



# NEWS

## UP FRONT

As we journey through this Easter season together, we are reminded that faith is not only something we hold, but something we live. God invites us into deeper connection with one another, with our neighbors, and with the needs of our community. In the weeks ahead, we have meaningful opportunities to learn, to worship, to build bridges, and to celebrate hope.

Whether we are gathering to seek understanding around mental health, lifting our voices in joyful song, exploring the peace of Christ, sharing in the sacred story of the Seder meal, or celebrating the resurrection on Easter morning, each moment is an invitation to embody love, compassion, and justice. May these gatherings nourish our spirits, strengthen our community, and remind us that we walk this path together.

- **Inspirational Karaoke Night at Lumpia House:**

The IYKYK (If You Know You Know) Inspirational Karaoke Event will take place at the Lumpia House Restaurant at 1731 S. MacArthur from 6 p.m. until 10 p.m. on Friday, February 27. This outreach event is sponsored by Central Baptist Church to offer a fun night of communal singing. Music often has the power to break barriers of age, race, and grief to allow for authentic fellowship. This free event welcomes participants to present songs of inspiration from a variety of genres to musically express the gifts of love and hope. Mixed in with fun solos, everyone is invited to join in on choir selections, led by area choir directors each hour. Song not listed in the karaoke director of songs? No worries, live musician, Ezra Casey will be on-site to accompany. Through a generous donation, we are also happy to offer free tea and sodas for all. Eat, listen, or sing along with us at Inspirational Karaoke!

- **Led by Pastor Stephen D. Jones:** Jesus is our shalom - Saturday, March 21, 10 a.m. until 4 p.m. in the Sanctuary. Stephen Jones, former pastor of Beloved Community of First Baptist (KC, MO) and author of "Peaceteacher, Jesus' way of Shalom," believes there is on biblical word - SHALOM - that best describes the essence of Jesus.

- **Seder Meal:** On Palm Sunday, March 29 at 5 p.m. in Merriam Hall. This will be led by Rabbi Greg Kanter.

- **Easter Sunday:** Join us for Easter Service on Sunday, April 5 at 10:45 in the Sanctuary.

## COMING UP

**3/4** Connecting Women, 10:00 a.m, Weber Lounge

**3/7** Men's Breakfast, 8 a.m, Merriam Hall

**3/21** Jesus is our Shalom with Stephen D. Jones, 10:00 a.m. until 4 p.m in the Sanctuary.

**3/21** Men's Breakfast, 8 a.m, Merriam Hall

**3/29** Seder Meal on Palm Sunday, March 29 at 5 p.m. in Merriam Hall

### Church Office Hours

8-2:30 T-F

\*The Church office is closed on Mondays.

## UP FRONT (Cont)

As we step into these days ahead, may we do so with open hearts, curious minds, and willing spirits. Let us show up for one another, for our neighbors, and for the work God is doing among us. Each gathering is a chance to listen more deeply, love more boldly, and live more faithfully. We hope you will join us, invite a friend, and be part of these sacred moments of connection, healing, and celebration. May God's peace guide us, Christ's love sustain us, and the Spirit's joy lead us forward.

Pastor Tony

## WHAT'S HAPPENING

### Kumler Food Pantry

Will you go to the grocery store in March? While you're there, why not pick up some peanut butter, cereal, canned vegetables, or even some soap or toothpaste for those who go to the food bank for those items. Put them in the Serve the World Center and we will get your donations to the Kumler Food Pantry.

### Wednesday Night Dinner Shelter Meals

We provide meals for Contact Ministries through MealTrain. Instructions are on the MealTrain web site. Type this link into your browser to sign up: <https://mealtrain.com/yoo5gm> or call the church office at (217) 523-3639 and Rachael will sign you up.

### BIRTHDAYS

3/2 Syl Grisham  
3/5 Phyllis Hudspeth  
3/12 Mark Foutch  
3/16 Judy Vlach  
3/21 Sharon Smith  
3/22 Timothy Boner  
3/29 Bill Smith  
3/29 Jim Stolleis

### ANNIVERSARIES

3/10 Don and Judy Vlach  
3/21 George and Anne Tankersley  
3/31 John and Jennie Alt

If we missed anyone, let us know at [rachael@cbcchurchfamily.org](mailto:rachael@cbcchurchfamily.org)



## NEWS AND NOTES

### Connected Pairs

#### The Four Keys To a Happy and Healthy Relationship

In this article, Mark Travers, PhD shares the results of a 2025 study that explored what “truly created the conditions for a satisfying relationship.”

Some of the findings are:

1. Nurturing attachment security. The more insecure a partner is, the lower the satisfaction in the relationship.

2. Creating a foundation of trust. This means knowing you can count on your partner, no matter what.

To read more about these keys and the other two keys, click [here](#).

Blessings,

Stephani Cave, LCPC

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For more information about relationships, follow ConnectEdPAIRS on FaceBook. For more information

about any ConnectEdPAIRS service, please visit the website at [www.connectedpairs.com](http://www.connectedpairs.com), call, or email the counseling office.