discussion session will be held after the film.

Sunday Breakfast Club Menu - Sunday, August 27th

The SBC main dish for this week is Breakfast Sandwiches. Along with our main dish, fruit, yogurt, cereal, milk, juice, and coffee are available each week. SBC serves breakfast from 8:45-9:15 a.m. in the Great Hall every Sunday during Summer. Sunday, September 3rd will be our last Summer Breakfast Club.

Gretchen's Gleanings ...

So, what books have you read recently? I hope the less hectic (maybe), more leisurely (perhaps) pace of summer months have allowed you to sit back and relax a bit with a good book. Whether your selection is a classic novel, a mystery, a biography or anything in between, a good book can help you to slow down, help lower your blood pressure, alleviate stress and keep your mind active and searching. Books can be good for your health! And, according to one recent book I've been reading (well, actually I've known this for a long time), an active faith life and relationship with God can be good for your health as well! In her book, *Faith and Health*, physician Gwen Wagstrom Halaas writes about the impact our spirituality has upon our health. Drawing from decades of research and the work of many scientific scholars, Dr. Halaas suggests the following:

- People who regularly attend religious services have lower rates of illness than do infrequent attenders or non-attenders.
- People who report a religious affiliation have lower rates of heart disease, cancer, and high blood pressure.
- Older adults who participate in private and congregational religious activities have fewer symptoms, less disability, and lower rates of depression, anxiety and dementia.
- Actively religious people live longer, on average, than the nonreligious.

The reasons for these health benefits are complex and complicated, of course. But many of them are influenced, either directly or indirectly, by the value of being connected to community. According to Dr. Halaas, "The social and emotional support of being actively involved in a congregation and sharing the bonds of faith buffer the impact of stress and decrease depression and anxiety." An active and deeply personal faith, she asserts, means that one lives out, on a daily basis, a personal relationship with God. She writes, "Living in faith means reading, studying, and singing the Word of God. It involves praying silently and aloud, specifically and meditatively, using someone else's words or your own, in joy and thankfulness or sorrow, pain, or frustration. Living faithfully means sharing your beliefs and your love of God through word and action with family, friends, coworkers, and community. It means trying to use your gifts to honor God and to have a positive and lasting impact on the people and the community around you." Now there is so much more in her book than I can relate to you in this short column and of course, I want to caution against the conclusion that some might make that illness is a result of a lack of faith. That, of course, is not true and is not the point that is being made. What is true is that over-all, people who are actively and genuinely engaged in growing in faith and living in community do seem to be healthier than those who are not. So, come to church, participate in worship and prayer, reach out in service, grow in faith and understanding and learning. And, don't forget to invite someone you know to come and experience all this with you. It's good for you ... body, mind and spirit!

Blessings, *Gretchen*

Enjoy Dinner at Prairie Avenue Christian Church

Prairie Avenue Christian Church, 2201 E. Prairie, is having a spaghetti dinner on Saturday, August 26, from 5:30-7:00 p.m. Ticket prices are \$6 for adults and \$3 for children. For tickets call 428-3327.





News From the Pews.....

The sympathy of the congregation is extended to **Janet & Dean Gray** following the August 17th death of Janet's sister, *Eloise Sprinkle* of Melbourne, FL.....to **Kirk & Shelly Messmore** and family following the death of Kirk's mother, *Mary Messmore* on August 18.....and to **Jim & Lois Whitaker**, following the August 20th death of Jim's mother, *Irma Whitaker*.

Gaither Homecoming Concert - Friday, October 6, 7:00 p.m. Assembly Hall, U of I - Champaign, IL

This Gaither Homecoming Tour features the talents of the Gaither Vocal band, Signature Sound, Russ Taff, Ben Speer, the Isaacs, Mike Allen, Jessy Dixon, Jeff and Sheri Easter, Ivan Parker and Lynda Randle.

A group of ten tickets will qualify for a group rate. Please register your interest by signing up in the friendship center or calling the church office. For more information contact **Don Martin**.

Sunday School Teachers Still Needed!

The Christian Education Department needs two teachers to team teach the grades K-2 Sunday School Class beginning on Promotion Sunday, September 10th. Seasons of the Spirit Curriculum based on the lectionary readings for each Sunday and supplies are provided.

Classes begin at 9:30 a.m. and meet for 45 minutes before joining with the other grade levels for a closing session and parent pick up. If you are interested in helping with our grades K-2 Sunday School class, please contact **Pastor Robert** as soon as possible.



Regional Women's Retreat

All women are invited to attend the Southern Illinois Women's Retreat at Camp Walter Scott on September 23-24th. The theme is *Friendship and Faith*. Retreat leaders Rebecca Zelensky and Melissa Meers will guide participants as they explore the ways in which these two powerful forces come together in our lives. Cost for the full retreat is \$60, which includes two nights and 5 meals. Limited participation options are also available for a reduced fee and are spelled out on the registration form, which is located on the ledge by the church office. Deadline for registration is September 14th. See **Pastor Gretchen** for additional information.



Sunday, August 27, 2006

8:00 and 10:00-Worship Services
Music: 8:00 Offertory-Central Singers;
Marilyn Ward, piano
10:00 Offertory-Daniel Hinze, violin;
Marilyn Ward, piano
10:00 Anthem-Chancel Choir
8:45-Sunday Breakfast Club, Great Hall
9:00-9:45-Parish Nurse Liz Campbell
9:00-Sunday School

Monday (28)

8:00-Wellness Walk/Light Aerobics,
Great Hall/Heritage Center
4:00-Aerobics, 290

Tuesday (29)

9:00-ChristCare Stitchers, 207
10:00-Pastors' Staff Meeting,
Senior Pastor's Study
2:00-Middle East Dialogue Group
Planning Meeting, Parlor
4:00-Aerobics, 290

Wednesday (30)

12:00-Central Singers
4:00-Aerobics, 290
6:30-One Church One School
Volunteers Meeting, Hope Academy
6:30-Card Workshop, Great Hall

Thursday (31)

10:00-Alanon, 212
4:00-Aerobics, 290
5:30-Hurricane Recovery Task Force,
Volunteer Room
6:00-7:00-Preschool Orientation,
Preschool Wing, Disciple Room,
Great Hall, 290
7:00-Chancel Choir

Friday (September 1)

8:00-Wellness Walk/Light Aerobics,
Great Hall/Heritage Center



Drive Safely!

Counting On You

August 20

Worship Attendance 294
Sunday School Attendance 75

With the Sick...

St. Mary's Hospital: Inabell Kirby
Decatur Memorial Hospital:
Ruby Agnew, Ross Funkhouser

Serving Schedule—August 27, 2006

Elders:

8:00 & 10:00 - Larry Chapman, Kevin Wilmot

Elders Serving Hospital Communion:

St. Mary's Hospital: Elder Tom Spry

Decatur Memorial: Elder Randy Brooks

Deacons:

8:00 - Team 3 - Mike Holbrook, Capt., Charlotte Ballance, Jane Davis, Andy Fulk, Sherri Hood, Paula Hovey, Bob Keller, Karen Keller, Debbie Seaberg, Connie Shields, David Shields, Max Sperry

10:00 - Team 4 - Jeannie Backes, Jordan Backes, Katie Beal, Mark Beal, Louise Boline, Mary Boyle, Shirley Brooks, Jon French, Dee Hill, Louellen Lusk, Karen McFadin, David Miller, Katie Miller, Janice Mitchell, Alex Otis, Andrew Rutherford, Bryan Rutherford, Gary Rutherford, Roger Rutherford

Ushers:

8:00 - Team 1 - Charlotte Ballance, Jim Bednar, Pamela Bednar, Jarrett Bednar, Bill Fogerson, Nicole Ropp

10:00 - Team 6 - Maxine Koenig, Betty Chapman, Larry Chapman, Mark Beal, Katie Beal, Kaylene Beal, Sean Beal

Greeters:

8:00 - Betty Beebe, Sherri Hood, Doris & Tom Israel

10:00 - Howard & Marguerite Cravens, Florence Bolin, Marylu Lyman

Parish Nurse: Liz Campbell

Acolytes:

8:00 - Brad Munos

10:00 - Avery Martin

P.A. Operator:

8:00 - Greg Carter

10:00 - Larry Pepper

Preparation of Communion:

Chloe & Robert Hoaglin, Carole Holbrook, Carrie & Steve Funk, Jan Sperry

Van Drivers:

8:00 service and Sunday School - Bruce Williams, 429-3974

Sunday School and 10:00 service - Keith Backes, 520-2675

10:00 service only - Karen Baird, 422-4338

August 30 Visitor Mailing Crew:

Sara Field, Marge Karl

Hosts:

Aug. 28 9:00-12:30 - Sara Field

12:30-4:00 - Ken Davis

Aug. 29 9:00-12:30 - *Help Needed*

12:30-4:00 - *Help Needed*

Aug. 30 9:00-12:30 - Florence Boline

12:30-4:00 - *Help Needed*

Aug. 31 9:00-12:30 - Joy Adams

12:30-4:00 - *Help Needed*

Sept. 1 9:00-12:30 - *Help Needed*

12:30-4:00 - *Help Needed*

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Charles Watkins Senior Pastor
Robert Bushey Pastor for Children Youth and Families
Gretchen Barron Pastor for Evangelism and Membership
C. William Nichols Senior Minister Emeritus
Jim Whitaker Pastor for Visitation
Don Martin Minister of Music
Leslie Peart Organist
Valerie Rozanski Administrative Secretary
Pat Beals Church Secretary
Sue Burkham, Jane Latshaw Parish Nurse Coordinators
Katie Beal Childcare Coordinator
Joanne Frady, Debra Fulk Childcare Providers
Shelby Larrick, Kaylene Beal Childcare Providers
Shelly Messmore Preschool Director
Trudy Garland, Janet Langston Preschool Teachers
Wendy Jalley, Kay Villarreal, Robin White Preschool Teachers
Rudi Descaro Custodian
David Flanders Custodian
Dean Hadden Custodian
Charles Wallace Custodian

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