





# A Message from Pastor Tom

**"Be still, and know that I am  
God!"  
- Psalm 46:10**

*And be, just be  
Chaos calls but all you really need  
Is to just breathe*

We are a week into the school year. The girls are settling in with new classes, new teachers, and new friends. Melissa is working at Charles again this year as a para (i.e. Paraprofessional educator). While there are many things that have not changed for me with school starting, I do appreciate the routine of the school year schedule. It is not necessarily any less frantic, but it is consistent. Each morning the girls get up, get dressed, and eat breakfast. Meanwhile, I'm packing lunches, watches the news, and talking to Melissa (as she gets ready) about the after school activities of who needs to be where at what time. It reminds me of a song title "Breathe" released in 2015 by a Christian artist, Jonny Diaz. The song starts with a very fast beat and these lyrics:

*Alarm clock screaming bare feet hit the floor  
It's off to the races everybody out the door  
I'm feeling like I'm falling behind, it's a crazy life*

*Ninety miles an hour going fast as I can  
Trying to push a little harder trying to get the upper hand  
So much to do in so little time, it's a crazy life*

Can you relate? There are many days that I certainly do. I can almost feel my blood pressure rising as I read the lyrics. When the pace of the song hits the point that you think you just cannot take it anymore, it softens and slows down. The lyrics continues with:

*It's ready, set, go it's another wild day  
When the stress is on the rise in my heart I feel you say  
just Breathe, just breathe  
Come and rest at my feet*

Every time I listen to this song I find myself taking a long, deep breathe with these words. It is a comfort and releases all the tension built by the thoughts of the frantic lives we often live. It reminds me of the Psalm 46:10 (above), which is one of my favorite passages. It is certainly not a profoundly deep truth revealed in the command to "Be still," but I think it does capture a deep longing of my soul for something that I do not get enough.

Last Friday on my day off and since everybody was back to school, I decided to take a bike ride on the Cardinal Greenway trail. I enjoy bike riding, when I have the time, but as I was riding I realized how much more you notice about the world around you when you are not traveling as quickly. Most of the time I drive around in my car. I often have the windows down, but between the noise of the road and speed you miss so much. On a bicycle you see more details, hear more sounds, and notice the smells of the places you are traveling past. This is even more pronounced when we slow to the pace of walking. As I pedaled along that day, I was reminded that if I am better able to notice so much more about the world around me when I slow down, I need to apply this more often to my spiritual life. When we are intentional about slowing down or even taking time to "Be still" how more much could we know, experience, and hear God? As we continue through our SoulShift series, find time to "Be still" so that you can better know God and allow Him to transform you into the you He created you to be.

IN CHRIST, Pastor Tom



# Ponderings from Pastor Curtis

*“19 I hope in the Lord Jesus to send Timothy to you soon, that I also may be cheered when I receive news about you. 20 I have no one else like him, who will show genuine concern for your welfare. 21 For everyone looks out for their own interests, not those of Jesus Christ. 22 But you know that Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel. 23 I hope, therefore, to send him as soon as I see how things go with me. 24 And I am confident in the Lord that I myself will come soon.*

*25 But I think it is necessary to send back to you Epaphroditus, my brother, co-worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs. 26 For he longs for all of you and is distressed because you heard he was ill. 27 Indeed he was ill, and almost died. But God had mercy on him, and not on him only but also on me, to spare me sorrow upon sorrow. 28 Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have less anxiety. 29 So then, welcome him in the Lord with great joy, and honor people like him, 30 because he almost died for the work of Christ. He risked his life to make up for the help you yourselves could not give me.”*

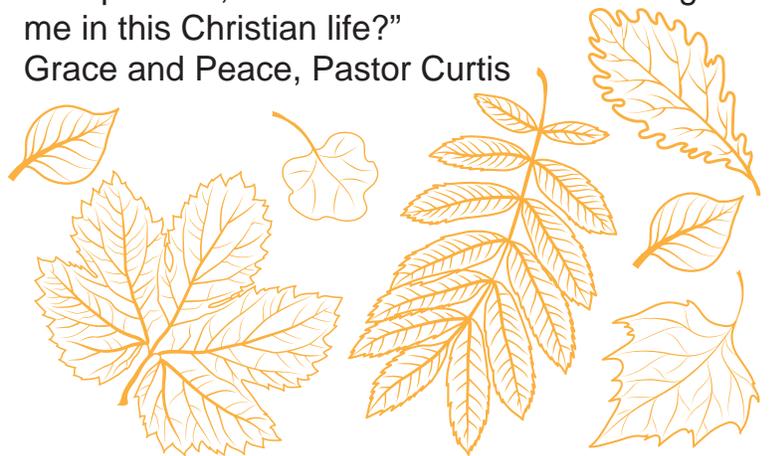
Read Philippians 2:19-30. As we continue our journey through Philippians, the paragraph for this month is different than any before. It does not appear to be explicitly theological instruction. Paul is simply discussing the very practical matter of fellow laborers, Timothy and Epaphroditus, coming and going. At first glance, one might be tempted to say, “What possible relevance could this have in my life in 2017?” In fact, I think it has quite a bit!

There are several principles we could draw from this passage, but I would like to just focus on one. First Paul tells the Philippians about Timothy. He speaks of his desire to send Timothy to them, because of his genuine interest in their well-being; thereby, implying how much help Timothy might be to them (v.19-21). He

then describes how helpful Timothy has been in his efforts to share the Gospel, even describing him like a son. In the second paragraph, Paul shifts his focus to Epaphroditus. Once again, Paul speaks of how helpful Epaphroditus has been to him (v.25). He goes on to describe Epaphroditus’s experience of illness nearly leading to death. And again, his desire to send him back to the Philippian Church.

What does this have to do with us? Well, throughout this brief section, Paul continually mentions either the “usefulness” of these two men to him or their “usefulness” to the Philippians, if he were to be able to send them back. He speaks of them as though he truly needed them when they came. This need is one of the primary theological principles at work in these short paragraphs. The Christian life, particularly as it pertains to truly engaging in the mission of Christ, is not something we can do by ourselves. We need other people to walk this Christian life with us. We need people to hold us accountable, to encourage us, to pray for us, and to join us in the work to which God has called us. In today’s world, I see this need played out in two primary ways: 1. Everyone needs to be a part of a local church body. 2. Each of us needs a more intimate level of accountability, in the form of a smaller group or even just one other person to know us more closely. This month, ask yourself this question, “Who do I have to walk alongside me in this Christian life?”

Grace and Peace, Pastor Curtis





# A Note from Pastor Jen



The first month and a half here at Central UMC has been filled with lots of learning, meeting a lot of wonderful children, families, and church members, and a lot of fun with the children and staff. I am so thankful for your words and actions of welcome towards my family and me! We were so appreciative of the welcome pitch-in meal. I thought that since I have been learning so much, I would take some time to help you learn more about Ordained Deacons. Don't worry, there will not be a test!

In June 2016, I was ordained as a Deacon in the United Methodist Church. I had not always felt called to be a deacon. There was one point that I thought I wanted to be an Ordained Elder, like Pastor Tom and like what Pastor Curtis is working towards. I had time in seminary to discern my call and learned more about what it meant to be a Deacon. I realized that the areas in which Deacons are called to serve fit better with my calling to serve children, families, and work with many other age groups.

Deacons are called to serve and lead

through word, service, compassion, and justice. 2016 was a neat year to be ordained in because we celebrated the 20th anniversary of the establishment of the United Methodist Clergy Deacon in full membership. Deacons can serve primarily in a local church or outside of the local church. We lead disciples by helping them see how they serve as ministers in the world and we serve as a bridge between the church and the world. We lead through worship, preaching, teaching, nurturing spirituality, and leading ministries of service, love, and justice. We assist Elders with the sacraments of Communion and Baptism. We are not itinerant like Elders. Instead, Deacons work to find their own appointments, but we still serve where the Bishop would call us to serve. I am excited to have been called to serve at Central UMC and to serve alongside you as an Ordained Deacon as we serve the world together.

I look forward to learning and teaching with you as we continue our walk together as Disciples of Jesus Christ. Please feel free to ask me questions about my ministry as a Deacon and about my time here in Richmond. I am excited for us to get to know one another better.

Peace,  
Pastor Jen





# Church News and Events

## Trunk or Treat 2017

It's almost that time of year again! This years Trunk or Treat will be held on October 29th from 5-6pm. Like years past, we will be having a contest for best decorated vehicle along with a drawing and other fun things for our neighborhood to enjoy! Again we are asking for candy donations to pass out to our Trunk or Treaters. You can bring any candy donations to the main office during our normal business hours or on Sundays before or after worship. If you have any questions, please contact Christin at 765-962-8543.

## UMW Upcoming Events:

At our Sept. 7 unit meeting, our speaker will be Becky Murray from Communities in Schools. We encourage young women with children in school to attend. Baby sitting can be arranged by contacting Ann Cashner. This evening meeting will begin at 7:00 p.m. in Fellowship Hall. Snacks will be provided by the Thursday Evening Circle.

Saturday, Sept 9, will be the UMW East District meeting, which was cancelled in January due to bad weather. A short business meeting will be followed by singing and our speaker will be Ann Cashner, who will tell about her 17 years in prison ministry. Registration will begin at 9:00, with the meeting starting at 9:30, in Central's sanctuary. A light lunch will be served at noon. ALL women of the church are invited. The cost of lunch is \$6. Please let Ann Cashner know if you plan to attend.

## Our Neighborhood Christmas

Saturday, December 9th. Please mark your calendars to provide a service or simply attend.



**GIFT ITEMS • ANTIQUES  
KNIVES • TEA**

*Styles by Secret Ingredient*





# Church News and Events

## **Short Term Mission Trip**

Would you like to go on a short term mission trip? Ann & Randy Cashner will be putting together another group of volunteers from central to head to Henderson Settlement in Frakes, Kentucky for the week of October 15th to October 21st. You can find out more about this trip by calling Ann at 765-962-8458.

## **Planning an event?**

If you are planning on an event you would like to be held here at the church, please contact the church office at 765-962-8543 at least a week before the event to make sure the date and time are available. Please make sure to fill out a church event form, located in the office, so we know how you would like your event set up and where you would like to have it. If you have any questions, please call Christin at 765-962-8543 or email [christin@richmondcumc.com](mailto:christin@richmondcumc.com)

## **Right Now Media**

As you might be aware our church has a subscription to RightNow Media, which means that everyone in our church now has access to an extensive library of video Bible studies! It's like the "Netflix of Video Bible Studies" and has a HUGE library of faith-based videos that you can access whenever and wherever you want—on your phone, iPad, computer, or at home on your TV.

RightNow Media is a tool to serve you as you live out your faith at home, at work and in your neighborhood. It has videos for everyone - kids, youth, parents, married couples, college students, single adults, working professionals - all aimed at helping to spur spiritual growth.

If you have not accessed it before, there is not time like the present! If you have not received an email invitation, please email Pastor Curtis, to be signed up! ([curtis.banker@inumc.org](mailto:curtis.banker@inumc.org))

## **Primetimers**

Please join us Wednesday Sept. 20th at noon in at Friends Fellowship. You must reserve a seat to attend. To reserve your spot, please call the office at 765-962-8543 or email Christin at [christin@richmondcumc.com](mailto:christin@richmondcumc.com)

## **Consumer to Steward -- September 3rd**

As you are leaving the service, you will be provided with a list of organizations in Richmond, in need of donations, as well as a trash bag. Please fill this trash bag with items from your home, and donate to those in need. You will also be provided with a coffee cup to be used as "piggy bank." Fast from a "luxury" this week. (Daily coffee, a drive thru meal, or something else). Donate the money saved to one of the organizations on the list. Return the tear sheet next Sunday in worship listing what you did.

## **Ask to Listen – September 10th**

24 hour prayer vigil, beginning with prayer service at 6pm on September 10th. This will be held in the sanctuary. During worship on Sunday you will sign up for 30 minute time slots and be given a guide with instructions to assist in this time of prayer.

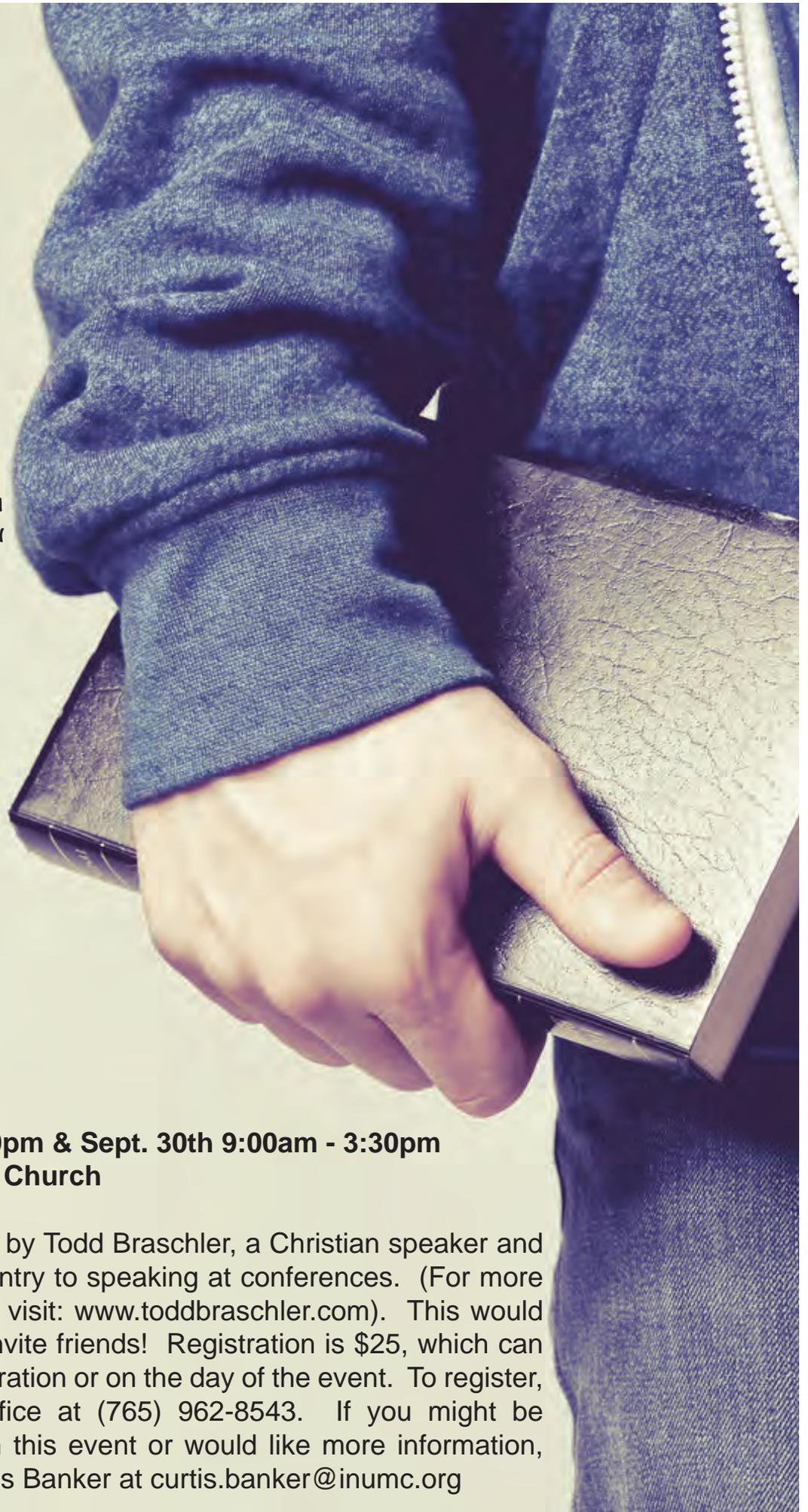
## **Sheep to Shepherd – September 17th**

We will be emailing daily email reminders, to recognize the influence you have in other's lives. Bottle cap magnets will be distributed, as reminders to shepherd the sheep in your life.

## **Me to We – September 24th**

Celebration Sunday! Celebrate all that we have learned through this series. We will be having a reception, following the service. Testimonies will be shared about the wonderful things the Lord has done in us and through us over these past two months.

# a man **Fully Alive**



**Sept. 29th - 7:00pm - 9:00pm & Sept. 30th 9:00am - 3:30pm**  
**Central United Methodist Church**

This conference will be led by Todd Braschler, a Christian speaker and author who travels the country to speaking at conferences. (For more information on his ministry visit: [www.toddbraschler.com](http://www.toddbraschler.com)). This would be a great opportunity to invite friends! Registration is \$25, which can be paid at the time of registration or on the day of the event. To register, please call the church office at (765) 962-8543. If you might be interested in assisting with this event or would like more information, please contact Pastor Curtis Banker at [curtis.banker@inumc.org](mailto:curtis.banker@inumc.org)



# Calendar of Events AND Choirs

9/4	CHURCH CLOSED	
9/7	UMW Meeting	7:00pm
9/9	UMW District Meeting	9:30am
9/11	Medical Monday	1:00pm
9/11	Pre-K Board Meeting	6:00pm
9/14	Creative Hands	9:00am
9/14	Soup Kitchen	9:00am
9/16	UMW Pop-Up	9:00am
9/17	Coffee W/Pastor	9:00am
9/18	Mon. Morn. Connection	9:00am
9/19	Bread Basket	4:30pm
9/20	Lamplighter Assembly	9:00am
9/20	Primetimers	12:00pm
9/28	Creative Hands	9:00am
9/28	Ad Council	6:30pm
9/29	Men's Conference	
9/30	Men's Conference	

## Women's Prayer Group

Women's Prayer Groups meets every Monday in the Church Parlor at Noon

## Men's Prayer Group

Men's Prayer Group meets every Wednesday in the Church Parlor (Fall/Winter) at Noon

## Brianna's Hope

Brianna's Hope meets every Monday in the Fellowship Hall at 6:00pm

## Dinners for Six

Several of you have asked about the next Dinners for Six. The church schedule is pretty full this Fall, so we have decided to wait until Spring to schedule the next one. This will give us something to look forward to after the winter. Thanks to all who participated (around 70) in the first one.

## Serving in September

### Greeters

- 9/3 Duane & Sandi Hodgin
- 9/10 Youth Greeters
- 9/17 Brent & Cindy Haworth
- 9/24 Rita Cummins & Donna Jurgens

### Ushers

- 9/3 Rick Eyer, Phil Scott, Jackie Scott, Roger Clark, Beryl Wesler, Ned Toms
- 9/10 Rick Eyer, Phil Scott, Jackie Scott, Roger Clark, Beryl Wesler, Ned Toms
- 9/17 Lowell Robinson, Sam Willman, Jim Puckett, Jamie Puckett, Dylan Puckett, Marvin Kenworthy
- 9/24 Lowell Robinson, Sam Willman, Jim Puckett, Jamie Puckett, Dylan Puckett, Marvin Kenworthy

### Acolytes

- 9/3 Levon Jordan & Luke Sheridan
- 9/10 Jacey Cornett & Jackson Cornett
- 9/17 Kathryn Brunton & Kate Holthouse
- 9/24 Dylan Candlish & Masson Heiny

### Scripture Readers

- 9/3 Jan Hibner
- 9/10 TBA
- 9/17 Karis Koyles
- 9/24 Barbara Harper

### Children's Message

- 9/3 Pastor Tom / Pastor Curtis
- 9/10 Sheri Koyles
- 9/17 Pat Heiny
- 9/24 Pastor Jen

### Altar Guild

Betty Ridenour & Aileen Githens



# THE TRIBE NEWS.



"FOR WHERE TWO OR THREE GATHER IN MY NAME, I WILL BE WITH THEM" - MATTHEW 18:20 ←

## High School Small Group

1st and 3rd Saturdays from 6-8pm

This group of high schoolers gathers to tackle tough issues through discussion and, of course, to hang out!

\*Watch your email for meeting locations and what to bring\*--Not on the email list? Let Sheri know at [sheri@richmondcumc.com](mailto:sheri@richmondcumc.com) and you can be added.

## Tribe

Every Sunday from 5-7pm at Central UMC. This group is primarily geared towards our 6-8th grade students, but all students in grades 6-12th are welcome. We play games, share junk food, and learn about our relationship with God and others.

## Youth Choir

The youth choir is for all students in grades 7th through 12th. Choir practice for the Fall will begin on September 10. We will be singing every 2nd Sunday of the month throughout the year. Practice will be from 9-9:20 at the beginning of every SS hour on Sunday mornings. Please join us as we find new ways to bring praise to our God!

## Fall Retreat

Stay tuned for the details of our Fall Retreat!



## Verses for September

### Consumer to Steward - 1 Peter 4:10

"God's gifts for grace come in many forms. Each of you have received a gift in order to serve others. You should use it faithfully."

### Ask to Listen - Isaiah 30:21

"You will hear your Teacher's voice behind you. You will hear it whether you turn to the right or the left. It will say, "Here is the path I want you to take. So take it."

### Sheep to Shepherd - Acts 20:28

"Keep watch over yourselves. Keep watch over all the believers. The Holy Spirit has made you leaders over them. Be Shepherds of God's church. He bought it with his own blood."

### Me to We - Psalm 133:1

"How good and pleasant it is when God's people live together in peace!"





# From the Desk of Madeleine Demetriades

## Being in a choir...

- Strengthens feelings of togetherness and social well-being
- Helps to improve posture and relieve muscle tension
- Releases feel-good neurochemicals Dopamine and Serotonin
- Improves symptoms of Dementia and Alzheimer's
- Improves symptoms of Parkinson's and Lung Disease
- Promotes a healthy immune system through elevated levels of Immunoglobulin antibodies
- Lowers blood pressure and regulates heart beat (it actually synchronizes with other choir members)!
- Boosts Oxytocin levels which help control stress and anxiety
- **INCREASES LIFE EXPECTANCY** (recent 2008 study by Harvard and Yale)

## Please consider joining one of Central UMC's choirs!

- The Wesley Ringers Bell Choir meets at 5:30pm and the Chancel Choir meets at 6:30pm.

If you have a son, daughter or grandchild who loves to sing, consider having them join one of our children's choirs.

- Joy Singers (the preschool-aged choir) meets Thursdays at 4:30pm.
- Cantus Choir (for children ages 6-12) meets Sundays after our 10am worship service.
- Youth Choir (for teens age 13-18) meet Sundays at 8:45am (before their Sunday School).

## Here are the start dates!

Chancel Choir: Wednesday, September 6th  
Wesley Ringers: Wednesday, September 6th  
Joy Singers: Thursday, September 7th  
Youth Choir: Sunday, September 10th  
Cantus Choir: To be announced

# Service Opportunities in the Community

Tutor at Boys & Girls Club  
Volunteer at Girls Inc.  
Serve a meal at Bread Basket  
Serve a meal at St. Paul's  
Help at the Food Bank  
Study Buddy at RCS  
Volunteer at Reid  
Genesis Women's Shelter  
Partner for Natco  
Volunteer at Circle U

Gari Quiroz 765-939-2228  
Tammy Savoy 765-962-2362  
Toni Reinke  
Jim Robinson  
Jennifer Hall  
Marcy Lindahl  
Volunteer Dept. 765-983-3152  
765-966-0538  
Dana Sinclair 765-983-4764  
Eric Weiss 765-966-1013

# Service Opportunities in the Church

Sing in a Choir  
Serve as an Usher  
Serve as a Greeter  
Volunteer in the Office  
Set-up/Serve Communion  
Read Scripture in Worship  
Visit Members in Nursing Homes  
Join Helping Hands  
Creative Hands  
Funeral Dinners  
Odd jobs around Church  
Volunteer in Childcare/Pre-k  
Help with Youth Group  
Change Church Sign  
Volunteer in Sunday School  
Volunteer with Children's Church  
Volunteer for Children's Message  
Help with Coffee Fellowship  
Help with Sound/Audio  
Be a Prayer Partner

Madeleine Connolly  
Lowell Robinson  
Sharon Enright  
Christin Toney  
Pastor Tom / Pastor Curtis  
Christin Toney  
Pastor Tom  
Bob Hall  
Shanron Rider  
Linda Jennings / Pat Jarvis  
Dave Sheets  
Jen Huff  
Sheri Koyles  
Pastor Tom  
Jen Huff/Sheri Koyles  
Jen Huff  
Jen Huff  
Linda Witter  
Krissi Hughes  
Jen Huff