



THE CENTRAL ISSUE

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.

October 28, 2020
Volume 29, No. 42

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Stacey Watkins Griffith, Pastoral Counselor

All Saints' Sunday



We affectionately remember these members and give thanks for all the contributions they made to our lives, to the church and to the world. There will be an arrangement of white roses representing each one of our deceased member.

We invite you to join the families of Central's 14 deceased members for our worship service on Sunday, November 1st. It will be available for viewing on our Facebook page (www.facebook.com/cumcshelby/) at 10 am or on our website (cumcshelby.org/latest-sermons/) Monday morning.

Evelyn "Shirley" Pritchard Fox
Ella Bonner "Bonnie" Mann Gunn
Billie Ann Roberts Haynes
David J. Rupprecht
Alice Johnson Whicker Southern
Nancy Carolyn Bearden Telle
Curtis William "Bill" Chambless
Clyde Joseph "Joe" Ellis
Charles Franklin Fowler
Phyllis Ann Adkins Baxter
Mikel "Mike" Wofford McDaniel
George Cunningham Newman
Tom Camp
Martha Ann Byers Laney

The Sanctuary Flowers are given to the Glory of God and in loving memory of Mae M. Blair by her daughter, Marilyn Jack, and in memory of all the other loved ones who have joined the Church Triumphant since last All Saints' Day.



November 1	Dan Treharne
November 2	Julie Wright
November 2	Jessie Rucker
November 3	Carol Maxwell
November 3	Betty Reeves
November 3	Caleb Goss
November 4	Carter Johnson
November 4	Brandon Swenson
November 5	Carole Arey
November 5	David Hill
November 6	Suzanne Hensley

CUMC Youth Update

Because of the time change, beginning this Sunday (Nov. 1) we will be having youth from 4:30-5:30 on the Court Square. Rain Plan- Since we are meeting outside for youth, if there is rain, we will meet socially distanced in the Fellowship Hall!

Taking Care Of Each Other

Jesus used food and sharing meals to build community. We continue delivering meals every Saturday to our community and church family, friends and neighbors. 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@cumshelby.org or cell phone 954-547-



OPEN TABLE: a shared community meal

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.

Advent Calendars and Candles – Christmas is coming! In this crazy year, we are planning wonderful ways to prepare and experience “God with us” during the Advent and Christmas seasons. As Advent begins Sunday, November 29th, we want every family to make these days of preparation special in their homes. Last year advent candles were available for each household to light. Hopefully, you still have yours. But if not, or if you did not receive a set last year, candle sets will be available this year. With each set will be a calendar to help you celebrate through Scripture and action for the arrival of Christ. You may pick up your candle sets and calendars beginning Monday, November 9th, from the church office. Or you may call the church office for items to be delivered to you.

Memorials and Honorariums

Operating:

In Memory of Jim White by Julian & Anne Wray
 In Memory of Martha Laney by John & Stuart Schweppe
 In Memory of Martha Laney by Julian & Anne Wray
 In Memory of Martha Laney by Frank & Flossie Bonner
 In Memory of Martha Laney by Saints & Sinners Sunday School Class

Music Ministry:

In Memory of Martha Laney by Jim & Page Morgan
 In Memory of Martha Laney by Terry & Teresa Addington
 In Memory of Martha Laney by Wil & Suzanne Hunter
 In Memory of Martha Laney by Frank & Mary Beam
 In Memory of Martha Laney by Jeffery & Joanne Cox
 In Memory of Martha Laney by David & Jill Putnam
 In Memory of Martha Laney by Mitchell & Glenda Self

In Memory of Martha Laney by David & Rebecca Schweppe

Piano:

In Memory of Martha Laney by Robin, Kip & Baxter Smith and Wesley & Hayden Roberts



Just Because We Love You

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 fawn@cumshelby.org Or you may call her at 954-547-2593 or 828-675-3094.

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!

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.



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://cumshelby.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!

October 26th

Allowing Negative Emotions

Everyone has an instinct reaction to escape pain. This can be good for us. It's the reason we've survived as long as we have. But this reaction can also hurt us. If we keep escaping the pain of negative emotions, we won't know how to grow through them.

In the Bible, we see many of the disciples and major characters walk through their negative emotions to arrive at the joy that's on the other side.

One of the greatest obstacles to joy is our inability to sit with painful emotions. We try to escape them, ignore them, and numb them, but these actions only increase the strength of our stressors.

We instead need to allow ourselves to experience these emotions, and not fear facing them. But how can we increase our capacity to face negative emotions?

We can hold onto the truth that joy is on the other side of facing our emotions. This understanding helps us have the courage to face difficult emotions.

In John 16:20, Jesus tells the disciples that they will weep and lament, but their sorrow will turn to joy. He doesn't say they will face sadness and should ignore it. Rather, he says they will be so grieved that they will actually weep. In other words, Jesus is saying they will feel the fullness of their emotion. But on the other side

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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. For the month of October we're asking for **individual fruit cups** (apple sauce, mixed fruit, mandarin oranges, etc) You may drop them off at the office M-Th 9-4 and Fri 9-1. These will be added to weekly bags of food sent home from school with food insecure students for weekend meals.



2020 Stewardship

2020 Monthly Budget Needs.....	\$63,576.49
Total Receipts in September.....	\$49,818.50
September Expenses.....	\$51,195.77
Over/—Under Budget for the month.....	-\$1,377.27
Over/—Under Budget for the year.....	-\$41,270.13

Take a Breathers

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of that emotion is joy. Their deep sorrow will turn to joy.

Having faith or trust in God is not about us running from our emotions. It's about facing them, and finding the joy on the other side. If we don't face them, there's no joy to be had.

Consider Psalm 30:5. It says joy comes in the morning. Weeping will be in the night, but joy comes after the weeping.

Or consider all the emotions the people in the book of Nehemiah go through (anger, sadness, fear, etc.) before Nehemiah tells them that the joy of the Lord is their strength (Nehemiah 8:10).

Or consider all the emotions David goes through in Psalm 22, just before the famous Psalm 23.

It is clear: we are not meant to run from our pain, but face it, long enough to find the joy of God on the other side.

Today, consider what feelings you're afraid to face. Instead of running from them, allow yourself to feel them. And pray that God's joy meets you on the other side. As you do this more and more, you increase your capacity to face hard things, and thus, open yourself to more joy.

It's true that joy comes in the morning. But it's not without facing the sorrow of the night. Carry this truth with you today, and know that you are able to face hard things.

Savanna Craig

October 27th

Welcome back, friends, to our Tuesday October 27th 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. Let's sit back, take a deep breath, and relax a bit...ahhhh.

As you may be aware this Sunday, November 1 is All Saints Sunday. It is a special day where we celebrate the memory of the loving "saints" of our church that have passed over this last year. This service will include special prayers, a candle lit for each individual departed saint, and hymns befitting this important day.

Our final hymn for this service is titled, *For All the Saints*. We actually have 2 hymns sharing this title in our hymnals...one found on page 711 in our *United Methodist Hymnal* and a second found on page 2283 in *The Faith We Sing Hymnal*. I've chosen the second and though, I believe, the tune will be very familiar to many of us, the text may not. So, I thought it might be worth a closer look.

The text for this hymn was composed by John Lamberton Bell. Mr. Bell was born in Scotland in 1949 and in addition to being a hymn writer, he is a minister in the Church of Scotland, a broadcaster, and lecturer in theological colleges and conferences around the world. His subject matter often deals in the renewal of congregational worship.

In an interview with *Reformed Worship* in March of 1993 Mr. Bell stated, "I discovered that seldom did our hymns represent the plight of poor people to God. There was nothing that dealt with unemployment, nothing that dealt with living in a multicultural society and feeling disenfranchised. There was nothing about child abuse...that reflected concern for the developing world, nothing that helped see ourselves as brother and sister to those who are suffering from poverty or persecution." This concern led Mr. Bell to writing many hymns and songs and to share them internationally through his conference work.

Here is the hymn text:

For all the saints who've shown your love
in how they live and where they move,
for mindful women, caring men,
accept our gratitude again.
For all the saints who loved your name,
whose faith increased the Savior's fame,
who sang your songs and share your word,
accept our gratitude, good Lord.
For all the saints who named your will,
and showed the kingdom coming still

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through selfless protest, prayer, and praise,
accept the gratitude we raise.

Bless all whose will or name or love
reflects the grace of heaven above.

Though unacclaimed by earthly powers,
your life through theirs has hallowed ours.

And now, I invite you to listen as I sing...

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

October 28th

Gratitude is the spiritual practice of seeing and celebrating the good in the world around you. This is easier said than done.

Modern life often forces you to focus on what is bad – what needs to be fixed immediately, what crisis must be prevented, what new thing you need now to make your life better. It's hard to not give the majority of our attention to those things!

Learning to notice the good takes practice. Thankfully, every time you flex your gratitude muscle, it gets stronger. It feels good to be grateful, and it helps us connect with God who is the source of all goodness.

You don't need to look for big miraculous things to be grateful for. Jesus showed that gratitude can begin with very little. On a day when it seemed like he and his friends wouldn't have enough to eat, Jesus looked up to heaven and thanked God for the food they had (Mark 6:37-44). We know this story well. A whole crowd to feed and only a small boy's lunch. Jesus saw the gift of this lunch, and saw that it was exactly enough. When he did this, the little they had turned into an abundance.

Start your gratitude practice by simply noticing what is good in the world around you. This goes back to the very first chapter of the Bible, when God "sees" what is good in his creation (Genesis 1:12). Even God our Creator felt it important to name the good.

Here are some tips for practicing gratitude.

Practice:

Take time now to think on this question- What is good in the world around you right now? If the seat you're sitting on is comfortable, thank God for that.

As you go through your day, make it a point to notice small things that are good. If a coworker smiles at you, this can be a prompt to gratitude.

Before you go to bed tonight, think back on your day. What was good today that you can thank God for? Make a list.

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These are some helpful ways we can begin to shift our approach in life from a focus on lack and what is missing to gratitude for what is.

Savanna Craig

Upper Room Devotions

The November/December edition of the Upper Rooms are available outside of the office. You may pick one up Mon-Thurs 9-4 or Fri 9-1. Contact Gina if you need to make different arrangements.

Bible Studies

Fall 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 are still “together” and growing as disciples as we meet via ZOOM to study the Scriptures! Do you ever wonder how on earth you can be a REAL disciple of Jesus?

During October, we will discuss each week an attribute of Christ and how difficult it may be for us to emulate it in our own lives. Grab your Bible and a glass as we learn, sharing our thoughts and Insights. Zoom Link: <https://us02web.zoom.us/j/83391585122>

REVELATION – Tuesdays, 7 pm This is an incredible, in-depth study of one of the most intriguing books of Scriptures. This week we will be reading Chapter 10. Join leader, Savanna Craig, at Zoom Link: <https://us02web.zoom.us/>

Prescription/Over-The-Counter Bottles

YES, we are still collecting empty prescription, vitamin, over-the-counter medicine bottles for use in 3rd world countries. You may bring them to the church office. (Please remove any labels with your name.)

Adult Sunday School Classes are Meeting!

Sundays at 9 am

Our adult Sunday School classes are now able to meet inside the church in 3 different locations WITH SOCIAL DISTANCING AND REQUIRED MASKS. Please call Gina at the office to receive information and reserve space! The Saints and Sinners Class is meeting in the Fellowship Hall. Growing Christian class is meeting in the PAC. Feel free to come and join them!



Kids Place News

Now more than ever, we are in need of your support for our Fall 2020 fundraiser. Your participation is essential in helping us earn funds to support the many activities that our students enjoy! This year you can shop online!
Step 1: go to www.reg.fundraisingshoppingcart.com
Step 2: Scroll down to “Sellers Register here!”
Step 3: Use school ID: S2908013 and click “GO”
Step 4: Fill out the form and click “NEXT”
You will receive a unique seller ID to share with friends and family! All orders will add to the prize and profit earned. The seller ID is also emailed to you after you submit. Online orders ship directly to whatever address is provided and profits go to the school at the end of the sale.
An order form is also available in the church office if you would prefer to order that way. Sale ends November 4th.

Be sure to check out our website: www.cumcshelby.org
And our Facebook page: www.facebook.com/cumcshelby/

