



NEWS

UP FRONT

A Season of Refreshment

When God gave his instructions to his people, he built into the structure of their lives seasons for rest for both his people and the creation. It is a good and healthy part of our relationship with God. Sometimes we just need a soft “reboot” to help us break with unhealthy patterns and establish new healthier habits. After months of pursuing tasks of many kinds and not adequately grieving some heartbreaking deaths of the past season, I was grateful when Tony suggested, and the church then agreed to, give me a 3 week respite from ministry here at Central.

During that time I napped (almost daily the first week, finished books I had started, and never finished and started new books. I played in the dirt (which can mean anything from starting plants from seed to transplanting seedlings to raking leaves). I went on walks, spent time with my family, and enjoyed a weekend in St. Louis with Jeff.

I also spent some extended time pursuing some spiritual practices which included Bible study, lectio divina, centering prayers, examen prayers, and journaling. In the midst of this, the Spirit of God refreshed my spirit and brought healing to my soul.

The first week I spent time with Colossians 3:12-15 where Paul lists virtues that should be present in our lives as we live them out with one another. Because of how Paul discussed these virtues, I was reminded of “dressing prayers”; prayers that could be said each morning as we get ready to interact with others in the world. So, I developed a prayer for each of the virtues in these verses. I share with you here the one I wrote for humility because it represents the way I desire to walk with each of you. I am grateful for the ways you teach me and serve me in these seasons we share together.

A prayer for humility:

Gracious Lord as I prepare for this day, may I remember that you created me and may I submit myself to your will. As I do that may I be reminded that everyone I encounter today was created by you in your image. May I see them through your eyes. Help me remember I am not always right and open my heart to what others will teach me, and help me to serve others in love, as Jesus Christ loves us. Amen

Together in Christ,
Mary Ellen

COMING UP

3/4 Men's Breakfast
3/14 Leadership Coordination
Team Mtg - 6:30pm
3/18 Men's Breakfast

Church Office
8-5, M-F

Children's House
7:30-5, M-F

WHAT'S HAPPENING

Kumler & New Berlin Food Pantries

Remember the hungry and food insecure of our community. It doesn't take much to make a big difference in someone's life. Please pick up a can or two of nonperishable food or a hygiene product and bring them to the Serve the World Center and they will be taken to the Kumler Food Pantry. You can make a big difference..

Wednesday Night Dinner Shelter Meals

We will continue the Meal Train for Contact Ministries on the 1st and 3rd Wednesdays of the month until further notice. Instructions are on the Meal Train web site. Type this link into your browser to sign up: <https://mealtrain.com/yoog5m> or call the church office and Ann will sign you up.

Dates to Remember

- 3/4 Men's Breakfast** meets at 8am in Merriam Hall.
- 3/6 Children's House** will be closed for Professional Development.
- 3/14 Leadership Coordination Team** meets at 6:30pm in Weber Lounge.
- 3/18 Men's Breakfast** meets at 8am in Merriam Hall.

NEWS AND NOTES

I would like to thank all those who have had me in their prayers. Thank also for the wonderful gift at Christmas. ~Evelyn Nagel

I want to thank everyone who brought me food and sent me many cards when I needed help. It was greatly appreciated. Thank you so much! ~Helen Richardson

Graham Library Update

Since January, through generous donations from church members, we have added 38 books to the Graham School Library. These are books that have been requested by the students, including a book on Astrophysics, a book titled "Astronaut's Journey," books about Simone Biles and LeBron James, plus Creepy Carrots and Creepy Crayons! The kids are getting to know their librarians and we love them. The volunteers from Central are Lynde Hays, Garvice Saunders, Sharon Smith, Jim Walker, and Joleen Welch.

BIRTHDAYS

- 3/2 Syl Grisham
- 3/5 Phyllis Hudspeth
- 3/6 Brady Zeiger
- 3/17 Jim Walker
- 3/21 Sharon Smith
- 3/22 Ann Webb
- 3/29 Jim Stolleis
- 3/29 Bill Smith

ANNIVERSARIES

- 3/16 Heather & Prentice Southwell
- 3/17 Gretchen & Rodney Gruber
- 3/21 Anne & George Tankersley
- 3/31 Jennie & John Alt

If we missed anyone, let us know at ann@cbcchurchfamily.org

The longing we sense for God is a gift given to us by God, out of God's longing for us. ~Carl McColman

NOTE FROM CONNECTED PAIRS

13 Ways to Grow Stronger as a Couple-According to Relationship Expert
Dr. John Gottman's Advice

In this article, Maryn Liles frequently quotes Dr. Gottman and other experts about relationship building tips. She lists 13 goals and some are included here:

- Turn toward your partner when they reach for you. In healthy, happy relationships, people rarely reject the other's bids for connection, even small and subtle ones.
- Be proactive about "hot topics." Partners need to stay on top of conversations about trust, work and money, sex and intimacy, fun and adventure, growth and spirituality, and more.
- Don't let hurt feelings pile up between you. People in healthy relationships share these quickly, they don't let time lapse and cause resentments.

To read more of this informative article, [click here](#).

Blessings,
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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, call, or email the counseling office.

CHILDREN'S HOUSE DAYCARE

Will March come in like a lion or a lamb? Together we will find the answer to this question, as we discover the wonder of the wind. Many of us are familiar with the quote, "Faith is like the wind". You cannot see the wind; you cannot see faith. How does one know that "wind" exists? Papers blowing, clouds moving, kites propelling, leaves rustling-these all tell us air is moving and we call this "wind". We can hear air rushing past our ears or the feel of air gliding over our skin or even blowing in our face. While we cannot see it we know it is there.

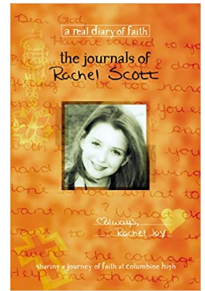
Young children are concrete learners. They learn through using their physical senses. They know by what they can touch, see, hear, taste and smell. Young children may struggle understanding the presence of God, since he cannot be seen. If we cannot see him, how do we know he is there? Just like the wind, we can feel and see the presence of God. We know God is there the same way we know the wind is there. In a special chapel we will use the wind and a kite to help us better understand God. Together we will discuss the ways we know God is with us, even when we do not see him. 1 John 4 12 will be our bible verse for the month. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. 1 John 4:12



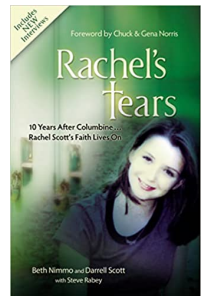
This month we are welcoming four new families to Children's House. We are very excited to be growing our classrooms and serving new families.

A DVD MOVIE AND TWO BOOKS RELATING TO RACHEL JOY SCOTT'S INSPIRING TRUE STORY

I'm Not Ashamed: This DVD is the inspiring and powerful true story of Rachel Joy Scott—the first student killed in the Columbine High School shooting in 1999. Devout teen Rachel Joy Scott shows compassion and love for her fellow students, until armed classmates enter Columbine High School on a fateful day that changes America forever. Her hopes and dreams seemed to end, but God was just getting started. This hope-filled story reminds us that when we put our lives in God's hands, we can make a world of difference. (2017, 113 minutes, PG-13, 4.7 out of 5 amazon rating)



The Journals of Rachel Scott: Written teen to teen as a first-person narrative, this is not a book about the Columbine shootings - instead, it's a story of faith, told in Rachel's own words. The book includes first person narratives, journal entries, drawings from Rachel's diary, and notes from her parents and friends at Columbine High School.



Rachel's Tears: This book comes from a heartfelt need to celebrate this young girl's life. Using excerpts and drawings from Rachel's own journals, her parents offer a spiritual perspective on the Columbine tragedy and provide a vision of hope for preventing youth violence across the nation.

Jim Filler

On behalf of the Volunteer Library Team

Graham School Update

Mr. Hood, the principal of Graham School, requested goodie bags for the 3rd, 4th and 5th graders as they take their achievement tests in March. There are 110 students in these grades and they will be taking the tests on 3 different days. Donations of candy and money were collected and we put together 330 bags with motivational notes to be given to the students each day of the tests. Each day there is a treat with a theme and a few other pieces of candy.

On the first day, the note says "Be one of the 'Smarties' and Ace This Test". A roll of Smarties candy is enclosed.

Day two says "You are a 'Star' on the Graham All-Star Team". Starburst candy is enclosed.

On the third day the students get a bag of Chex mix with this note, "Be sure to double 'Chex' your work for a good test result".



This is just one of the ways in which our church is a partner with Graham School.