



The Spire

May 2022

Pastor's Page

The TV remote control has two buttons which I use a lot: pause and mute. We all have the capacity to take control of our lives by the practice of intentionally pausing and muting in life too. We pause when instead of simply seeing the pretty flowers of spring or the blueness of the sky, or “a flock of birds descending,” we pause whatever we were thinking and doing to take a moment to be fully aware.

Muting Thoughts

When we pause to become intentionally aware, we also mute the internal dialogue that normally runs in our heads. We mute the thoughts about what we are on our way to do, or what we just recently did, or our judgments about whether we like what is going on around us or not. We mute those thoughts by simply letting them slide off center stage as we bring our intentional awareness to that serendipitous moment of contemplative experience.

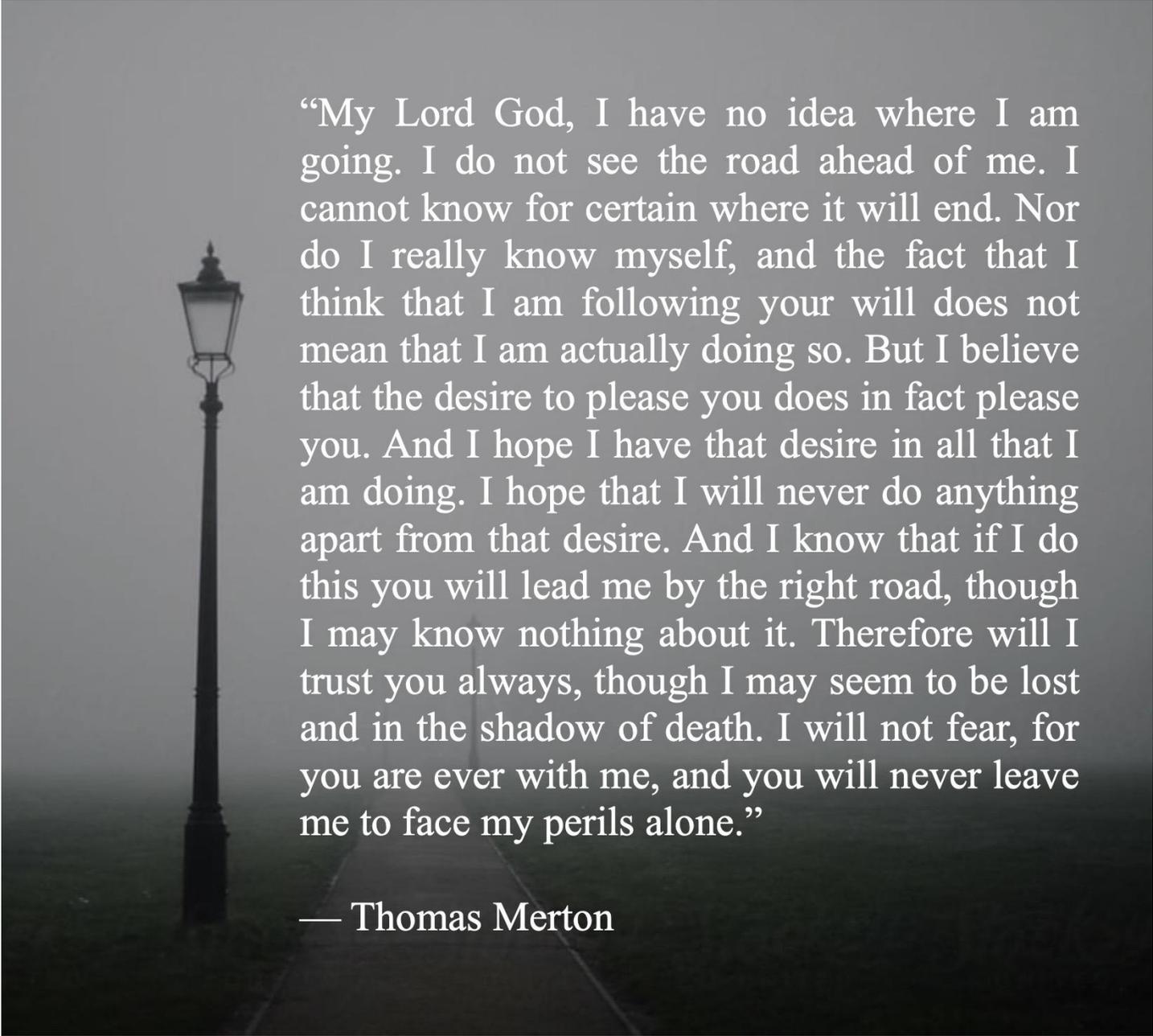
Thoughts are only Thoughts

We come to recognize that all of our thoughts are only thoughts about reality; not reality itself. One time I noticed that I was looking at something and I thought to myself; I don't like that color. Then, in a moment of awareness, I realized I was making a judgment about the color — but I could not say why I thought I didn't like it? I realized it was a thought that arose from somewhere, but from where? I could not say. I asked myself if there was anything particularly wrong with that color, and of course, there wasn't. It was just a random judgment. I've done the same thing with seeing houses, or cars on the road: I like that one; I don't like that one. Why? Where do these judgments come from? From nowhere I can identify, much less justify. And yet, if I take them as true, as “intuitively obvious,” then I will believe them. So many of our thoughts are like that: just thoughts, not true descriptions of reality. So we can learn to notice them, and then let them go. I can hit the mute button on thoughts, so I can pause, and bring my entire awareness to the beauty of the flower, or the wonder of the flock of birds descending.

Why Pause and Mute?

Why would we take the time to pause our stream of activities and mute our mental thought-barrage to deeply notice beauty? Because when we do, we become aware of a depth dimension that is already present. Some call it holiness that has already begun. It is there all the time but when we pause and mute to attend to beauty, we become aware that we are living with it, all around us. It fills us with awe and gratitude, and a sense of liberation from wanting or needing anything else in that moment. It is a contemplative experience. And it makes us long for its source, which is infinite love. Moments of spontaneous contemplative awareness come, and then go, but they leave an ache in our

hearts to have them back. They come as gifts, unbidden, however. We cannot concoct them. They do not arise from any “because of” that we have set up or earned, they just come like grace gifts. But when they do, they leave us with a knowledge that there is more to life than meets the eye. There is a reality beneath the surface. Its source is infinite, therefore its source is God, the Divine; the infinite which exists in and through the finite. Hitting the pause and mute help us become aware of these spontaneous moments of contemplative awareness and so deepens our spiritual lives.



“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore will I trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.”

— Thomas Merton

Deacon's Spotlight

Spring is here! We are getting April showers to help our flowers, grass, and gardens grow.

We had great Maundy Thursday and Easter Sunday services. Our Deacons delivered plants and visited with our shut-ins. The palm leaves looked so nice in the windows and so did the Easter lilies!

This week we will be putting care packages together to send to our college students to help them through finals. We do this twice a year to let them know we support them and wish them the best in what they are doing!

Mother's Day is coming up, so wishing all Mothers and Grandmothers a Happy Mother's Day! Bring on the chocolate covered strawberries!

Respectfully,
Roberta Elliott

Kathya....

Please keep Kathya, her family and her country in your prayers.

Worship Service Videos

You can watch videos of our worship service at 11:30 Sunday morning at our Youtube channel or watch the recording of the service anytime.



Central's Meal Share

Remember: if a meal is needed for a church member, contact Linda Riley at lriley@cox.net. If you are unable to reach Linda, you can call Debbie at the church office.

New COVID Masking Guidelines

Session has approved the recommendation from the Worship Committee that mask wearing at church will now be optional. Feel free to continue to wear a mask and distancing is still recommended.

Hospitalizations

During this time of the Covid-19 pandemic, we have discontinued hospital visitations for now.

Care Committee



Every 3rd Tuesday of the month, a group of caring individuals meet at Sweet Bay at 12:00 over lunch, we discuss visiting the shut-ins of our church. We team up and then go to visit those who aren't able to come to church. Please join this important mission of our church.

Officers of Central Presbyterian Church After Forthcoming Installation

Session

Class of 2022	Class of 2023	Class of 2024
Sandy Barron	Debi Wilkinson	Cissy Rose
Mike McClure	Margaret Sparkman	John Spain
John Hale	Suzanne Bethell	Ruthie McRae

Deacons

Class of 2022	Class of 2023	Class of 2024
Renda Cook	Betty McSwain	Martin Hyatt
Jo Hardy	Larry Hall	Suzanne Spain
Linda Riley		Jackie Franklin
Robertta Elliot		Robert MacAfee

Trustees

Class of 2022	Class of 2023	Class of 2024
Ken Cowan	Carl Rose	Stanhope Wilkinson

May Birthdays

Kathy Smith	05/01
Karen Williams	05/01
Alison Kotarek	05/02
Marshall Hunter	05/06
Mae Berlau	05/08
Charles Belt	05/11
Steven Kurtz	05/11
Debbie Wilkinson	05/15
Linda Peerson	05/18
Leo Wilkinson	05/19
Charlotte Olienyk	05/26
Jane Baker	05/28



Flower List for May

May 1	Karen Williams
May 8	Alison Kotarek
May 15	Jan Whitt
May 22	Sheila Mann
May 29	Charles and Renda Cook

Every Sunday morning, it is a treat to get that first look at the weekly flowers. There are many openings on the flower calendar. Please help us fill in the dates.

Sweet House Help Needed

The programs at the Sweet House include meals on Friday and Saturday evenings, every other week. Help is needed in meal preparation, set up (served buffet style) and clean up. If you could help with any of those tasks on any schedule that suits you, please let us know. This is an opportunity for our congregation to be directly involved, to meet some of the participants, leaders and parents, and to show love in a practical way. Please let Debbie in the church office know if you can help.

Flower Calendars

The Flower Calendar (or both this year and next) have been returned to the bulletin board, across from the choir room on the east side of the building. Please help fill in the empty dates.

Food Cart

While we no longer enjoy the sights and sounds of the food cart going down the center aisle, we still need to bring non-perishable food items every Sunday. The Clearinghouse has a need for food that is greater than ever.

New Hearing Devices Available in the Sanctuary

We have 6 new hearing-aid devices available at the back of the sanctuary on the west side. After using the device, please put it in the basket marked 'used', so that we will know to clean it before the next Sunday!

Afghans are Now Available in the Sanctuary

A great big thanks to the Knitting Club for supplying the beautiful afghans for use in the sanctuary. They are scattered around the sanctuary. Pick one up when you feel a little too cool!

After-Church Coffee will Resume on June 5th*!

Please make plans to come to church on June 5th (and the following Sundays, too!), so we can all catch up with each other and have a good visit! This will be sort of like a Family Reunion/Homecoming!

**The Worship Committee needs your ideas for new ways to organize these 'after church coffee' events – some ideas we are working on are: having an occasional food truck parked outside, and letting different groups raise money by providing the food. Tell a Worship Committee member your ideas! Members: Janis and Mike McClure, Kathryn and Bruce Rice, Sheila Mann, Babbs Jetton, Cissy Rose, Larry Hall, and Linda Riley.*

One Great Hour of Sharing Offering

Thank you all for your generous contributions to the One Great Hour of Sharing Offering. We raised \$610.00 this year.

Central Presbyterian Church

Minutes of Stated Session Meeting April 19, 2022

The regular meeting of the session was called to order at 6:20pm by Pastor Steven. The devotional was given by Margaret Sparkman.

Present: Pastor Kim, Pastor Steven, Margaret Sparkman, Cissy Rose, Ruthie McRae, Sandra Barron, Debi Wilkinson and John Hale. John Spain and Mike McClure were excused.

The docket and minutes were approved, and a quorum was declared.

Clerk Report: A letter of resignation from Suzanne Bethell was read to Session dated April 19th. We were all very sad to hear the news and she will be greatly missed. She does such a wonderful job on any endeavor she takes on.

Pastor Report: A summary of the pastor's activities is included with the session packet. He will be taking vacation May 9-23rd. Session meeting will be moved to May 24th.

COMMITTEE REPORTS

Building & Grounds: The new ice maker has been installed. It cost around \$3,000 and money from the Moody fund was used. The coffee maker is also installed. Cost and installation was about \$800.

Christian Education: Cissy reported the Third Thursday Meal will resume at 5:30 on the 21st. Also Jennifer would like to have a cooking school for children during the summer with a different dish from different countries. This is still in the planning stage.

Outreach: Ruthie reported that the weatherization of the Sweet Home and New Vision Home was completed on May 12th. Hopefully this will reduce our bills on these 2 buildings.

Worship: They are discussing After Church Coffee resuming. The Doxology has been added back in worship. Citizens Climate Lobby is washing our glass communion cups.

Personnel: No report

Stewardship: There was a short fall of \$15K for March P & L account. \$20-\$23K is needed each month to operate.

Visionary: No report.

New Business: Plan next Project Regen. Meeting. Mike will re-do the financial evaluation and reduce our new norm on attendance.

Next month's devotional will be given by Mike McClure. The meeting was adjourned with prayer by Pastor Steven Kurtz at 6:50PM. May 24th is our next meeting.

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Back Pack Sunday 9:30 AM Sunday School 10:30 AM Worship Service 12:00 PM Worship Committee-P 12:30 PM Korean Worship Service	2 10:30 AM Monday Morning Seekers-SR 6:00 PM Citizens Climate Lobby	3 10:30 AM PW General Meeting-P 6:00 PM Overeaters Anonymous Meeting-P 7:00 PM Venturing Crew-Classroom	4 7:00 PM Choir Practice	5 8:30 AM Merry Muffin Makers-FH/Kit. 6:00 PM Overeaters Anonymous Meeting-P 7:00 PM Nar-Anon Meeting-Classroom	6	7
8 9:30 AM Sunday School 10:30 AM Worship Service 12:00 PM Building and Grounds Meeting 12:30 PM Korean Worship Service	9 10:30 AM Monday Morning Seekers-SR	10 10:00 AM Hannah Circle-Lib. 5:00 PM Esther Circle-Lib. 6:00 PM Overeaters Anonymous Meeting-P 7:00 PM Venturing Crew-Classroom	11 7:00 PM Choir Practice	12 6:00 PM Overeaters Anonymous Meeting-P 6:00 PM Pints with the Pastor, F.S. Brewing Co. 7:00 PM Nar-Anon Meeting-Classroom	13	14 2:00 PM 2nd Sunday Supper
15 9:30 AM Sunday School 10:30 AM Worship Service 12:30 PM Korean Worship Service	16 10:30 AM Book Club-Lib. 10:30 AM Monday Morning Seekers-SR	17 12:00 PM Care Committee Meeting at Sweet Bay 6:00 PM Overeaters Anonymous Meeting-P 6:00 PM Session Meeting-SR 7:00 PM Venturing Crew-Classroom	18 5:30 PM Bridges 7:00 PM Choir Practice	19 5:30 PM Third Thursdays-FH 6:00 PM Overeaters Anonymous Meeting-P 7:00 PM Nar-Anon Meeting-Classroom	20	21
22 Loose Change Sunday 9:30 AM Sunday School 10:30 AM Worship Service 12:30 PM Korean Worship Service	23 10:30 AM Monday Morning Seekers-SR	24 12:30 PM Knitting Group-Lib. 6:00 PM Deacon's Meeting-SR 6:00 PM Overeaters Anonymous Meeting-P 7:00 PM Venturing Crew-Classroom	25 7:00 PM Choir Practice	26 6:00 PM Enneagram Meeting - SR 6:00 PM Overeaters Anonymous Meeting-P 7:00 PM Nar-Anon Meeting-Classroom	27	28
29 9:30 AM Sunday School 10:30 AM Worship Service 12:30 PM Korean Worship Service	30 10:30 AM Monday Morning Seekers-SR	31 6:00 PM Overeaters Anonymous Meeting 7:00 PM Venturing Crew-Classroom				