



NEWS

UP FRONT

8 "Remember to observe the Sabbath day by keeping it holy." Exodus 20:8

Observing the Sabbath has been interpreted in many ways through the centuries. As I studied the Old Testament and the teachings of Jesus Christ, I have come to understand this. God recognized a rhythm in life that is healthy for his creatures – a day set aside for rest and for connecting with their Creator.

The Sabbath should be a day to step away from the demands of the world and remember we are God's children. It's not just a day off to recharge our batteries, but to take a day that you are not living under the rules of someone else. It is a day to connect in deeper ways with the God who created you and Jesus Christ who laid down his life for you. It can be a day to create something, to enjoy God's creation, or to rest.

But as we saw Jesus heal on the Sabbath, we also see it can also be a day to give life to someone else. It can be a day to connect with your neighbors, to care for someone else so they can have a Sabbath, or in other ways use the gifts God gave you as a gift to another.

What is one step you can take to either regularly practice a Sabbath day each week or give someone else the opportunity to do the same?

As I write this I am preparing for my own extended Sabbatical leave to do many of these same things. I am grateful both for the opportunity as well as for those who are offering their gifts to serve so that I can be away. If you have a need while I am away, please contact Ann Webb, our administrative assistant, and she will direct you to the person who can help you. In general, Bill Smith will be overseeing administrative needs and the Rev. Jerry Phillips will be available for pastoral care needs.

Grace and peace,

Mary Ellen

COMING UP

5/2 Wednesday Night Dinner

5/5 AB Men's Breakfast

5/5 Choral Society Concert

5/6 Downtown Youth Group

5/12 Tea For You and Me

5/13 Mother's Day

5/14 Leadership Coord. Team

5/16 Wednesday Night Dinner

5/19 AB Men's Breakfast

5/20 Undie Sunday

5/20 Downtown Youth Group

5/20 New Berlin Youth Group

5/28 Memorial Day (church office is closed)

All Month

MAY FOOD PANTRY ITEMS NEEDED—When it is difficult to purchase food for your family one of the things often left out are personal care items such as soap, shampoo, tooth paste, etc. so we are asking for those items for Kumler (Downtown) and Loami (New Berlin) food pantries.

UNDIE SUNDAY— This is the time we remember James 1: 27 which tells us to take care of widows and orphans. Each year we collect new children's underwear for The James Project's Closet 127. So on Sunday, May 20 consider helping out with a generous donation of any size children's underwear and place them in the special box in the Serve the World Center.

5/2 - Wednesday Night Dinner from 4:45 to 5:45 pm in Merriam Hall.

5/5 - AB Men's Breakfast meets in Merriam Hall at 8 am for fellowship, prayer, and bible study.

5/5 - Liturgical Arts Choral Society Concert takes place in the Sanctuary, Springfield campus, at 7:30 pm.

5/6 - Downton Youth meet at 12 pm following worship.

5/12 - Tea for You and Me at the Springfield Campus, Noon - 1:30 pm.

5/13 - Mother's Day Sunday. No Youth Group meets this afternoon.

5/14 - Hegarty Circle meets at 9:30 am in Weber Lounge

5/14 - Leadership Coordination Team meets at 6:30 pm in Weber Lounge.

5/16 - Wednesday Night Dinner from 4:45 to 5:45 pm in Merriam Hall. The last one before Summer break.

5/19 - AB Men's Breakfast meets in Merriam Hall at 8 am for fellowship, prayer, and bible study.

5/20 - Undie Sunday (see above)

5/20 - Downton Youth meet at 12 pm following worship.

5/20- New Berlin Youth meet at 5 pm.

5/28 - Church Office Closed for Memorial Day

Birthdays

5/1 Gideon Smith

5/8 Ray Reynolds

5/9 Nora Ficke

5/16 Dallas Tankersley

5/18 Glen Smith

5/18 Helen Whitlock

5/22 Greg Seifert

5/27 John Black

5/29 Jennie Alt

5/31 Suzanne Stericker

Anniversaries

5/3 Gail and Paul Stivers

5/4 Jerry and Sheila Fite

5/6 David and Theresa Law

5/12 Reg and Judi Mills

5/20 Dave and Lin Glomski

5/21 Jason and Rachel Crain

5/22 Josh and Emily Sabo

5/28 Tony and Nancy Crain

5/29 Gregg and Paula

Harwood

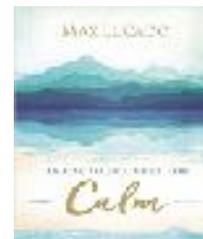
Have we missed anyone? Please email ann@cbcchurchfamily.org

Meals for Shelters this Summer May 16 marks the last Wednesday Night dinner before Summer break. During the summer we do not meet for Wednesday Night dinners, but we still provide meals for the Contact Ministries transitional shelter on the 1st and 3rd Wednesdays of the month. If you, your family, or Sunday School class/group would like to provide a meal, please contact Carol Volle.

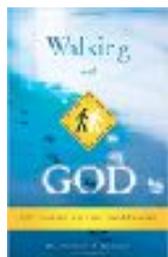
Tea for You and Me Now taking reservations for Saturday, May 12, Noon - 1:30 p.m. Enjoy Lunch, Tea, and Door Prizes hosted at the Central Baptist Church Springfield campus. \$5 for Adults and Free for 12 & under. All sales benefit Senior Services of Central Illinois. Please RSVP by 10:00 a.m. May 11 to 217-891-0321 or email emilyaldag@gmail.com

Trade Your Cares for Calm by Max Lucado

If you're trembling on a tightrope of fear and worry, get ready for the best trade ever: your cares for God's calm. What if faith, not fear, could be your default reaction to circumstances? Imagine being able to walk away from worry, conquer the need to control, get rid of guilt, and end if-only thinking.



That's God's offer. He wants to exchange your burdens for an abundance of mercy, gratitude, and trust. To replace striving and stress with a faith-filled life in which you'll see God's goodness, feel calm in chaos, and find peace through prayer. Bestselling author Max Lucado understands what it's like to feel overwhelmed by anxiety. Through unforgettable stories and biblical wisdom, he offers powerful tools to help you manage your fears and worries.

Walking With God: 101 Lessons for Life and Ministry

Are you longing to walk closer to God, or wondering if it's even really possible? Would you and your sphere of influence benefit from being mentored for a lifetime of walking with God? God teaches priceless lessons through life, including some we may resist learning. Dr. Stephen Gammon shares timeless biblical wisdom and treasured personal insights learned through 14 successive chapters of life.

These books may be found on the New Book Rack in the Library.

Jim Filler, On behalf of the Volunteer Library Team

NEWS AND NOTES

From Nancy Dunbar:

Dear Church Family, Thank you endlessly for the wonderful Valentine's Day gifts. They speak of love--yours and mine--so graciously a part of Central Church.

From Reg and Judi Mills:

Our family wishes to thank you for the many wonderful and heartfelt expressions of care we received both during my mother's illness and subsequent to her death. We feel blessed that we were able to care for her in our home and your support in countless ways over the last three years has been tremendous. We were uplifted by your prayers and encouraged by your many acts of kindness. The Central Baptist Church family really lived-out for us

The Tom McDermand Scholarship Team is now receiving applications. The scholarship provides financial gifts for those majoring in Christian Education, full-time Christian Service, or History. If you are an active member of Central Baptist Church majoring in one of these areas, and will be enrolled as a full-time student this fall, we invite you to apply. Please contact the church office for an application form. Completed forms are due no later than June 1, 2018 and should be returned to the church office.



A NOTE FROM CHILDREN'S HOUSE

From a CBC 1971 Annual Report by Minister of Christian Education, Robert Stanford: "Beginning in April 1971, a nursery school called the Children's House was started on a trial basis, and is now continuing on a full year schedule. Under the leadership of a committee headed by Mrs. Robert Hill and a staff consisting of Mrs. Wm Barnes and Mrs. Rex Medley (Lowanda), and a number of volunteers, this program has been beneficial to a number of children. Present enrollment is 14." In 1972, the enrollment was 22 pupils with a licensed capacity of 25.

Children's House continues to grow and flourish to this day. Classroom enrollment has been steadily increasing. We are projecting to have full enrollment of 74 during the school year and 94 in the summer! There is currently a wait list for each first floor classroom and a "drop-in" waiting list for the Pre- K program. Children's House certainly recognizes the blessings we have received and our very grateful.

As we continue to meet new goals and further our programming, we are grateful for the continued support of Central Baptist church and its members. Our mission remains the same: to teach and love because we were first loved by Him.

Judy Vlach, Director

A NOTE FROM CONNECTED PAIRS

Have you ever read the book *Love and Respect*? The main idea of the book is that husbands and wives speak different languages and have different needs when it comes to relationships. In Ephesians 5:33 it says that "each one of you also must love his wife as he loves himself, and the wife must respect her husband." Based on this verse, author Emerson Eggerichs has identified that women speak and need the language of love while men speak and need the language of respect.

One of the main concepts Dr. Eggerichs discusses is the "crazy cycle." Basically, when a husband responds to his wife without love, his wife reacts without respect, and when a wife responds to her husband without respect, he responds without love. The cycle goes on and on because when neither partner is getting his or her needs met, neither partner is likely to make the effort to meet the needs of the other.

Dr. Eggerichs has a Love & Respect blog and his article "The Crazy Cycle: Why We Negatively React" does a great job explaining the crazy cycle, how to identify when you're on the crazy cycle, and how to get off of the crazy cycle can help you build a happier relationship. To read the article [click here](#).

Blessings,

Stephani Cave, LCPC

ConnectEdPAIRS
217-972-4851

stephani@cbcchurchfamily.org

For monthly couples, individual, and family tips, please sign up for our [e-newsletter](#). For daily relationship tips, follow us on [facebook](#). For more information about any ConnectEdPAIRS service, please visit our website at www.connectedpairs.com, stop by, call, or email me in the counseling office. I look forward to talking with you soon.