



# NEWS

## UP FRONT

Hello church family,

Fortunately there is not much to write about this month! Reformation Day. Elections. Feast of Plenty. Hanging of the Greens. Sacred Conversations. What should I write about this month?!? Perhaps a prayer and a benediction that touches on them all.

- May we discover, rediscover and allow God's grace to discover any areas in our life that pull us away from Christ. May we reject that His favor is contingent upon our actions or behavior modifications, and accept that it is unconditional to all. We are loved, not because of what we have done or left undone, but because of Jesus' reconciliation work on the cross.
- May the sobriety of our stewardship as United States citizens guide us to love our neighbor and inform us as we cast our votes at the ballot box. These are important issues facing our country, and I dare not belittle them and their importance in our lives; however, we can also hold the truth that we belong to the Kingdom of God and that kingdom will outlast any political party. May we trust in that Kingdom, even if the kingdoms around us shake.
- May we pray that our efforts and planning for Feast of Plenty are fruitful and we reach people in the community with tangible love. We are blessed to have so many people serve in this great endeavor and we thank God for those who have served in the past and those who will serve in the future.
- May the Lord pour out His spirit upon our advent services. Emmanuel, Christ with us. We ask that God, in each of us, stir up the gift of the Holy Spirit, that He might confirm our faith, guide our life, empower us in our serving, and grant us patience in all things.
- Oh, I forgot- Go Dodgers!!! (But it would have been better if it were the Astros.)

We are living in times of great tension and we long to see a brighter horizon, in our church, our community and in our nation. Lord, make us instruments of peace as we work to spread the gospel of hope to others.

## COMING UP

**11/2** Men's Breakfast, 8 a.m, Merriam Hall.

**11/6** Connecting Women, 10 a.m, Weber Lounge

**11/11** Central Baptist is closed in honor of Veteran's Day.

**11/12** Leadership Coordination, 6:30 p.m, Weber Lounge.

**11/16** Men's Breakfast, 8 a.m, Merriam Hall.

**11/28** Feast of Plenty **11/28 & 11/29** Central Baptist is closed for Thanksgiving

Church Office  
8-5, M-F

## Upfront (cont)

Here are a few dates to keep in mind:

- **November 6th:** Connecting Women: All women of Central - Please join us for coffee, tea and conversation with other women in the church you might not have had a chance to meet. Come to Weber Lounge on Wednesday, November 6 at 10 a.m. There will be a devotion and a surprise or two!
- **November 24th:** Hanging of the greens after the service & Decorating for Feast of Plenty immediately after the service as well.
- **November 28th:** (Thanksgiving): We would love your help and support in this as we seek to bring meals to those in need in our city.
- **December 1st:** The beginning of advent services
- **December 20th:** Christmas Carol Event at 7 p.m. in Merriam Hall
- **December 24th:** Candlelit Christmas Eve Service, 6 p.m.
- **December 29th:** Christmas Brunch Service in Merriam Hall (Breakfast at 9:30 a.m, worship at 10:30 a.m)

In Christ,  
Pastor Tony Stang

## WHAT'S HAPPENING

### Kumler Food Pantry

Central partners with the Kumler Food Pantry to help feed those in need in our city. Please consider picking up some nonperishable food or personal care products to donate to the Pantry. Suggestions include peanut butter, canned vegetables or fruit, soup, instant oatmeal, toothpaste, soap, etc. It is all needed and will be used by someone in need.

### Wednesday Night Dinner Shelter Meals

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

### BIRTHDAYS

11/3 Evelyn Nagel  
11/3 Lindsay Stang  
11/3 Emily Sharp  
11/5 Garvice Saunders  
11/8 Betty Darrow  
11/8 Michelle Stone  
11/12 Nancy Wilkinson  
11/14 Marilyn Winn  
11/18 Dick McDaniel  
11/23 Bruce Hays  
11/29 Lillian Bernauer

### ANNIVERSARIES

11/5 Phil and Erica Palsen  
11/6 Ralph and Jackie Billings  
11/14 Brad and Sheila Zeiger  
11/25 Greg and Paula Seifert  
11/28 Scott and Betty Darrow

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

## WHAT'S HAPPENING (Cont)

### Dates to Remember

**11/2 Men's Breakfast** meets at 8 a.m. in Merriam Hall.

**11/6 Connecting Women** meets at 10 a.m. in Weber Lounge

**11/11 Central Baptist** is closed in honor of Veteran's Day

**11/12 Leadership Coordination Team** meets at 6:30 p.m. in Weber Lounge.

**11/16 Men's Breakfast** meets at 8 a.m. in Merriam Hall.

**11/28 Feast of Plenty** in Merriam Hall

**11/28 & 11/29** Central Baptist is closed for Thanksgiving

## NEWS AND NOTES

### Feast of Plenty

The frost is on the mums, the pumpkins and all the fall decorations and we are moving full speed into Thanksgiving and our Feast of Plenty Thanksgiving Day meal for the community. As in past years we will be providing meals for delivery, carry out and for those who want to dine with us in Merriam Hall from 12:00-1:30 p.m. on Thanksgiving Day. It could not happen without a multitude of volunteers. We hope you will be one of them.

Denise Perry, from Copper Pot Cooking Studio, has volunteered again this year to cook. Volunteers are needed to serve food, pack boxes, donate commercially prepared desserts, greet visitors, deliver meals, help set up and provide additional help wherever needed. Many volunteers make this an annual tradition and spend their holiday helping others in the name of the Christ and His love. However, if you can't be here that day, there are needs ahead of the holiday. There is a sign up sheet on the Serve the World Center to volunteer in any of these vital areas. Financial gifts are also gratefully received. To help in any way or if you have questions, please call Rachael at 217-523-3639 or email the church at [office@cbcchurchfamily.org](mailto:office@cbcchurchfamily.org).

### Hanging of the greens and Feast of Plenty set up

On Sunday, November 24, we will decorate the sanctuary for Christmas AND Merriam Hall for the Feast of Plenty following the 10:45 a.m. worship service. We will have pizza for lunch. Please join us!

### Connecting Women

This is a new group starting at Central. It is for all women at Central and their friends. You will have an opportunity to meet some women you haven't had a chance to get to know. Please join us for coffee, tea and some good conversations on Wednesday, November 6 at 10:00 a.m. in Weber Lounge. No reservations needed—just come and enjoy! If you have any questions, please call Rachael in the church office at (217)523-3639. Hope to see you November 6!

### A note from Judi Mills

Dear Central Family, thank you for your prayers, notes, texts, cards and other expressions of love and care. The cancer diagnosis, surgery, and now treatments are hard. I know many of you have made this journey and you are my inspiration that I, too, can make it through. Love to you all, Judi Mills

## Connected Pairs

### Forgiveness: Psychology Today

Psychology Today staff addresses a subject we are probably all familiar with - forgiveness. Psychologist Robert Enright's four-step model on forgiveness is presented – 1) uncover your anger, 2) make the decision to forgive, 3) cultivate forgiveness by developing compassion for the offender, and 4) release the harmful emotions and reflect on how you may have grown from the experience and the act of forgiveness itself.

Also in this article are ways of forgiving ourselves, as well as the benefits of forgiving others, such as “reducing unhealthy anger, repairing potentially valuable relationships, growing as a person, and exercising goodness in and of itself, no matter the response. In addition to personal benefits, modeling forgiveness for others may lead to intergenerational and even societal improvement.”

To read more about forgiveness, read [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](http://www.connectedpairs.com), call, or email the counseling office.

