



# NEWS

## UP FRONT

Hello church family,

I want to begin by sharing some exciting news happening on June 16th. We are having a baby dedication for Richard and Betty Appiah. This is a tremendous honor to love on this young family and to make a declaration that we will do our part as a congregation to love, guide and walk with this child. What a joy. What an honor.

Today we walk through two great losses for our church: Mary's retirement and the closure of Children's House. Both of these were institutions, both were influential in the shaping of the church over the years. We can (and should) honor our feelings of loss, but it is important that we celebrate the many ways in which we are thankful for both of them. I remember the words of Paul as he was writing to his congregation, "I think of you often and it causes great joy". Praise be to God for both the long, rich legacy of Children's House and the ministry of Mary.

This past Sunday I mentioned the topic of pew removal to make space for new expressions. The hope and dream would be that if we removed several pews it could accomplish a few things:

1. Make space for easy accessibility for people in wheelchairs.
2. We already congregate in the back after church, and this would be a way to make those interactions easier to navigate. Plus, possibly it could be a spot for a coffee bar to help increase connection and community.
3. It helps us have fewer empty seats. While this is the strongest determining factor; it is one that carries some weight. Moving people together and closer would create more energy in our morning service.

These are ideas to talk about amongst the greater community. We will have an informational meeting on it after the service on June 23rd. It will be an open forum where collaboration and communication will be welcome! I sincerely look forward to this conversation!

As we look to the future, this has been my guiding prayer, "Lord God, breathe upon the freshness of your spirit to give us courage to fulfill the dreams of your kingdom". This sentence originated from several different prayers from people who pray with me on Friday afternoon. I am so thankful for this time and I want to encourage you to join us for this special time of prayer.

Here is to great things ahead and believing that our best days are ahead of us and not behind us!

Grace,  
Dr. Tony Stang

## COMING UP

**6/1** Men's Breakfast, 8 a.m., Merriam Hall

**6/15** Men's Breakfast, 8 a.m., Merriam Hall.

**6/11** Leadership Coordination, 6:30 p.m, Weber Lounge.

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Church Office  
8-5, M-F

## Kumler & New Berlin Food Pantries

When was the last time that you brought nonperishable food to church for the Kumler Food Pantry? Just pick up a can or two of nonperishable food or even a bar of soap or a tube of toothpaste, put it in the Serve the World Center, and we will make certain that it gets to the food pantry. Someone in our city will have something to eat because of you.

## Wednesday Night Dinner Shelter Meals

We provide meals for Contact Ministries through MealTrain. Instructions are on the Meal Train 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.

## Dates to Remember

**6/1 & 6/15 Men's Breakfast** meets at 8 a.m in Merriam Hall for food and fellowship. All men of the church are invited.

**6/11 Leadership Coordination Team** meets at 6:30 p.m in Weber Lounge.

## NEWS AND NOTES

Thank you to everyone who helped make Mary Ellen's retirement brunch a huge success. It is such a pleasure to work with the members of our "Church Family" who are always willing to help.

Phyllis hudspeth

Thank you to everyone who wrote a note of appreciation and encouragement to the staff at Graham Elementary School. They need our continued encouragement and support. Let's also pray for them regularly. If you are willing to provide a treat for the staff, please let me know. I would like to do that occasionally.

Larry Aldag

Coordinator, Outreach committee

Please help invite new people to Central. We have a business sized card with the time of our worship service to give to family, friends and people in our community to encourage them to visit Central.

Thank you!!

Larry Aldag

Coordinator, Outreach committee

Thank you to Doug Meyer for contacting Bunn-O-Matic and getting an almost brand new 3 burner coffee maker for the kitchen at NO cost to the church and also disposing of the two old ones .

Thank you to Jeff Sharp for unclogging the garbage disposal in the kitchen and saving the church some substantial repair dollars.

## BIRTHDAYS

6/3 Jenna Cox

6/4 Jeanne Newbanks

6/6 Mike Watson

6/11 Nancy Nelson

6/11 Ruffin Walden

6/25 John Alt

## ANNIVERSARIES

6/20 Dick and Hannah  
McDaniel

6/21 Larry and Debbie Aldag

6/22 Randy and Ann Wells

6/27 Jerry and Della Phillips

6/28 Joe and Lucia Hill

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



## **American Baptist Women's Ministries and Young Adult Women's Ministries Conference**

The Conference this year will be held in Springfield, Illinois on Friday July 26th through Sunday July 28. Please write the dates on your calendar. We were told by 90% of the ladies that attended last year, that the speakers were some of the best, they had heard. This year we will feature Gail Haas. She will be speaking 2 times during the Conference. She has new Corrie Ten Boom presentations. We will have several workshops (painting, officers training/What's Happening with ABW Ministries). Ashley Young will be focusing on Young Women this year. She is planning on having sessions directed to young women in High School, in College, starting careers, dating/new marriages, and new moms, etc... More information is coming very soon. Watch for registration forms. If you have questions, please call Rachael at the church office at 217-523-3639.



### **Presentation on Haiti**

Evens Sanon, president of Just4Them, a 501(c) 3 ministry supporting schools in Grand Savannah, Haiti will be at Central Baptist on Sunday, June 23rd in Merriam Hall at 9:15 a.m. He will be presenting information about the situation in Haiti and how those attending CBC can support Just4Them. Donuts and coffee will be provided. Adult Sunday school classes and those adults who attend church are invited to attend.

Mr. Sanon will present a history of Just4Them and tell about the unrest in Haiti and the natural disasters that Haitians have faced over the years and how it has affected the education of children. He will discuss the role of Just4Them and how they are making a difference in Haiti and how interested individuals may help in this effort.

Bruce Hays  
CBC International Ministries



## CONNECTED PAIRS

5 Habits That are Likely to Push a Partner Away:

In this article, Dr. Guy Winch explains what he sees as habits that can distance your partner. Some of these are:

1. Too much criticism. The golden ratio is 80% positive or neutral comments to 20% negative comments. Some couples have this backward.
2. Uneven match of argument or relationship-talk skills. Over time, if one person is less able to communicate effectively and loses too many arguments, that person will eventually shut down all together.
3. Lack of empathy to emotional distress. There can be a devastating result if one partner is in emotional distress and the other fails to show empathy or compassion.

To read more, click [here](#).

Blessings,  
Stephani Cave, LCPC  
ConnectEdPAIRS  
217-972-4851  
Donna Givens, RN LCPC  
618-973-5072

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.

## NEWS AND NOTES (cont)

Hello CBC Families and Friends!

As we finally start the summer, perhaps many of you have already planted a garden with great dreams to eat fresh produce before the deer or squirrels eat them.

As the days are getting longer, enjoy this opportunity to share with those that might visit or share quality time with those at home. If you don't have ideas on what to feed them, let me share with you some recipes from the Kim Dubble Class Cookbook, to share the blessings at our tables.

Spinach or Broccoli Casserole from Hannah McDaniel

1 pkg. frozen spinach or broccoli  
1 pt. Cottage cheese  
2 eggs - salt to taste  
1/4 lb. Cubed yellow cheese  
1/8 lb. Or 2 T. Butter  
3 T. Flour

Beat eggs and cottage cheese, flour and spinach or broccoli. Fold in yellow cheese and butter. Bake in a 1 quart buttered casserole dish at 325 for 45 minutes to 1 hour. Serves 6.

Also, as strawberry season is here you can try this other option from the same book.

Strawberry bread from Jan Heck

2 C. Flour  
2 10 oz pkgs. frozen strawberries  
1 t. Soda (baking soda)  
1 t. Salt  
1 T. Cinnamon  
2 c. Sugar  
4 eggs  
1 1/4 c. Oil  
1 1/4 c. Pecans

Mix all together. Bake in 2 greased loaf pans at 350 for one hour.

Hope you enjoy your cooking and if you decide to try out either of the 2 recipes, please know that you can update your recipe with new ingredients. The most important thing is the quality time with family and friends.

Have a great month!  
Cristy Saint