



C e n t r a l
United Methodist Church

The Messenger

Joseph Easley, Senior Pastor
300 Mary Street
Evansville, Indiana 47710-1292

Phone (812) 424-3574
Fax (812) 424-3575
www.central-church.org

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**APPROACHING A NEW YEAR
AND NEW DECISIONS**

A few days before Christmas a button broke on a pair of pants I was wearing. I was changing clothes at home. I had unbuckled my belt and was just standing there. All of a sudden the front button holding my pants together at the waist popped, seemed to spurt ahead a little and fell to the floor. I have had buttons come off before, but rarely have I heard the pop and immediately known it had happened. Usually when I have lost the button, the threads holding it on broke or pulled out. This time I picked up the button and discovered it was missing its inner section (that part between the four holes used to sew it on); rather that part of the button remained firmly attached to my pants.

I sort of laughed to myself, thinking "What could cause a button just to pop like that?" I wanted to answer, "Cheap button!" but instead said, "It's a sign." I was aware of the extra 10 pounds and 2 inches (not in height) that I had acquired over the last 2 or 3 years. I had not been happy that I had an "enhanced profile" when I turned sideways in the mirror and that my pants were tighter. I kept hoping that the mirror and the scales would get corrected and give me the message they each used to give me. I even told my health coach my goal was to lose 10 pounds and 2 inches, but I had done nothing to accomplish that. Now I was either going to have to stop wearing most of the pants I had, or I was to have to reduce my calories and increase my exercise. The thought of having to buy a whole new wardrobe of slacks was enough to get a cheapskate's attention. I would lose weight and girth.

I am probably not alone in my New Year's resolution being about exercise and diet with a goal to lose pounds and inches. The question for all of us with that resolution or some other is how to go from good intentions to results? As I approach January 1, here are the steps I have gone through:

Analysis: What is going on? How did I get here? I had to look honestly and recognize I did not get to this point suddenly. It was not just holiday overindulgence. In fact, I first realized that I was up in weight over prior years during the summer, the time when I am usually down in weight. Overall, I had a pretty good diet, reasonably balanced and healthy, but I was just eating more than enough now to maintain my weight. The change I needed to make was not in what I eat, but in how much of it.

Plan: I continued to analyze and come up with a plan with concrete action steps to change my behavior. If I am going to reduce my intake, I have to monitor that. Too often I sit and eat out of the bag, can or package, rather than putting the food I am going to eat for a meal or snack onto a plate. I just keep eating without thinking how many times my hand had dipped in the bag. One can have even too many slices of low-fat cheese, whole wheat crackers and raw carrots, especially with a few desserts thrown in for good measure. I need to plan the serving size, not just eating

until I feel full. Eating between meals and while I am doing something else are also issues I need to watch. In addition, I need more exercise and the right kind of exercise to stretch the abdominal muscles.

Support and Accountability: I need someone else in this with me to whom I report regularly. A phone call every 2 or 3 months from my health insurance coach was not sufficient monitoring. Now I understand why people join Weight-Watchers or another program to weigh in every week in front of someone else. Knowing one is going to be accountable to another face-to-face is a good motivation to monitor one's actions between times. Other times in my life that I have been able to start a good habit or even continue in a good discipline I have shared the experience with at least one other person, in addition to making it a matter of prayer. God and human partners have helped keep me on track.

It seems to me these steps are transferable to many other areas of life, including spiritual life. For example, if one wants to be closer to God, the process is likely to start with some experience where one senses a real and immediate need for that. Often, something has to first get one's attention, either something that warns us of a problem or a strong yearning for something better. Then, one needs to analyze what is holding one back, make a concrete plan for change, build in support and accountability from another person or a small group (and God) and decide to start to work the plan. May this new year be one of blessings and growth (except around the waist) for you!

Your Pastor,

**EASLEYS TO PASSION PLAY
AND AUSTRIA IN AUGUST**

Indiana United Methodist Bishop Coyner is leading a tour group to the "Passion Play" at Oberammergau, Germany and to nearby areas of Austria and northern Italy next summer (August 3-11). **Joe and Patti Easley** have signed up to go as tour hosts and would love to take others from Central. For more information see the brochure on the bulletin board or get one from **Pastor Joe**. Call him if you have questions.

REV. EASLEY ON VACATION - JANUARY 22-31

Pastor Joe will be on vacation January 22-31. He and **Patti** are going to Hawaii for a cruise with friends for a personal get away in honor of their recent 40th anniversary. **Rev. William Mpere-Gyekye** from the Methodist Church in Ghana will preach on January 24, and Family Ministries Director **Nancy Reid** will preach on January 31. Parish Nurse **Carol Crabtree** will coordinate pastoral care during this time. If there are hospitalizations or other pastoral needs, call the church office (424-3574) or **Carol** at home (402-1809) or on her cell phone (812 272-1940).

IN WORSHIP THIS MONTH

- Jan. 3 First Sunday of the New Year Communion
Scriptures: Ecclesiastes 3:1-13 & Psalm 8
Sermon: "Enjoying the Gift of Time"
- Jan. 10 Sunday after the Epiphany: The Lord's Baptism
Scriptures: Isaiah 43:1-7; Luke 3:15-17, 21-22;
Acts. 8:14-17
Sermon: "The Baptismal Covenant"
- Jan. 17 Peace with Justice Sunday
Scripture: Luke 6:20-38
Sermon: "The Calculus of God's Kingdom"
- Jan. 24 **William Mpere-Gyekye** preaching
Scripture: Luke 4:16-21
Sermon: "Hope for the Future"
- Jan. 31 **Nancy Reid** preaching
Sermon: "The Hatching of Indiana Jones."


REJUVENATE SEMINAR - JANUARY 9

Pastor Joe and several lay leaders (we hope) will be attending an "Extravagant Generosity Workshop" sponsored by the Conference to increase our financial knowledge and planning skills. These are led by David Bell, who spoke at the Annual Conference Session in 2009. Friday is a full day for clergy and their spouses to attend. Saturday is a half day for clergy/lay team members. This workshop for the Southwest and West Districts will be at First UMC in Vincennes, IN on January 8-9. The workshop on Saturday for lay leadership will be from 8:30 a.m. to 12:30 p.m. (Central Time). The church will pick up the cost of only \$30 for the lay team to attend. Please let Rev. Easley know, if you can and would like to attend.

EXECUTIVE COUNCIL PLANNING EVENT - JANUARY 16

Central's Executive Church Council will have a planning event 8:30 a.m.-1:00 p.m. Saturday, January 16 at the Center for Congregations (Southwest) office, 7516 Eagle Crest Blvd. Turn south off the Lloyd Expressway at the traffic light for Cross Pointe Blvd. and Eagle Crest, turn left again immediately to continue on Eagle Crest and the building is the first one on your left.

NURSERY VOLUNTEERS NEEDED



Thank you to all who helped volunteer in the nursery during 2009--you are so very appreciated! We are in the process of making a volunteer list for 2010 and we need more help. If you are interested in volunteering to help in the nursery, please let me know as soon as possible. If you are currently on our volunteer list, I will schedule you in on the new calendar, unless you request otherwise. The more help we have, the longer the rotation period! Thank you for helping in this wonderful ministry for our little ones at Central! Please contact **Abby Warneke** at 303-7871 for further information.

NO SMOKING IN BUILDING

Please remember there is no smoking allowed anywhere in the church building.



BRING CANS FOR PANTRY JANUARY 3

This month's "First-Sunday Pantry Collection" item is "**Cans.**" On January 3, bring a can or two for our food pantry. If you prefer to give money, write a check to "Central UMC" and write on it "Food Pantry".



ADULT MEMBERSHIP CLASS - JANUARY 3

A Membership Orientation Class will be offered by the pastor on Sunday afternoon, January 3. Any adult interested in taking or renewing their vows of Christian faith and in taking the vows for membership in CUMC is invited to attend. Please call immediately (431-3248, **Pastor Joe's** cell phone), if you plan to come and need child care for the class. The class will last about 1½ hours and be held in the Library, so come to Finke Hall entrance and push the buzzer beside the inner doors to get in.

YOUNG ADULT SMALL GROUP UPDATE

A men's and women's young adult small group study will continue to meet during the month of January. We will be meeting at the church on Fridays January 15 and January 29 from 5:30 until 8:00 p.m. We will begin the meeting by sharing a meal at 5:30 and breaking up into our small groups at 6:00 p.m. Childcare will be provided here at the church at the cost of \$2 per child. We will be wrapping up our discussion of the book, The Rest of God, by Mark Buchanan, as we look at inserting more rest in our lives and attempting to honor a true Sabbath.

FLOOD OF JUSTICE MISSIONS

The Flood of Justice Missions team is very excited as we draw closer to next summer, and as more pieces of the puzzle begin to fall into place. Home repair applications are now available online and in the church office. If you or others that you may know may be in need of home repairs that they cannot afford, or manage to do themselves, please fill out an application and turn it into **Mike Warneke** upon its completion. Please take a look at the website located at www.floodofjusticemissions.com to find out all of the exciting things that are on the horizon for Central, and how you can get involved.

CENTRAL'S WEBSITE

www.central-church.org Our website is getting used more and more

by our members and the community as a whole. Please check out the current and up to date photographs in the media section of recent events here at Central. You can also get an inside view of our staff members by reading their thoughts in the "Staff Blogs" section.

WORSHIP TASK FORCE SURVEY

During the latter weeks of December the Worship Task Force distributed a survey to our members in order to understand our congregation's thoughts about worship. We would appreciate our members filling out that survey in its entirety and returning it to the church by the January 3 deadline. Thank you for your input and cooperation.



JANUARY BIRTHDAYS

- 1 Michael Miller
- 2 Kelsey Crow
- 3 Rick Bonenberger
- 4 Jake Lowey
- 6 Joanna Moore
- 7 Gloria Millay
Chester Rycroft III
Andrew Wilson
- 8 Ned Conder
Betty Martin
- 9 Reed Dugan
- 10 Kala Schu
Tammy Woodburn
- 11 Lexi Reid
Margaret Whicker
David Williams
- 12 Donna Davis
- 13 Christian Aki
- 14 Larry Meritt
Luke Muller
Dorothy Wittman
- 17 Thomas Lynch
- 18 Leon Upton
- 19 Charles Boberg
Twain Moore
- 20 David Adams
Colton Pugh
Jonell Walker
- 21 Jane Schmitt
- 22 Caroline Barron
Madison Meyerholtz
- 23 Jamie Calderwood
Dawson Rodgers
Doris Shoultz-Creek
- 24 Debra Schnakenburg
Linda Wambach
Lynn Yonts
- 25 Amaya Johnson
William Robinson
- 26 Tyler Brown
Rick Pittman
- 28 Karen Jones
Jon Renner
Judy West
- 29 Sandy Long
Jackson O'Bryan
Jessica Boberg



**MARTIN LUTHER KING SERVICE
JANUARY 17**

The Downtown churches will host their annual Martin Luther King, Jr. Memorial service at St. Mary Catholic Church on Sunday evening, January 17 at 6:00 p.m. The service will include several choirs, a brief reading from Dr. King's writings and a short message from Rev. Gerald Arnold, Pastor of Independence Baptist Church and president of the NAACP. Refreshments and fellowship will follow in Rager Hall. All are invited to this meaningful service.

Happy New Year
from the church staff

UMW News

The members of Central's unit of United Methodist Women rededicate ourselves each year to the purpose of United Methodist Women, which is: "To be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church."

For many years Central's UMW and their families, have taken to heart the mission purpose in so many innovative ways, from collecting a variety of items for donations (Check out our collection site at the back of the Parlor), craft sales, Rack Shack sales, luncheons, supporting the Food Pantry, and monetary donations. We're proud that our efforts touch the lives of people locally, nationally & internationally. We look forward to another year of serving our Lord through Central's UMW missions.

Ruth A. Gosnell
Central UMW

CHILI COOK-OFF



The Nurture Team will be hosting our 3rd annual Chili Cook-off on Sunday, January 24th in the Family Life Center at 5:00 PM.

Wanted: YOUR homemade chili for a church-wide tasting contest. (Crackers, chili pepper, shredded cheese and other common additives will be provided.)

You will have a chance to vote for your favorite chili. If you don't make chili, sign up to come anyway for dinner, the reception and some fun trivia games! All ages welcome.

Complete and return the form below today—or call the church office (424-3574) with your reservations by Monday, January 18.

_____ Yes, I'll bring chili – You may share your recipe if you want.

_____ No chili, but I'll attend.

Name: _____

Number attending _____

Phone# _____

Children attending _____
(peanut butter sandwiches provided)

OUR SYMPATHY is extended to **Irina Partello** and family on the death of her husband, **Jim**, on Monday, November 23. A graveside service was held Wednesday, November 25 at Mount Zion Cemetery in Richland, Indiana.

A BIG THANK YOU

I would like to tell everyone that I am so pleased with the cards, calls and prayers. They really helped! I hope to see you soon.

Lillian Alderson

OLD NATIONAL LOAN PAID OFF

Central has finished re-paying its loan from Old National Bank. \$1,200,000 was borrowed in 1998 to pay for building the Child Care Infant/Toddler Wing and remodeling Finke Hall in the late 1990's. This is a milestone to celebrate. No longer having an external debt allows us to focus on paying off the \$440,000 remaining on a



\$550,000 loan from the Endowment Fund to build the Family Life Center. This loan and one for re-roofing a year ago were made by the Endowment to save the church the greater interest it would have paid for a commercial loan, as was a loan made from the Housing Fund in 1998 to lower the amount we had to borrow from ONB. Payments on the FLC loan will begin in January at a lower rate of \$10,000 per month; these payments are funded by our Vision 2012 giving, 89% of which goes to debt repayment and 10% to funding the Outreach Director's salary. Thank you for your faithfulness to a great vision from 1995. Let us continue that faithfulness in Vision 2012, as we move toward being debt-free and growing.

PARK IN MARKED SPACES, DON'T BLOCK DRIVE

Please be careful to park only in marked parking spaces. If we do that we will keep the drive under the canopy free, so people can drive through and drop off passengers. When cars are parked outside of designated spaces, it can block cars from pulling through the drive. If the drive is blocked cars have to back up under the canopy, which can endanger pedestrians and create a traffic jam with other cars waiting to drive through the canopy to let off their passengers.

RUTH MILGATE'S 80th CELEBRATION BENEFITS RUTH'S HOUSE

On February 13, 2010, Pastor Ruth Milgate, her family and the Board of Reflecting Waters, Inc. invite you to join in celebrating her 80th birthday. It will be both a party and a fundraiser for Ruth's House. The event will celebrate her life, ministry and dedication to the vision of Ruth's House.

The celebration will be held at Blue Grass United Methodist Church, 14240 Petersburg, Road, Evansville, Indiana, on Saturday, February 13, 2010 at 1 p.m. There will be live music, food, and an auction. In lieu of presents, Ruth is asking that donations be made to Reflecting Waters/Ruth's House.

We invite you to celebrate with us. No RSVP is needed. If you need further information please call Jennifer Dick, Executive Director of Ruth's House at (812) 455-2007 or e-mail her at jennifer@reflectingwaters.org.

PRAY FOR CLUSTER CONGREGATIONS

When you pray for Central, remember to pray for the other churches in our Center City Cluster: Fairlawn UMC, St. John's UMC, St. Lucas UCC and Trinity UMC.

RACK SHACK NEEDS

Linens and costume jewelry.

TESTING FOR CENSUS WORKERS

The U.S. Census has begun a targeted effort in Southern Indiana to recruit workers to take the census next spring. Census takers (also known as enumerators) are hired to make sure our Southern Indiana cities, towns and counties are represented as accurately as possible. Their primary responsibility is to collect census information from residents that have not sent back their 2010 census form. They also explain the purpose of the census and record their responses. Census takers will be placed in their own communities. These temporary jobs have flexible schedules and will not exceed 40 hours per week. Census takers will be paid for training and reimbursed for work-related travel. Testing to become a census taker is in progress now. To apply, call **866-861-2010** to find out where and when the census test can be taken. For more information, including a practice test, go to the [jobs@census](mailto:jobs@census.gov) link at www.census.gov. All census takers must pass a security background check. To qualify for a job with the census, applicants must:

- Be a U.S. Citizen
- Be at least 18 years old
- Have a valid Social Security Number
- Have a valid Driver's License
- Bring two forms of approved ID to testing site.

"MARRIAGE INSURANCE" FOR ENGAGED COUPLES - FEBRUARY 20

If you are engaged or thinking about getting married, you may want to attend "Marriage Insurance" at the Bauerhaus on Saturday, February 20. Many wedding vendors will have displays and samples and be there for you to talk with them about plans for your special day. It also features a marriage preparation workshop led by Community Marriage Builders. For further details on the day and registration information see the card on the bulletin board or call the church.



CHURCH PURCHASED CAR FOR PASTOR WILLIAM

As of December 19 we were only \$714 short in paying off the car bought so **William Mpere-Gyekye** could get to Gateway Hospital for his chaplaincy residency duties. Contact **Pastor Joe**, if you would consider a gift.



THANKS TO OLD TYME DELI

We want to thank the Old Tyme Deli and Meat Shop, 307 First Avenue for their generous donation for the December 20 Shalom meal. We had decided to have ham for the menu that night and ordered it for them, but they wouldn't give us a price for it. They in fact **donated not only the ham, but also potatoes and gravy, green beans, corn and rolls for 150 people.** When Nancy exclaimed, "God bless you," they responded, "He already has." Indeed they are blessed and a blessing to our neighbors who enjoyed the meal and the Shalom team, which includes folks from St. Lucas, St. Anthony and several other churches.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2010</h1>  <p>Services Every Sunday: 8:30 A. M. Contemporary Service 9:30 A.M. Sunday School 10:30 A.M. Traditional Service</p>					1 New Years Day Church Office & Child Care Closed 	2 12:00 N A Meeting - Library 2:00 Mary Giesman Shower – Garden Room
3 Communion 1:00 Membership Orientation Class – Library	4 9:30-12:00 Food Pantry 9:30-12:00 Rack Shack 4:30 Outreach Mtg. - Nolte 6:00 Trustee Mtg. - Ch. Office	5 9:00 Church Staff Mtg. 4:00 Mission Team – Library 5:00 Power B Ball - FLC 6:15 Staff-Parish Mtg. - Church Office 6:30 Emmaus Prayer Group	6 11:00 Wednesday Friends -Trinity Room 5:30 Youth – Youth Room 6:10 Romans Study - Library 6:15 Choir 7:30 Bell Choir 6:00 Central B-ball - FLC	7 9:00 Quilting 9:30-12:00 Food Pantry 9:30-12:00 Rack Shack 5:00 ERI B- ball - FLC	8 Staff Dress Down Day	9 9:00-12:00 Indoor Playground 12:00 N A Meeting - Library
10 Center City Cluster @ Trinity UMC	11 9:30-12:00 Food Pantry 9:30-12:00 Rack Shack	12 9:00 Church Staff Mtg. 2:00 Small Accountability - Library 3:30 Tutoring 5:00 ERI B- ball - FLC 5:15 Shalom Mtg. - St. Lucas 6:30 Emmaus Prayer Group	13 1:00 Mary-Martha Circle – Nolte Room 4:00 Power 5:30 Youth – Youth Room 6:15 Choir 7:30 Bell Choir 6:00 Central B-ball - FLC	14 7:30 JACC Mtg. – Lib. 9:00 Quilting 9:30-12:00 Food Pantry 9:30-12:00 Rack Shack 3:30 Tutoring 5:00 Power B Ball - FLC 6:00 Worship Team Mtg. - Library	15 5:30 Young Adult Small Group – Trinity & Garden	16 8:30 Executive Church Council Retreat – Center for Congregations 9:00-12:00 Indoor Playground 12:00 N A Meeting - Library
17	18 Martin Luther King Day Church Office Closed 6:00 CAJE Team – Nolte 7:00 Bee Conder Circle - Hostess, Betty Jo Adams	19 9:00 Full Staff Meeting 11:15 Literary Ladies – Kennel Club 3:30 Tutoring 5:00 Power B Ball - FLC 5:45 Nurture Team – Ch-O 6:30 Emmaus Prayer Group	20 11:00 Wednesday Friends- Trinity Room 12:00 Messenger Deadline 4:00 Power 5:30 Youth – Youth Room 6:15 Choir 7:30 Bell Choir 6:00 Central B-ball - FLC	21 9:00 Quilting 9:30-12:00 Food Pantry 9:30-12:00 Rack Shack 3:00 Child Care Team Mtg. – Library 3:30 Tutoring 5:00 ERI B- ball - FLC	22 Rev. Easley on Vacation →→	23 9:00-12:00 Indoor Playground 12:00 N A Meeting - Library Through Jan. 31st
24 5:00 Chili Cook Off - FLC	25 9:30-12:00 Food Pantry 9:30-12:00 Rack Shack	26 3:30 Tutoring 5:00 ERI B- ball - FLC 6:30 Emmaus Prayer Group	27 4:00 Power 5:30 Youth – Youth Room 6:15 Choir 7:30 Bell Choir 6:00 Central B-ball - FLC	28 9:00 Quilting 9:30-12:00 Food Pantry 9:30-12:00 Rack Shack 3:30 Tutoring 5:00 Power B Ball - FLC 5:15 Flood of Justice - Church Office	29 5:30 Young Adult Small Group – Trinity & Garden	30 9:00-12:00 Indoor Playground 12:00 N A Meeting - Library
31 5:00 Shalom Neighborhood Dinner – St. Lucas					