



THE CENTRAL ISSUE

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CENTRAL UMC SHELBY IS A SAFE SANCTUARIES

Our MISSION: To make disciples of Christ who WORSHIP God, GROW in their faith, and SERVE in the church and world.

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Fawn Mikel, Director of Discipleship & Outreach
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Libby Alexander, Organist
Gina Blanton, Director of Communications
Dianne Whisnant, Financial Secretary
Ed Winder, Facility Manager
Shelley Rempson, Kid's Place Preschool Director
Stacey Watkins Griffith, Pastoral Counselor

Kid Place News

We have had a great start to our 2020 school year. We can feel the prayers! We are so grateful to see happy, healthy children learning and growing in Christ!

Calling all helpers once again... We do have one family that has been approved for some scholarship assistance so their girls can attend our



program. If you feel called to donate to our scholarship program we could use help and would be so thankful! "Another Paraclete will come to help his disciples" John 14:16.

We would like to thank all those that have prayed for our Pre K Teacher, Teresa Swink and her husband Dan as he is recovering from quadruple bypass surgery. Hopefully he will be home soon. Your donations and love is very much appreciated!

We are honored to have so many Paracletes (helpers, advocates, counselors, comforters) support our preschool staff, children and families.

God is Good,
-Mrs Shelley

Backpack Ministry

Our schools are back in the swing of things as is our Backpack Ministry! As the schools recognize children who are food insecure, CUMC provides meals for them to take home for the days they are not in school. This year we are wanting to connect to our students a little deeper by having prayer partners for each child. That means we need YOU! If you are interested in praying for a child during the school year, please contact Pastor Fawn and you will be given a name. What a great opportunity to connect and support a child in our community!



Church Office Closed

The Office will be closed Friday, September 25th as Gina will be out of town. Regular office hours will resume on Monday, September 28th.

OPEN TABLE NEWS!

Yes, the church is alive and well. We are blessed with wonderful donations of fresh produce and food every Wednesday and Friday afternoon from the Episcopal church, as well as Friday mornings from Wal-Mart and Food Lion. **BUT we really need help** picking up and unloading all those goodies. Friday afternoons are usually the largest donations, so please consider helping from 4:30-5:30 pm... students can receive volunteer hours as well as the knowledge of making a significant difference in our community. **ALSO --** Extra muscles, hands and hearts are always needed on Saturdays. Please arrive to help by 10 am. **AND ONE MORE THING --**we are in need of **plastic grocery bags!**



Backpack Food Drive

Our schools are back in the swing of things as is our Backpack Ministry! As the schools recognize children who are food insecure, CUMC provides meals for them to take home for the days they are not in school. Beginning in September we will be collecting **Granola Bars and Individual Packets of Trail Mix**. You may drop them off at the office





- September 11 Karen Winder
- September 20 Rachel Fowler
- September 22 Naushaba Samuel
- September 22 Ellen Warlick
- September 22 Tommy Rempson
- September 22 Jackson Reid
- September 23 Victoria Hunter
- September 24 Sarah Nestlerode
- September 24 Joe Whisnant
- September 25 Elaine Gregory
- September 25 Carol Rose
- September 25 Leigh Mabry
- September 25 Allie Hill
- September 26 Ginny Hughes
- September 26 Jennifer Tea

Outside Sunday School

The Saints and Sinners Class will be meeting each Sunday at 9:00 am, weather permitting, on the Court Square (near the information center—the small building on our side of the Earl Scruggs Center). Bring your own chair or blanket and join them for a socially distanced Sunday School lesson.

Just Because We Love You -- Who would have ever thought we would still be staying at home, protecting ourselves and each other from a pandemic? I can assure you, the staff and leaders of the church, had no idea in March we would still be needing to refrain from group activities, especially worship and church events. We began almost 6 months ago creating a small team of individuals (staff and laity) to call and check on congregants. It is now evident that this may be continued for some time to come, especially for our more vulnerable church family members.

We are still in need of 5-10 adults to contact 10 families every 2 weeks just to check in, see if they have any needs, and let them know they are important to this church “just because we love you.” Team members will make phone calls, text, email, even write notes and send cards to parishioners.

If you feel God calling you to be a part of the team, please contact Pastor Fawn at 954-547-2593 or 828-675-3094 or fawn@cumshelby.org

Memorials and Honorariums

Operating:

- In Memory of Larry Barden by Bubba & Brownie Plaster
 - In Memory of Larry Barden by Jackie Guy
 - In Memory of George Newman by Jackie Guy
 - In Memory of George Newman by Mitchell & Glenda Self
 - In Memory of George Newman by Rocky & Elizabeth Lutz
 - In Memory of Tom Camp by June P. Miller
 - In Memory of Tom Camp by Mitchell & Glenda Self
 - In Memory of Tom Camp by Robert & Judy Camp
 - In Memory of Tom Camp by J. Vance Suttle & Nathalie Lavigne
 - In Honor of Danny Buckner by June P. Miller
- #### Columbarium/Prayer Garden:
- In Honor of Kitty Williams by Jackie Guy
 - In Honor of Marilyn Henshaw by Jackie Guy

To the Members of Central United Methodist Church;

Phil and I want to thank you very much for your prayers for our son, Jacob during his deployment in the Middle East. It is nearing the time when he will be coming home and I know that he felt all your prayers and that the Lord put a hedge of protection around him. He really enjoyed getting to know the Saudi Arabian people and was even able to watch the church services of his home church while overseas. As parents, we took great comfort in knowing so many people were praying for his safety. We truly appreciate your prayers.

Sincerely,
Phil & Jennie Rucker

2020 Stewardship

2020 Monthly Budget Needs.....	\$63,576.49
Total Receipts in August.....	\$42,763.56
August Expenses.....	\$51,693.63
Over/—Under Budget for the month.....	-\$8,930.07
Over/—Under Budget for the year.....	-\$39,892.86

COVID-19 Updates

As per NC Mandate and for the health and safety of our staff and community, effective immediately, we ask that everyone wear a mask while inside the church buildings. We are also asking everyone that enters our facility to sign in with their contact information in order to aid with contact tracing should it be necessary. Know that you are all in our thoughts and prayers and we hope you stay healthy and well. Thank you for your cooperation.

Bible Studies

September has arrived and we are excited to jump into opportunities to grow as disciples of Jesus Christ through new Bible studies! We hope you will join us:

WORD AND WINE – Mondays, 6:30 pm We miss gathering at Dragonfly to share a glass of wine and dive into the Scriptures, but we can still be “together” and share as we meet via ZOOM! With so much chaos in our society, we will take this Fall to see where God is in the midst of our fears, conflicts and uncertainty. During September, we will discuss each week a hot topic, asking “Where is God leading us as individuals and a community of believers to be God’s presence in it all?” Grab your Bible and a glass as we ask God and share our thoughts and insights.

Monday, September 21st – Police Reform

Monday, September 28th – McGirt vs. Oklahoma – The Significance of Native American Treaties

Today Zoom Link: <https://us02web.zoom.us/j/83391585122>

REVELATION – Tuesdays, beginning September 15th 7 pm The book of Revelation has always intrigued Christians. This exciting and thought-filled study will NOT be your “Left Behind” theology of the end of times, but rather a clear, readable look at the Scripture’s historical context (approximately AD 90), and its message for us today. We will be using “Revelation for Today” by James M. Efrid as our guide (available at Cokesbury or Amazon). Join leader, Savanna Craig, at Zoom Link: <https://us02web.zoom.us/j/86843458934>

WHITE FRAGILITY – This ZOOM book study will help us answer the question: Why is it so difficult for white people to talk about racism? And if you don’t think that is an issue, just check your blood pressure after having read this so far! We, as white men and women, have the opportunity to understand how we have protected racial inequality and learn how to engage in meaningful cross-racial dialogue to provide a positive change in our society. Stan Anthony and Jennifer Buckner will be leading us. You MUST register for this class as size is limited. To register you may call the church office or sign up at:

Women’s Study: Wednesdays, 7 pm. Register at: <https://www.signupgenius.com/go/5080E45A5AF2CA2FE3-white> Zoom link: <https://us02web.zoom.us/j/86492753038?pwd=YkRKbmFES0dqYlYvUDNjYlVaaZVrQT09>

Men’s Study: Men’s Study, Thursdays, September 17th, 7 pm. Register at: <https://www.signupgenius.com/go/5080E45A5AF2CA2FE3-mens> Zoom link: <https://us02web.zoom.us/j/87185210980>

SAVING JESUS – Wednesdays, beginning September 23rd, 3:30-5 pm

Who knew Jesus needed to be saved? And saved from what? This is a very progressive study, for those who may have ever felt like Jesus has been kidnapped by the Christian Right and discarded by the Secular Left? Through video presentations by theological scholars of today, participants will engage in meaningful conversations around the relevance of Jesus for today. Email Pastor Fawn at fawn@cumcshelby.org to receive the study guide and Zoom link.

Taking Care Of Each Other

And so it continues... we are delivering meals every Saturday to our community and church family, friends and neighbors. This week it is yummy beef tips! If you would like a meal, know someone who would like a meal or would be interested in delivering meals between 11am and 12 noon, please contact Pastor Fawn via email [fawn@cumcshelby.org] or cell phone [954-547-2593].

Ahhhh, remember back when we had paper bulletins? One of these days we’ll have them again...

Until then, check out the online version each Friday at <http://cumcshelby.org/worship/bulletins/>





Take a Breathers

As we are being bombarded with news and anxiety may be building, Central UMC invites you to **Take a Breather** with us Monday-Saturday at noon on Facebook Live. One of our ministry staff will lead us in a short devotional and prayer, uniting us as we keep our eyes and hearts on God's promises. You do not have to have a FB account to see the videos. You will also find a week's worth of videos on our website at <http://cumcshelby.org/grow/>. Below you will find the transcripts for the previous weeks' videos. We hope you join us as we remember: Together, we ARE the Body of Christ!

September 15th:

As we start our devotional time together today, I want you to think back to the last time you received some really good news. What was it about this bit of news that made it so good? Was it a long-awaited answer to prayer, news that a potential disaster had been avoided, the welcome arrival of an unexpected family member, or perhaps, something else?

As followers of Jesus we can become so accustomed to hearing about 'Good News', or the 'Gospel', that we lose sight of just what it is that makes the Christian message so revolutionary.

Jesus' contemporaries were astonished at the words coming from the mouth of the man whom they had known simply as Joseph's son that was born down the road.

The Gospel of Luke tells us that after forty days of fasting and temptation in the wilderness, Jesus returned home. He made his way home to Galilee filled with the power of the Spirit.

Up until that time, Jesus seemed to be an ordinary member of the small community of about 200 people in the village of Nazareth. However, he was beginning to gain a great reputation throughout the whole district as news about him spread throughout the countryside.

One Sabbath day, Jesus stood up in the synagogue and read from Isaiah's scroll. Here is how Luke 4:14-21 gives this account:

“Jesus returned in the power of the Spirit to Galilee, and news about him spread throughout the whole countryside. He taught in their synagogues and was praised by everyone. Jesus went to Nazareth, where he had been raised. On the Sabbath he went to the synagogue as he normally did and stood up to read. The synagogue assistant gave him the scroll from the prophet Isaiah. He unrolled the scroll and found the place where it was written: ‘The Spirit of the Lord is upon me, because the Lord has anointed me. He has sent me to preach good news to the poor, to proclaim release to the prisoners and recovery of sight to the blind, to liberate the oppressed, and to proclaim the year of the Lord’s favor.’ He rolled up the scroll, gave it back to the synagogue assistant, and sat down. Every eye in the synagogue was fixed on him. He began to explain to them, ‘Today, this scripture has been fulfilled just as you heard it.’”

His hearers received a message that we now understand to be central to the Christian faith. Jesus claimed to be the one anointed by God to bring “good news”, *Euangelion*. This Greek word was used in the first century to describe a welcome announcement, or something that created a whole new state of affairs.

Now, pause for a moment and consider, what's the news Jesus is talking about here and why is it good? How does the proclamation that Jesus is the fulfillment of ancient promises continue to be good news for today's world?

We need to refresh our memories and our imaginations as to how this 'good news' was actually supposed to work from the very beginning. News is about something that has happened—something that is going to make the world different, and there are things that are going to happen for which we have to ready ourselves. News creates a new situation where we live between the event that has happened, and the event that will happen. It is easy to collapse the Christian message into good advice about how you might live your life or practice your private spirituality. These are good things, but the whole point of Christianity from the beginning was about something that had happened:

- News concerning Jesus of Nazareth and his death and resurrection.
- News about the God we see revealed in and active through Jesus.
- News that has changed the way the entire world is now and will be forever.

The Gospel announces that a whole new world order and a whole new way to be human has now arrived and will one day be fully and finally complete. This is simply good news!

News, especially the good news of Jesus, creates a new situation for those who are hearing it and calls for new decisions to be made. I ask you as we close, in what ways does the Gospel of Jesus Christ call you to make different choices or live differently today?

Savanna Craig

September 16th:

We all know the feeling of not being chosen. Who hasn't felt the pain of realizing you weren't picked for the team? Or maybe you weren't invited to a party others were talking about? Or perhaps you have experienced the rejection of applying for a job and not getting the offer. Some of us have labored endlessly on a presentation only to be soundly rejected.

Our nation is currently embroiled in serious tensions that extend across racial, economic and political lines where many experience rejection every day. Each sector of our society seems to have an inherent brokenness that leaves many feeling rejected and without a voice in our world.

Our brokenness and disunity causes God's heart to ache. As followers of Jesus we are compelled to live a different way. And yet, even though we seek to follow Jesus, many Christians slide into practices and behaviors that unintentionally limit the freedom God wants us to experience. We limit ourselves and we limit each other too.

It is easy to internalize the rejections and failures we inevitably face as human beings. It is easy to take those places we feel "less than" and adopt that as our identity. It's also easy to focus on the things we see as weaknesses in other people and define them by those things and nothing else.

But, the good news is, the grace and freedom of being in relationship with Christ gives us the possibility of seeing our own worth and the worth of others in a different light. Paul in 2 Corinthians puts this idea into helpful words for us when he talks about the "flesh in his side" that he feels God has given him. Hear these words from Paul:

2 Corinthians 12:9-10 *9 He said to me, "My grace is enough for you, because power is made perfect in weakness." So I'll gladly spend my time bragging about my weaknesses so that Christ's power can rest on me. 10 Therefore, I'm all right with weaknesses, insults, disasters, harassments, and stressful situations for the sake of Christ, because when I'm weak, then I'm strong.*

If what Paul says here is true, then those very places that we count as shortcomings are where we can be strong! What!? This seems kind of backwards to me, but if we have learned anything about following Christ, it is that a lot of the time, we have to switch our natural mindsets upside down.

So, if I am reading this right, all of my weaknesses, struggles, stresses, and fears are the perfect place for Christ's strength to be especially with me. Let's think about this for a second and it might just make sense!

If I am fearful, then there is an opportunity to be courageous.

If I have been rejected, then there is an opportunity to remember my worth does not come from the person/situation that resulted in my rejection.

If I am stressed, then I have the opportunity to realign myself to the true peace of God.

The list goes on, but I bet you get the idea. We often do not have the opportunity to practice the things we count as strong qualities (like courage, healthy self-worth, and peace), without the hard parts of life that require those strengths to just get by.

Let's remember the words of God in Verse 9: *He said to me, "My grace is enough for you, because power is made perfect in weakness."*

Savanna Craig

September 17th:

Welcome back, friends, to our Thursday September 17th edition of "Take a Breather". I'm Danny Buckner and it's my privilege to serve as music director for Central Methodist Church in Shelby, NC.

I'd like to circle back today to Richard Rohr and I'm specifically on his website www.cac.org down in the "Daily Devotions" tab. I've come here often because whenever I do, I'm always challenged to think and examine and question how I feel about things. And whether I agree or even fully understand everything I've read there, I've lived long enough now to know that that's ok and it's actually good for me to be stretched beyond where I am toward ever-widening place of grace and acceptance. After all, as children of God, isn't that what we're called to do?...to try and see the world through God's eyes?

Today's devotional had me at the title...

Healing Is a Process

Mr. Rohr begins...

I have been recently introduced to the work of Lama Rod Owens, a Black, queer, American-born, Tibetan Buddhist teacher, who was raised in the Christian church and graduated from Harvard Divinity School. Perhaps it is because of his many identities that his teachings on love, self-compassion, and justice seem to be drawn from the perennial wisdom of Reality itself. He writes here of the needed work of healing our own wounds so that the healing can be passed on:



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Healing is being situated in love. Healing is not just the courage to love, but to be loved. It is the courage to want to be happy not just for others, but for ourselves as well. It is interrogating our bodies as an artifact of accumulated traumas and doing the work of processing that trauma by developing the capacity to notice and be with our pain. If we are to heal, then we must allow our awareness to settle into and integrate with the pain and discomfort that has been habitually avoided. We cannot medicate the pain away. We embrace it, and in so doing establish a new relationship with the experience. We must see that there is something that must be befriended. This is the true nature of our experience, and in finally approaching this experience we contact basic sanity. . . .

Healing is movement and work toward wholeness. Healing is never a definite location but something in process. It is the basic ordinary work of staying engaged with our own hurt and limitations. Healing does not mean forgiveness either, though it is a result of it. Healing is knowing our woundedness; it is developing an intimacy with the ways in which we suffer. Healing is learning to love the wound because love draws us into relationship with it instead of avoiding feeling the discomfort.

Healing means we are holding the space for our woundedness and allowing it to open our hearts to the reality that we are not the only people who are hurt, lonely, angry, or frustrated. We must also release the habitual aggression that characterizes our avoidance of trauma or any discomfort. My goal is to befriend my pain, to relate to it intimately as a means to end the suffering of desperately trying to avoid it. Opening our hearts to woundedness helps us to understand that everyone else around us carries around the same woundedness. . . .

Perhaps what I have come to understand, finally, is that somehow I have become the one I have always wanted. This is why I do the things that I do. There is a fierce love that wakes me up every morning, that makes me tell my stories, refuses to let me apologize for my being here, blesses me with the capacity to be silent, alone, and grieving when I most need to be. You have to understand that this is what I mean when I say healing.

May all beings be seen, held kindly, and loved. May we all one day surrender to the weight of being healed.

Let's close our time together with the Prayer of Saint Francis...

Lord, make me an instrument of your peace
Where there is hatred, let me sow love
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
And where there is sadness, joy
O Divine Master, grant that I may
Not so much seek to be consoled as to console
To be understood, as to understand
To be loved, as to love
For it is in giving that we receive
And it's in pardoning that we are pardoned
And it's in dying that we are born to Eternal Life
Amen