

# CENTRAL Chimes



*Central Presbyterian Church*

P E T E R S B U R G , I L L I N O I S



This has surely been a month of uncertainty and grief, and as I type this, the month is only half over. We find ourselves, each in our own little world, wondering what to do in our time of quarantine and isolation. If you're like me, you're going crazy!

But I am seeing something amazing that I don't think I have ever seen. I am seeing neighbors helping neighbors; strangers are helping those they have never met. I'm seeing food delivered and phone calls made. I'm watching videos of entire cities yelling and singing, banging pots and pans out their windows, to honor the shift change as the hospital employees come out after a nightmare of a day. People are really coming together as one. It's true, this is a terrible storm we are in, but out of it seems to be coming a rainbow that includes a love for humanity like no other. Jesus says in Mark 12:30-31:

*"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."*

I think we are doing really good so far, my friends. Let's keep up the good work!

Much love,

Pastor Stephanie

## Highlights of Regular Session Meeting, April 16, 2020



- Checking account balance as of March 31, 2020, \$25,053.82.
- Central Presbyterian Church is canceling worship services and all church activities through May 31, 2020. We will monitor the COVID-19 virus recommendations and reevaluate as needed.
- We ask that you continue to keep all of our health care professionals in your thoughts and prayers: Kristina (Long) Hutton, Vicki Johnson, Ellie Montgomery, Abby (Plaeger) Noel, Heidi (Roberts) Philips, Blair Rowe, Ashley (Satorius) Rutz, Rebecca Stark.
- Worship Committee has ordered additional banners for the Sanctuary. Sunday School Curriculum is being sent to Ava and Ethan Satorius. Choir is on hold for now.

### Pastor's Report

This last month has been a month of cancelled events for me. I was signed up for a few livestream events, but those were cancelled: LCU Lectureship, Women's Conference, etc. I have been working on website details and on-line services. I have been able to communicate with folks whether it be through email, phone, text or Facebook, while in isolation. So far, everyone seems to be doing okay, and folks are really stepping up to take care of one another.

Holy week was difficult for me due to the services in the Sanctuary with no one there except Adam and Emma Lou. It has been an odd time and a trying one, but a humbling one as well. There are more and more on-line events coming up and I have been able to sign up for a homiletics seminar that I am excited about since this is typically a somewhat expensive event that is now being offered at no cost!

Joni and I have been working on mailings going out to folks that don't have the electronic means to watch the services or get the bulletins. This was typical before, but we are able to get those packets out before the services so folks can join us at 10:00 a.m. on Sundays.

I am hoping things get back to "normal," and I am, of course, optimistic. But in the meantime, I am looking for ways to communicate through alternative means.

In Christ,  
Pastor Stephanie

### Committee News

#### Administration

##### Financial

- Treasurer's report was reviewed and there is a significant decrease in 2020 Pledges (\$3,582 versus budget \$5,071) and Member Gifts (\$225 versus budget \$1,333). On a positive note, there was also a significant decrease in Expenses for March (\$9,608 versus budget \$11,343). YTD Income is at budget and expenses are below budget by \$4,686.
- There was some discussion on ways to remind the members that church expenses continue while the church is closed to regular services. The Committee is exploring the possibility of EFT transfers for regular donations as well as PayPal donation possibilities.

##### Building

- The Ameren lighting project is completed. The bill will be paid by the MMF.

- Kone was called in to do a repair on the elevator (door jammed on one floor and running motor sound). Repairs have been completed and will be paid from the MMF.
- Watts installed a new office copier; additional training will be completed at a later date.
- Mark Goeringer has completed the painting of the Narthex and the stairway to the Fellowship Hall. Mark also installed a new faucet in the Men's restroom
- The church website has been completely revamped thanks to Pastor Stephanie and Adam Power.

#### Personnel

- Mark Goeringer has been called to active duty and is deployed in Springfield. He will be on active duty until April 29. He feels that he can take care of any issues at the church during this time.

Steve Territo

Administration Committee Chairperson

### **Mission/Outreach**

The committee met via conference call on March 19. The COVID-19 Crisis has caused us to reconsider some priorities. The initial focus is to be sure the members and regular guests have access to worship service recordings or paper copies of the service during our time away from the sanctuary. In the days following the meeting, the committee made phone calls and other contact with several members and guests.

#### Other Projects

- COVID-19 Assistance – With the new COVID-19 requirement for masks and the continuing stay-at-home order, Central can help! Requests for cloth masks, help with errands, and more can be made by contacting the church office or through the church's website. Thank you to those who have volunteered to help.
- Meals on Wheels – As reported via email from the church office on April 8, volunteers from Central Presbyterian Church will not be needed this May.
- Summer Lunch Program – Nothing to report at this time; may be in question due to COVID-19.
- Publicity – Drafting a tri-fold flyer for distribution in the community, possibly on the racks where tourist info is distributed. The flyer will touch on worship, location, etc., but will highlight some of what we do in and for the community.
- Committee Development – Need to find new ways to involve more members in the committee. This is on hold due to our time away from the church building.

Patrik Claussen

Mission/Outreach Committee Chairperson

### **Worship**

We are currently working on the liturgist/usher schedule for July – December. We appreciate everybody's service to Central! If you were not on the list for the first half of the year and would like to be included, please notify the office. Also let us know if you would prefer to be taken off the list.

Rich Ford

Worship Committee Chairperson

## Church Activities Update

The Session of Central Presbyterian Church has decided to cancel church services, activities, and events in the church building through May 31, 2020. Please watch for our on-line services on our website and our Facebook page, as well as through email.

Church access is limited to those working. Due to the COVID-19 virus, Central Church is closed to all but church staff. If you have any concerns or questions, please call Pastor Stephanie or Joni at 632-2651. Thank you for your patience and please stay safe!

Pastor Stephanie McCullough

Jane Stephenson, Clerk of Session



### Thank You!

This month we would like to thank a few people for the jobs they have done and continue to work on.

- ❖ We would like to thank Steve Territo for coordinating the installation of the new lights in the church. All lighting has been updated, and we can't wait for everyone to get back into the sanctuary to see the difference!
- ❖ We would also like to thank Rhonda Plaeger for the training she has provided to Joni, our Administrative Assistant. Together they have worked well to serve the church in that capacity. Thank you!
- ❖ We would also like to thank Adam Power for his continued work on the website and the filming of the online services. Adam has set up a new website for the church which is very user friendly, attractive, and up-to-date. If you have not checked it out already, make sure you do so! [www.central-pres.org](http://www.central-pres.org). He has also been filming and compiling our online services each week. We are not able to meet as a congregation, and without these services, we would not be able to get the message out! Below are recommendations he has compiled to make our media project successful. Thanks for all you do, Adam!

## Central Presbyterian Church Social Media and Web Presence

Dear Members,

Recently we have launched our newly designed website, and updated our social media page. This has taken several months to do, and now that both are complete, we are asking for your help to keep us moving forward.

Our presence on Facebook is more important now than ever before with 90% of Millennials being on social media. Likewise, the fastest growing group on social media is 65+. Social media plays a central role in how we communicate these days, and our church must embrace these changes.

### What's the Point?

1. We are engaging our own congregation. Social media is about trust. It's important to reach out to a congregation that already trusts us.

2. We are reaching out to new people. One of the coolest parts of social media is that people give you explicit permission into their lives. Now use that permission to show that you value them.

### **What is YOUR Role?**

1. If you haven't already done so, LIKE our Facebook page. It will keep you up to date on church and community news.
2. SHARE our page and things that the church posts. This gets our page/posts more views.
3. INVITE your friends list to LIKE Central Presbyterian Church.
4. ENCOURAGE people to visit our website to gather more information on visiting and other helpful tools.

### **What to Avoid...**

1. Posting on the church's Facebook Page—leave that to the administrators. If you have something that you want published, email or message us via the church page.
2. Making suggestions, or criticisms on the page—again, message us via the church page if there is a problem.

**THIS IS A TEAM EFFORT. . .  
EVERYONE MUST DO THEIR PART IN ORDER TO ACHIEVE SUCCESS!!**

## **Blanket Sunday**

Mother's Day is also Blanket Sunday. Blanket Sunday donations helped to provide over 59,000 blankets to people in need during 2019, mostly in the United States. Think of how a simple blanket can make things better, from providing a little extra warmth on a chilly night, or a little extra cushion for one sleeping on a floor or maybe on the street. For \$10, you can provide a blanket for someone in need. Please send your donation to the church, designated for Blanket Sunday.

## **Food Pantry**



### **FOOD PANTRY IS CLOSED UNTIL FURTHER NOTICE.**

However, for emergency food orders, please call 217-632-2000 for assistance.

## **Diaper Bank Needs**

The Diaper Bank, located at the Menard County Housing office, is currently **CLOSED TO THE PUBLIC** until further notice. It would be best for you to call them at 217-632-7723 and find out if this has changed. They are still able to take monetary donations through the mail and checks should be made out to: Central Illinois Services, with Diaper Bank written on the memo line. The address is: Central Illinois Services, P.O. Box 168, Petersburg, IL 62675. During this difficult time, they are appreciative of any monetary donations and hope to be up and running "business as usual" soon.



## **Pentecost: The Birthday of the Church**

Pentecost is a celebration of the descent of the Holy Spirit on the disciples of Jesus after his ascension. It is held on the seventh Sunday after Easter. Let's celebrate the birthday of the church by donating gifts to Central Presbyterian Church! This year, Pentecost Sunday is **May 31**.



There will be a box/plastic tub right inside the front doors for you to drop your gift donations. However, due to the COVID-19 situation, monetary donations would also be appreciated this year. Those clearly marked donations can be mailed to the church, but please, **NO GIFT CARDS!** If you know of any other needed supplies, please notify the church office (632-2651).

**The following is a wish list for needed supplies (this is only a guide - all gifts are welcome!):**

Hand sanitizer	Paper plates (no styrofoam, please), large & small
Disinfectant spray & wipes	Plastic spoons and forks
Dish soap	Paper coffee cups
Hand soap & lotion pump dispensers	Napkins
Large trash bags (33 gallon)	Large waste basket for the Fellowship Room
Small trash bags	Small tissue packets for pews
Kitchen sponges	Boxes of Kleenex

Monetary donations will be used for:  
Advent wreath reusable colored candle tubes (used instead of purchasing colored candles)  
Membership event supplies



## Chimes Deadline

Please have your articles and photos for the June Chimes submitted to the church office by Friday, May 15. A Microsoft Word file attached to an email is the preferred method of submission. Our email address is [centralpreschurch@sbcglobal.net](mailto:centralpreschurch@sbcglobal.net).

## Memorial Day Observance

The Church office will be closed Monday, May 27 in observance of Memorial Day.



*From Your Parish Nurse*

*Harvard Heart Letter*, Published: July, 2016

### **Revamp your snacking habits**

***Ditch the low-fat chips and pretzels in favor of snacks that contain a combination of whole or minimally processed foods.***

If late afternoon hunger pangs leave you longing for a snack, there's no reason to deny yourself. Just be sure to choose foods that fit into a heart-healthy eating pattern.

"Snacks help bridge the gap between meals," says Liz Moore, a dietitian at Harvard-affiliated Beth Israel Deaconess Medical Center. A small snack in the afternoon curbs your appetite so you're not completely starving when you sit down to dinner, she explains. That can help you control your portion sizes and avoid overeating—a common cause of weight gain. "If you eat lunch at noon and are planning to meet a friend for dinner at 7 or 8 p.m., have a snack between 4 and 5 p.m.," she suggests.



## Smarter snack choices

Most health-conscious people steer clear of junk food like salty, greasy chips. But they might not realize that low-fat, low-salt potato chips or pretzels aren't really a great substitute. "Those types of snacks usually don't satisfy your hunger because they contain just simple carbohydrates," says Moore. Low-fiber, easily digested carbs found in refined grains tend to raise your blood sugar, which can leave you hungry again in a few hours.

The most healthful snacks contain a combination of healthy proteins, carbs, and fats. Think whole-grain crackers with low-fat cheese or peanut butter (see "Healthy snack suggestions" for more ideas). A small serving of leftovers—like stir-fried vegetables, tuna salad, or soup—also makes a good snack, says Moore.

## Make your own

If you crave something crunchy, popcorn can be a good choice, provided you avoid prepackaged popcorn in bags or microwave popcorn, which often contains lots of salt and unhealthy fats. It's easy and far cheaper to make your own. Just toss a small handful of popcorn kernels into a small paper bag, fold over the top, and place in the microwave. Use the "popcorn" setting if your microwave has one, or cook on high for two to three minutes, or until the popping slows to a few seconds between pops. (Keep an eye on it to make sure it doesn't scorch or burn.)

Instead of butter, you can spray the cooked kernels with a little olive oil, using an oil mister, says Moore. "You can also sprinkle on herbs, spices, or a little grated Parmesan cheese," she says. (For a different, higher-protein snack idea, see "Spicy roasted chickpeas.")

If you have a sweet tooth, savor your favorite treat in moderation—like a small square of dark chocolate. If you love ice cream, have a kid-size cone once in a while as a treat.

### ***Healthy snack suggestions***

*When choosing snacks, select whole foods with little processing, and look for the healthiest sources of fats, carbs, and protein. For example:*

- 8 ounces plain Greek yogurt with fresh or frozen berries and a sprinkle of granola
- 1½ ounces trail mix with dried cherries, dark chocolate, and walnuts
- ¼ cup hummus with 1 cup fresh vegetables, such as baby carrots, broccoli florets, and cherry tomatoes
- 1 slice whole-grain flatbread with 1 tablespoon almond butter and 1 teaspoon fruit spread
- 1 banana, sliced and spread with 1 tablespoon peanut butter
- 1 cup of cooked oatmeal with a dusting of cinnamon, 1 tablespoon raisins, and ½ cup low-fat milk or soy milk
- Low-fat string cheese with an apple or small bunch of grapes
- 1 cup edamame\* in the shell

*\*Edamame are soybeans that are harvested while they are still green. Look in the freezer section for unsalted, precooked edamame, either as whole pods or shelled. Once thawed, squeeze the pod to release the beans, which you can eat as a snack or add to salads or other recipes.*



## In Flanders Fields

by John McCrae

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.  
Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields

## Ten Reasons I'm a Woman of God

1. God gives my life purpose and meaning.
2. I know where to go when I need answers.
3. He gives me strength and comfort in times of challenge.
4. God grants me wisdom and courage when I need it most.
5. He surrounds me with people who will help me, encourage me, and enlighten me.
6. With God, all things are possible.
7. The more I pray, the more I discover the many depths of God and His word.
8. God blesses me with love, joy, peace, and so much more.
9. I know God has plans for me—of a bright and bountiful future.
10. God provides me with all I really need in life.



## Scripture Insight

A wealthy young man approached Jesus trusting that his good works had earned him a place in heaven (Mark 10:17–20). Correcting him, Jesus told him to give up his material wealth and to follow Him in order to receive “treasure in heaven” (v. 21). This got the disciples thinking. They’d left their families and professions to follow Christ (Matthew 4:18–22; 9:9). Peter said to Jesus, “We have left everything to follow you!” (Mark 10:28). Jesus affirmed that they’d certainly be rewarded for their sacrifices and they’ll have the very thing the rich young ruler desired—“eternal life” (vv. 17, 30). But He also warned them of the danger of pride (v. 31). They weren’t to think of

themselves as “greatest” in the kingdom (9:33–34) because of their sacrifices and achievements and for following Him longer than anyone else.

**Being Cared For**  
*The LORD Almighty is with us.*  
**Psalm 46:11**

Debbie, the owner of a housecleaning service, was always searching for more clients to build up her business. On one call she talked with a woman whose response was, “I won’t be able to afford that now; I’m undergoing cancer treatment.” Right then Debbie decided that “no woman undergoing cancer treatment would ever be turned away. They would even be offered a free housecleaning service.” So in 2005 she started a nonprofit organization where companies donated their cleaning services to women battling cancer. One such woman felt a rush of confidence when she came home to a clean house. She said, “For the first time, I actually believed I could beat cancer.”

A feeling of being cared for and supported can help sustain us when we’re facing a challenge. An awareness of God’s presence and support can especially bring hope to encourage our spirit. Psalm 46, a favorite of many people going through trials, reminds us: “God is our refuge and strength, an ever-present help in trouble” and “Be still, and know that I am God; . . . I will be exalted in the earth. The LORD Almighty is with us” (vv. 1, 10-11).

Reminding ourselves of God’s promises and His presence with us can be a means to help renew our hearts and give us the courage and confidence to go through hard times.

By Anne Cetas

**REFLECT & PRAY**

“I’m grateful, God, for Your presence and Your promises. May I live out an attitude of confidence in You and Your ability to sustain me.”

For what trials are you depending on God for strength? What Bible verses help you?



**Members:**

Barb Churchill  
Jo Ann Morris

Marilyn Schafer

Janet Scheina  
Linda Williams

**Friends of the Congregation:**

Michelle Baker (C. Long's friend)	Debbie Lane (Pastor Stephanie's friend)
Carolyn Carr (J. Tice's friend)	Fred Marks (S. Carlson's father)
Michael Carter	Karyn Sampson (Bob/Ruth Ann's daughter-in-law)
Jane Claussen (Pat's mother)	Amy Stone (Pastor Stephanie's niece)
Walt Erchinger	Brenda Taylor (S. Carlson's friend)
Greg Grogan (C. Long's brother)	Cindy Thomas (R. Ford's niece)
Mike Hance (husband of Kristi Hance; PES teacher)	Paul Tressler (S. Roberts' cousin)
Marlene Hartsook (R. Ford's sister)	Sue Wells (Pastor Stephanie's sister)
Connie Hayes (M. Montgomery's mother)	Lauren Woodley (J. Satorius' friend J.D.Proehl's granddaughter)
Darlene Knoles	Debbie Woods

*Please pray for all we know who are homebound, residing in care facilities, serving in the military or who are away from their family and friends.*

**In Our Communities and In Our World:**

All who are affected by COVID-19	Victims of gun violence
Displaced peoples in the World	Displaced peoples in the World
Families who use the Food Pantry	Families at our Southern Borders

*Please keep Pastor Stephanie informed of members or friends that need to be placed on the list by sending an email to [pastorcentralpres@gmail.com](mailto:pastorcentralpres@gmail.com).*



## Happy Birthday

### Nonagenarian

May 26	Nancy VanEtten	Mason City Area Nursing Home, 520 N. Price St., PO Box 32, Mason City, IL 62664
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### Octogenarian

May 17	Mary Rose Satorius	10953 Smith Avenue, Petersburg, IL 62675
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May 1	Ben Kiningham
	Archer Kyes
May 9	Rebecca Rowe
	Michael Roberts
	Matthew Roberts
	Lloyd Schafer
May 11	Ashley Kveton

May 12	Rhonda Plaeger
May 15	Cory Willhite
May 19	Allison Buehner
May 25	Heidi Phillips
May 29	Talon Noel
May 31	Jan Costello

## Happy Anniversary

May 24	Matt & Kristina Hutton	May 28	Chase & Megan Sanert
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