



# THE CENTRAL CHIMES

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March 2023

## From the Pastor: Sacred Rhythms

Have you ever played with or against a professional athlete? I once played golf with someone who was hoping to make it onto the pro tour. He hit the ball so much farther and closer to the pin that I almost thought of giving up the sport. Generally speaking the gap between professional athletes and even talented amateurs is enormous. Why? It is because the pros spend so much more time on training and practice. They discipline themselves in diet and exercise to be in peak condition. Over time it is bound to make a difference.

In the similar way, practices in spiritual life make a difference. For example, if we regularly make time to be alone and to pray, we will reap its reward. If we are constantly busy but rarely read the scripture, seldom pray, or do not make a habit of helping those in need; if giving and gratitude are only occasional accidents instead of intentional patterns; if we do not learn to take care of our body through healthy diet, rest, and activities, then our spiritual life will remain decidedly amateurish.

Methodists in the beginning were all about disciplined routines. They recognized that these practices did not have power in and of themselves; after all, nothing we do can take the place of the Holy Spirit. But it is because we believe in the Holy Spirit that we want to make room for him—for example, through a quiet time or prayer—in order to listen, to worship, and to follow. As the scripture says:

“Do not be deceived; God is not mocked, for you reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh, but if you sow to the Spirit, you will reap eternal life from the Spirit. So let us not grow weary in doing what is right, for we will

Join us for Worship  
Sunday service—9:15 a.m.  
Sunday school—10:15 a.m.  
[Service Live on YouTube](#)

reap at harvest time, if we do not give up.” (Gal. 6:7-9, NRSV)

For this year's Lent I recommend Ruth Haley Barton's book, **“Sacred Rhythms: Arranging our lives for spiritual transformation.”** She introduces in detail several practices that help us become more receptive to God's grace. Beginning with Tuesday, Mar. 14, we will have a weekly discussion group on the book on Tuesday evenings for those interested (Daylight Saving Time starts on Mar. 12th!).

It is one thing to sense God's presence at a revival, such as one that reportedly swept through Asbury University recently. But what we need in the long run is to live in the divine presence through faith in Jesus, who said, “I am with you always.” It takes faith, and it is cultivated through spiritual disciplines. Our corporate worship on Sunday is one such “means of grace,” as we call them.

I hope you will make this worthy investment this spring. Its rewards are eternal.

Gratefully,  
*John*



Image source: creationswap.com

**UMCOR Sunday: March 19**  
**Mission Focus for March will be UMCOR**

Special offerings for United Methodist Committee on Relief during March will support UMCOR's administrative expenses, allowing special gifts throughout the year to go entirely to disaster relief projects. Please place gifts in envelopes in the pews with "UMCOR" in check memo.

Link for more info:

[What is UMCOR?](#)

**UMCOR.**  
**Multiplying**  
**Hope.**

## Heart Havens

February is the month when we think of hearts – hearts for our health, hearts for our valentines. But I want to let you know about a Virginia Conference United Methodist organization called Heart Havens. It is a non-profit 501© 3 organization that provides a home and 24-hour support for adults with developmental disabilities.

A simple question, "Where will my child live when I die?" led the Virginia Conference Commission on Ministry to Persons with Handicapping Conditions to begin researching the possibility of residential services for adults with developmental disabilities. The first Heart Haven home was opened in Virginia Beach in 1999. There are several now around the state. I encourage you to seek out more information on this worthwhile endeavor by the Virginia Conference. Contact [sara.becker@hearthavens.org](mailto:sara.becker@hearthavens.org) to obtain more information or go to [VAUMC.org](http://VAUMC.org) to learn more about our partnership with Heart Havens.

I would also like to add my sincere thanks to the thanks Pastor John expressed when he recognized our church leadership team during the service on February 12th. The men and women who assume the responsibilities for making sure the church runs smoothly are often forgotten in the normal business of our church life. The Sunday School presidents, the committee chairmen and members as well as so many others who do their jobs routinely without fanfare. Thank you for your service and dedication. It is my privilege to serve with you.



**Candle burning**  
**Sunday, March 13**  
**United Methodist Women**  
**will lead the service**  
**at 9:15 am.**

A listing of all the candle burning gifts will be presented and the candle will burn during the service for the amount of time for which donations are given.

Information and order forms are in the Sunday bulletin.

Together we are certain to make progress toward our goals of making disciples of Jesus Christ.

Blessings,

*Dee Bane*

Admin. Council Chair

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## From Finance Committee Chair

The overall financial health of Central UM Church remains strong. We ended up spending about \$3200 more than we took into the general fund in 2022, but thanks to some generous giving at the end of the year, the deficit was much less than it had been earlier. The Bailey Hudgins Fund was also down for the year, but even after spending about \$27,500 for improvements (electrical upgrade, screen, landscaping) the fund is almost exactly where it was two years ago.

Collections are off to a good start in 2023, so maybe we can keep our head above water as the year goes on. Thanks to all of you for your continued support of Central UM Church and its ministries. We can all be proud of this special place we call Central!

*Chris Moughon*

Chair of Finance Committee

## Songs, Soups, Salads and Sweets—Success

This was probably one of the best 4S's events EVER! The company was wonderful, the performances by all the musicians were spectacular, and the dinner was just amazing!

Thank you for the support and participation from everyone in attendance. Free will offerings totaled \$505.73 and will help in the earthquake and refugee response in Turkey.

*Linda Dalgety*

Mission and Evangelism Team



## United Methodist Men Plans Springs Events

The Central United Methodist Men met on Saturday, February 18. We had thirteen members present who enjoyed the breakfast prepared by Tom Robinson and Joe Arnold.

We discussed the upcoming yard sale to be held in conjunction with the Central Village Homemakers later this spring. Joe Arnold, our project manager for the sale, reported that he has already been working on getting things together for it and that it will be held on the same day as the county-wide yard sale. We'll give out more details as we get closer.

We also talked about the recent scam concerning someone posing as Pastor John asking for money to be immediately sent for an urgent need. Please keep in mind that John (or anyone else from the church) would not be asking for such an immediate response to a fund request. If there is a need for funds, it would be approved by the Admin Council and placed in the Chimes, newsletter, and/or bulletin.

Lastly, we made final arrangements for the

Brunswick Stew Sale coming up on Saturday, February 25, 12-2pm in the Fellowship Hall. Thanks to Gerald Taylor for heading up the event.

Our next meeting will be March 18, at 8am in the Fellowship Hall. Please join us for some good food and good fellowship!

*Chris Moughon*

CUMM President



### Lilies For Easter Sunday

Honor or remember someone with a beautiful pot of Lilies on the altar Easter Sunday. Order forms are available in the Weekly email & bulletin. Lilies are \$7.00 a pot.

**Orders must be received by the close of the 9:15 am service on Palm Sunday, April 2.**



## My Preparation for Easter

Lent remembers Christ's sacrifices while looking forward to his resurrection. I make the following commitments to discipline and growth during this period:

(Check the ones you desire or feel prompted to do; circle the ones you then decide to do.)

### Inward and Personal Disciplines

- Spend time in solitude and prayer each day.
- Attend a Bible Study Class
- Read through either the Gospel of Luke or the Gospel of John
- Begin to keep a journal of prayer concerns, questions, reading.
- Focus on thanksgiving, rather than on asking, in prayer.
- Find a way to go to bed earlier or sleep in so I get enough rest.
- Make a list of people with whom I need to be reconciled. Pray for them and let Jesus guide me in my thinking and feeling toward them.
- Go to Holy Week services as an act of love and waiting with Jesus.
- Take one hour to inventory my priorities and plan how I will reorder them.
- Give up a grudge or a rehearsal of a past event.
- Forgive someone who has hurt me.
- Join a Sunday School Class
- Other promptings:

### Outward and Social Disciplines

- Take on some loving task:
- Plan to visit a "shut-in" neighbor or church member weekly.
- Write a letter of affirmation once a week to a person who has touched my life.
- Listen and respond to Christ's call to a ministry of service:
- Go to coffee or dinner with someone I want to know better.
- Begin to recycle waste from my home and workplace.
- Give blood.
- Say "NO" to something that is a waste of money and time.
- Pray to God to help me resist racial prejudice and to give me courage in opposing it.
- Rebuke the spirit of criticism and my own tongue out of control.
- Reach out to someone outside of my usual circles, city, or country.
- Other outward and social promptings:



## “Small but Mighty”

On February 5th, the Central United Methodist Women presented Grace Mortimer with a Special Mission Recognition Pin and a Certificate of Appreciation for her many contributions to our organization as well as to our church family and to our community. Grace has served as Vice President for several years and has planned and prepared many meaningful programs during her tenure. Grace is a musical blessing to our church. Her enthusiasm and musical talent have enhanced our worship services and special events and we are so blessed that she shares her talent with us. Grace is also active in our community, giving of her time singing at the nursing facilities as well as at Bay Aging Active Lifestyle Center. She volunteers at the Visitor's Center and is active in several organizations in addition to UMW. Grace is most deserving of this award, and we are extremely lucky that we have her in our group and in our congregation. Congratulations and thank you, Grace, for all that you do!



CUMW held our monthly meeting on February 13th in the Fellowship Hall to discuss upcoming events of the year.

Our project for February was to mail Valentine's Day Cards to several members of the congregation, near and far, to let them know that we are thinking of them and that they are in our hearts.

On March 12th we will be having our annual Candle Burning Service. Candle Burning is a channel of Mission Giving offered as a means of supporting mission programs around the world. We are lifting up the children of the

church by giving one minute of candle burning in their honor. We offer you the opportunity to honor or memorialize someone at this service. A listing of the candle burning gifts will be presented and the candle will burn during the service in the amount of time for which donations have been given. The cost is 60 Cents per second. (i.e., 1 minute = \$36.00). The forms have been distributed in the weekly bulletins with the instructions and the deadline is Sunday, March 6th. In addition to our Candle Burning Service, we will be assisting Pastor John with the service, serving as greeters, ushers, liturgist, and reading of the scriptures.

We voted to send \$100 to UMCOR with the designation of sending aid to the victims of the devastating earthquake in Syria and Turkey.

We will continue our monthly \$50 donation to the organizations that are chosen by the Mission and Evangelism Team.

As a reminder, we continue to collect Non-Food items for HAM in a bin in the Fellowship Hall There is also a need at HAM for canned vegetables and canned fruits as well as soup, cereal, pasta, and pasta sauce. These food items can be left in the vestibule between the sanctuary and the fellowship hall.

“The Good Measure Cookbook” is still available for \$12. The cookbook makes a great gift.

Your support and generosity to our organization are greatly appreciated.

*Martha Arnold*

CUMW President



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*Our Deepest Sympathy and Prayers go to the Families of...*

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Rev. Bill Clark

Charles Buchanan

Richard Ogle

Sam Vogel

Jamie Lowe

Bob Warren

Betty Ridell

Samera Thomas

Gloria Respress

Mary Wade Smith

## Creation Care Presents at PATH

Creation Care Team was invited to share their Recycle Presentation with The Mathews PATH group. It was estimated that there would be a small group attending. Thankfully the Team: David Hudgins, Dee Bane, Nancy Goldman, Cindy Kloke and Chris Moughon, set up the day before and were ready for a small or large crowd.


The 50 PATH members that attended asked detailed recycle questions and enjoyed participating in changing trash to recycle items. They applauded our effort to teach in a fun way, the latest in Recycling in Mathews.



*Michael Cannon*  
Creation Care Team

"The Earth is the Lords and everything in it."



SUN	MON	TUE	WED	THU	FRI	SAT
<h1>March</h1>			1 Central Village Homemakers 9:00 am - 1:00 pm  Soup with Love 12:00 pm	2	3	4
			<i>All meeting times &amp; dates are subject to change. If in doubt, contact the committee chair.</i>			
5 <b>Worship - 9:15 am</b> <b>Sunday school - 10:15 am</b>  <b>Journey with God 5:00 pm</b>	6	7 Trustees 2:00 pm	8   Soup with Love 12:00 pm	9 Paul Townsend Mem. class Lunch & Meet Noon  Finance 2:00 pm	10	11  <b>Turn clocks forward</b> 
12 <b>Worship - 9:15 am</b> <b>Sunday school - 10:15 am</b>  <i>Daylight Savings Time begins</i>  <b>UM Women Candle burning Service</b>	13 UM Women 10:00 am  SPRC 7:00 pm	14   Book Study 7:00 pm	15 Mission & Evangelism 10:00 am  Soup with Love 12:00 pm	16   Choir 7:00 pm	17	18 UM Men 8:00 am
19 <b>Worship - 9:15 am</b> <b>Sunday school - 10:15 am</b>  <b>UMCOR Sunday</b>	20	21  Book Study 7:00 pm	22 Soup with Love 12:00 pm  Administrative Council 7:00 pm	23	24	25
26 <b>Worship - 9:15 am</b> <b>Sunday school - 10:15 am</b>	27	28 Book Study 7:00 pm	29 Soup with Love 12:00 pm	30	31 	

### Birthdays

Bill Hutson	3	Brenda Lewis	20
Dale Martin	5	Michael Cannon	21
Eric Stewart	6	John Hodges	22
Victor Vega	6	Greg Lewis	22
Joice Small	17	Elma Moughon	24

### Anniversaries

John Robert & Peggy Pierce	6
Joe & Martha Arnold	9
Jack & Cindy Kloke	16
Tim & Susan Hill	25