



### Come Sing Your Winter Blues Away!

Join us this afternoon for  
a Winter Hymn Sing!  
5:00 pm in the Chapel  
Fellowship to follow!

### January/February Shareback COUNCIL ON AGING IN UNION COUNTY



#### Next Door Respite Clubhouse needs:

Incontinence supplies - both tabs and pull ups

Poise Pads

Wipes

Disposable Gloves

Cleaning Supplies

(hand sanitizer, Clorox wipes, etc.)

Kitchen Products

(paper towels, paper plates, napkins,  
trash bags, zip lock bags, etc.)

Durable Medical Equipment

(wheelchairs, rollators, canes, shower chairs, etc.)

### Pastor Lanny's Lyrics

"Do not get drunk with wine, for that is debauchery; but be filled with the Spirit as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts."—Ephesians 5:18-19

*What song is in your heart today?* Maybe you have never been asked that question. I was raised in a musical family. My grandmother, who lived with us from the time I was five years old, still played the piano well up into her elderly years. And what did she play? 99% of what she played were the hymns of the church. When she wasn't playing the hymns, many times she was humming and singing them to herself through the day while she went about her different tasks and activities. I learned a lot from hearing and watching this spiritual practice that my grandmother enjoyed so thoroughly.

What I learned was to "keep a song in my heart" and on my lips. Singing is a form of prayer and music speaks to our soul in a way that is hard to even comprehend. This is one reason why there is a book in the bible with 150 chapters called The Psalms. It is really the hymnbook of God's People from ancient times. This is why it can be such a blessing to pray the Psalms.

John Wesley, the founder of the Methodist movement, once advised, "Sing [the hymns] with a good courage...Be no more afraid of your voice now, nor more ashamed of its being heard, than when you sung the songs of Satan."<sup>1</sup> In other words, "be filled with the Spirit as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts." "Keeping a song on your heart" that draws you closer to Christ is sure to make your 2023 **NEW AND IMPROVED!** What song could you hold in your heart today that would draw you closer to Christ?

Peace,

## IT'S A BINGO PARTY!

The *Sonshine Class* is sponsoring a  
County Wide Special Needs Bingo  
Party on Saturday, February 18 from  
2-4 PM in the Family Life Center.

For more information or to volunteer contact  
Sandy Deskins at 704.289.6210 (please leave a  
message) or Leslie Sanders (via text) at  
704.254.6418.

## DINNER CHURCH

TUESDAYS at 6 pm  
in the Family Life Center



Jesus said, "I was hungry  
and you gave me food."  
(Matthew 25:35 NRSV)

Come join us as we CONNECT WITH OUR COMMUNITY by  
sharing a meal and worship. To sign-up to serve, contact the  
church office by calling the office at 704.289.3186 or email  
skeesler@centralumcmonroe.org.

### NEW and IMPROVED! God's Promises for the New Year

Jan. 1: Arise, Shine! Isaiah 60.1-16

Jan. 8: Can you teach an old dog new tricks? Isaiah 42.1-9

Jan. 15: Created to Serve: Isaiah 49.1-7

Jan. 22: Keep a Song in Your Heart: Isaiah 52.1-10

Jan. 29: A Funny Kind of Blessed: Matthew 5.1-12

Feb. 5: Salty: Matthew 5.13-20

Feb. 12: Are you listening? Matthew 5.21-37

Feb. 19: Listen to Him! Matthew 17.1-9

Feb. 22 (Ash Wednesday): Your Faith: Matthew 6.1-21



## The 2023 Chuck Wagon sign-up sheet is on the wall at the Crossroads

If you have any questions or concerns? Please call Cheri  
Barker 704.242.4851, Jean Semken 704.301.0435, or  
Elaine Davis 704.254.5951



# Prayer Requests

Sandy Deskins | Anne Morris | Pat Finlay | John Tice | John & Kim Cattie | Marianne | Kix Soderblom | Unspoken  
That we all stay connected by our prayers & supplications | Bill Phifer | Mike Taylor | Melony Cordero | Jodie & Family  
Emily & Family | War victims | Children of Shriners & St. Jude's Hospitals || Kelli Whitaker | Praise for healing | Carol Courtney  
Danny Starnes | Luna Ann Rollins | Families of those who "died suddenly" | Vicki Turner | Youth growing up today's world  
Denise Trigg (Neal Lauber's daughter-in-law) | Karen Trigg (Neal Lauber's sister-in-law) | Robert Trigg (Neal Lauber's brother-in-law)  
Nate Magloughlin (Neal Lauber's nephew) | Dannette Gibson (Neal Lauber's daughter-in-law's mother)  
*(Prayer Request's stay on the above list for 2 weeks unless requested to be put on the "ongoing prayer requests")*

pray

## Ongoing Prayer Requests

Maeson Sutton & Family (son of Ashley Miller Sutton) | Jim Gordon | Jimmie Hargett | Patsy Treadaway | Barbara Pfau  
Pat Stewart | Chris Wiggins | Daniel Mackay | Carolyn Kindley | DJ (Erica Kirby's son) | Elaine Davis | Shannon Keesler  
Barbara Horack (Shelley Loberger's mother) | Eldoris Loberger (Dale's mother) | Karen Dyer (Lisa Kania's sister-in-law) | Elie Walden  
Martha Rollins | Meghan Broome | Lynda Moore | Joel Kurtz | Elaine & Dennis Lord | Missy Elliott | Ronnie Haigler  
Paula Russell | Kappy Giblin | Doris Wheeler | Virginia Bjorlin | Marlene McCain (Lynda Moore's sister) | Robert Rylander  
Maxine Wally | Mary Jones | Dillon Brantley | Jean Semken | Don Gardner (Debi Patton's brother)  
Sue Mangum (Susan McInnis' mother) | Bob Sullivan | Jason Hill | Jonathan Mackay | Gareth Simpson | Jack Harper III  
Darlene Childers (Doris Campbell's sister) | Our President | Our Governor | Our Military | Our Country  
Bishop Ken Carter | District Superintendent Laura Auten | Pastor Lanny | Pastor Sigrid

Please call the Church Office at 704.289.3186 or email [skeesler@centralumcmonroe.org](mailto:skeesler@centralumcmonroe.org) to add your prayer requests. If you have confidential prayer request, please email [llancaster@centralumcmonroe.org](mailto:llancaster@centralumcmonroe.org) or [smottram@centralumcmonroe.org](mailto:smottram@centralumcmonroe.org).

## Attendance

### Week of 1/15/22-425

8:45 am Service-52  
Sunday School-57  
Online Service-219  
11:00 am Service-68  
Dinner Church-29

## January Altar Guild

Beth Hargett & Libby Helms  
We need two people to sign-up for Altar Guild for February. If you would like to serve contact Libby Helms 7045341150 or Beth Hargett at 7045740362. We will train and help you!

## Ushers

8:45 am Contemporary Service  
1/22-Amy Garrison & Denise Rumley  
1/29-Cheri Barker & Amy Garrison  
11:00 am Traditional Service  
1/22-Jimmy Parker and Robert & Linda Hinson  
1/29-David & Amy Paschal and David & Kalli Clements

## United Women in Faith

Lessie Anne Circle meets the 1<sup>st</sup> Tuesday of each month at 10:00 am in the Church Library.  
Faith, Hope & Charity Circle meets the 2<sup>nd</sup> Monday of each month at 1:30 pm in the Hospitality Room.  
New Beginnings Circle meets the 3<sup>rd</sup> Monday of each month at 6:30 pm in the Hospitality Room.

## Central's Calendar

### SUNDAY 01/22

8:45 am Contemporary Service-Central Hall  
9:45 am Sunday School  
10:30 am Traditional Choir Rehearsal-Choir Room  
11:00 am Traditional Worship Service-Sanctuary  
11:00 am Livestream Worship-Online  
3:00 pm Memorial Service for Jeffrey Smith-Central Hall  
4:00 pm CENTRAL YOUTH & Jr. Youth  
5:00 pm Winter Hymn Sing-Chapel

### MONDAY 01/23

ALLDAY Pastor Lanny on call/Pastor Sigrid's Sabbath  
5:00 pm Newsletter/Bulletin Submission Deadline

### TUESDAY 01/24

9:30 am Worship Planning-Pastor Lanny's Office  
11:00 am Staff Meeting-Hospitality Room  
2:00 pm Knitting Girls-Library  
6:00 pm Dinner Church-FLC  
6:30 pm Central Ringers-Sanctuary

### WEDNESDAY 01/25

4:30 pm Apprentice Academy Basketball Game-FLC  
6:00 pm Lakeview Estates Homeowners Mtg.-Scout Hut  
6:00 pm Celebration Singers-Choir Room  
6:00 pm InnerChange (vocals)-Central Hall  
6:30 pm SPRC Meeting-Pathfinders  
7:15 pm Chancel Choir-Choir Room

### THURSDAY 01/26

8:00 am Men's Breakfast Group-Derby  
NO Soul Food  
7:00 pm Union Big Book-Scout Hut

### FRIDAY 01/27

ALLDAY Pastor Sigrid on call/Pastor Lanny's Sabbath  
4:30 pm Apprentice Academy Basketball Game-FLC

### SUNDAY 01/29

8:45 am Contemporary Service-Central Hall  
9:45 am Sunday School  
10:30 am Traditional Choir Rehearsal-Choir Room  
11:00 am Traditional Worship Service-Sanctuary  
11:00 am Livestream Worship-Online  
4:00 pm CENTRAL YOUTH & Jr. Youth

## Contact Updates:

Tony & Cindy (Shell) Steen  
6209 Stockbridge Drive  
Greensboro, NC 27410

Pastor Sigrid's cell number:  
980.240.2370

\*if you have contact updates please contact the church office\*

Central Kids  
KIDS Worship  
It's Worship Just for Kids

After the Children's Message or  
Children's Singing during both services!

Children's Time follow-up & review, scripture  
memorization, prayers and praises,  
God sightings, singing and dancing!

Make a... joyful noise  
Celebration Singers  
Children's Choir | 1<sup>st</sup> -5<sup>th</sup> Graders Welcome  
Wednesdays at 6:00 pm in the Choir Room  
Contact Barbara Pfau with any questions - 704.282.6770

Men's Breakfast Group  
meets at the  
Derby Restaurant

Thursday mornings  
8:00 am

Come join us for great food,  
fellowship & a devotion!

## Central Squares MEN'S GROUP

Central Squares Men's Group will meet next on Saturday, February 4<sup>th</sup>. We start cooking breakfast at 7:30 am with the devotion at 8:00 am. Come join us for breakfast fellowship, and devotion. Central Squares meets on the 1<sup>st</sup> & 3<sup>rd</sup> Saturdays of the month. For more information or questions please contact Eric Shupe 803.370.3693 or Gabe Febus 704.774.0342.

HELP  
HOPE  
HEALING  
stephen  
MINISTRY  
Your Stephen Minister will talk with you and listen to you as you search through the pieces of your heart. To connect with a Stephen Minister, contact Rev. Sigrid Mottram by calling the church office at 704.289.3186 or you can call her at 980.240.2370.  
FREE ONE-ON-ONE CONFIDENTIAL CARE  
PROVIDED BY TRAINED CAREGIVERS

## Sanctuary Counseling Group

Here at Central

Specializing in  
Marriage  
& Family  
Therapy



Promoting the Healing of Heart, Mind, & Soul

Todd R. Matson, D. Min., LMFT  
704-375-5354, ext.407 - [www.mccsvs.org](http://www.mccsvs.org)

