

The Messenger

The Newsletter of Central UMC

From the Pastor

Dear Central Friends,

I read a wonderful article recently by Rev. Jenny Smith, called "The Second Marathon." Her powerful analogy is this: Imagine that you've just run a marathon. It was a lot of work and struggle, but you've managed to push through all of the hills and tough spots, and now you've crossed the finish line! Typically, when you complete a marathon, you might collapse onto the ground or into the arms of your loved ones. There are water bottles, snacks, and perhaps even a medal waiting for you.

But... imagine that you've just finished the marathon, and you feel a hand slapping another number on your back. You look up, and you see a brand new starting line. Without a pause, you are pushed into starting a second marathon. You're exhausted from the first marathon, and now you're having to start a second one right away.

Her point, and mine too, is that all of us are starting our second marathon. We have weathered the first season of COVID, managing the shutdown and everything that it entailed. We rearranged our homes to create home schools and home offices. We rearranged our travel plans, probably more than once. We rearranged our relationships to stay connected as much as possible while we were not able to see one another. We hit the finish line of vaccinations and the re-opening of our world, hooray!

And now we're in the second marathon. Variants of the virus are surging, hospitalizations are rising, and, paradoxically, both reopenings and restrictions are increasing.

It turns out that reopening the world is more complex than we realized. Previous systems and ways of doing things no longer exist, at least not in the same way. We're having to make up much of it as we go along. Our political divisions have led, inexplicably, to medical divisions, and people are betting their lives (and sometimes losing) that politicians know more about science and health than scientists and doctors. Everyone is so deeply weary in these days.

Yet, when I look at these challenging realities, I look at Central and feel gratitude. I am thankful that we can now worship together, finding respite from the stress of the rest of our lives. I am grateful that we can reconnect with each other face-to-face (well, mask-to-mask) after so much time separated from one another. I am thrilled that our educational ministry is resuming, a bit at a time.

The book of Hebrews teaches us, "Let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith." Let's run this second marathon with grace, love, and as much excellence as we can summon.

Blessings,

Sally



Contact Us:

Church Office. 816-753-1844

Rev. Dr. Sally Haynes, Pastor
Sally@ConnectatCentral.com

Betty Tracewell, Office Manager
Betty@ConnectatCentral.com

Ash Mason, Director of Education and LGBT Outreach
Ash@ConnectatCentral.com

Justin McCoy, Director of Music
Justin@ConnectatCentral.com

Caitlyn Henson, A/V Technician
Caitlyn@ConnectatCentral.com

CECC
Central_ECC@yahoo.com

Sympathy

We have received word of the death of a former choir director, Kyle Linson. Please hold all those who loved him in your prayers. We are grateful for his gift of music that he shared so generously with us.



Interested in Serving?

Are you interested in serving a three-year term as a servant leader on our Leadership Team? This group meets monthly to manage the administrative life of Central. Their willingness to tend to the "stuff" of the church means that others can be free for worship and service. Leadership Team members covenant to pray for the church and staff; to attend worship whenever in town; to give proportionately to Central's ministry; to say "yes" to serve; and to invite others into the church family. No other experience is required. If you're interested in learning more, please contact Sally at sally@connectatcentral.com.

Bibles to 3rd Graders (and Above)

On August 29th, we're going to be having a celebration of education with a back-to-school bash dessert dash! This means that during our service, we will recognize our students, teachers, and will emphasize the congregations' role in the lives of our kiddos. In addition, our 3rd graders will be receiving Bibles from Central! This year we're actually going to be gifting bibles to 3rd grade and older in order to catch up from COVID, but be sure to be at the service so we can recognize your kiddo! THEN, after service, we'll share ice cream outside together!

COVID and Central Update

The good news is that the renewed KC mask mandate doesn't affect us at Central, because we have never stopped wearing masks inside our building. We continue to monitor the changing situation. If we do change any of our current practices in light of the once-again-worsening pandemic, we will inform you via email. Please be kind to one another; everyone is stressed these days, and so choose to offer love and light and healing to those whom you encounter.

Financial Update

Your faithful support continues to help us be in ministry each day. Thank you!

	JUNE	YTD	BUDGET % YTD (50% of year)
INCOME			
Member Support (Pledges and All Offerings)	20,485	189,371	44%
Other Income (Investment Income, Parking, etc.)	5,298	80,476	38%
EXPENSE			
Apportionments (District and Conference)	0	26,059	32%
All Expenses (Salaries, Utilities, Program Expense, etc.)	55,076	284,422	43%
TOTAL	-29,293	-14,585	

COUPLES CORNER

Editor's note: For many years, this series of articles by Ruth Achelpohl was a favorite feature of this newsletter.

From August 2009

Your Relationship and Parenting – Are They Good for Each Other?

Loving our children is important. Few would argue with that position. However, as we head into that life-long stretch of parenting we need to realize that being parents can put a real crimp in our relationship to our partner. Now don't misunderstand us, we love being parents and grandparents. However, we are also aware that there was a time in our relationship when taking care of the needs of our children sometimes got in the way of having quality time as a couple.

Dr. David Olson's research shows that 84% of couples taking his survey reported that "having children had reduced their marital satisfaction." That is pretty startling since our society puts such a premium on parenthood. The key factor is putting your relationship first, not the children. That does not mean that you neglect your children, it simply means that you need to figure out how you can stay connected as a couple while you are parenting. Your children will thank you later for showing them the example of a strong, workable relationship.

In an article from Marriage Partnership (Winter 2002), Jamie Borsellino offers five steps for choosing "couplehood" over parenthood.

1.) Practice Couple Time Daily. We call this "checking in" time. Of course, you will need to greet the kids with hugs and kisses and listen, for a short time, to their excitement of the day. After that, there needs to be a time when you and your partner check in. You can help your children learn to give you those precious moments.

Another parent-time option, if the kids are old enough, is to assign them clean-up chores after dinner and use your time as a couple to take a walk or sit on the deck together. Demonstrate that your relationship really matters.

2.) Lock your bedroom door. Purchase and install a lock and use it! Bedrooms establish boundaries. Parents need time together. If an emergency happens, the kids can knock on the door and explain their emergency. Thirst is not an emergency!

3.) Put the kids to bed early. Most toddlers need at least 10 to 11 hours of sleep each night and adolescents need at least 9 – 10 hours. Encourage the kids to head to their bedrooms at 10, 9, or even 8:20 PM. It is a practice that will prove to be healthy for them – and wholesome for you. Then use that time for couple time – not finishing the laundry or balancing the checkbook..

4.) Children have their own beds. Use them! Teaching the importance of your relationship to your kids begins when you communicate to them that Mom and Dad have a special relationship and sleeping together is one of those things that makes it special. Bed-time is not a family thing.

5.) Limit extracurricular activities. Kids' recreation options are limitless, and some parents fear if they don't get their kids involved in every activity, the window of opportunity will slam shut. By establishing some boundaries and learning to say "No" to some activities you can avoid some of the hectic (frantic) pace that leaves parents worn-out and kids burned-out.

If you really want to raise healthy, wholesome children, establish boundaries and put your relationship first. Your family will turn out fine.

Keep growing...

Ruth Achelpohl

How Can I Worship With Central?

Join us (masked) in the sanctuary
Sunday morning at 10:00 a.m.

We're also on Facebook Live at 10:00 a.m., and our worship is uploaded to the Central YouTube channel by the next day. Find links to our Facebook and YouTube channel on our website, www.connectatcentral.com.

How Can I Find Out About Joining Central?

We'd love to have you join our church family! Contact Sally at Sally@connectatcentral.com

Where Can I Find the Central Prayer List?

If you'd like to receive our weekly prayer list, send a request to Cindy Wienstroer at cjkwinkc@gmail.com

KIDS NEWS!



Children's Update from Ash

In the life of Children's ministry, things are launching in beautiful and exciting ways! We currently offer nursery (Ages 0 up to K) and upper kids (K and beyond). Our kids have done so well with maintaining COVID protocols while having fun and worshipping Jesus! In addition, our families are receiving weekly devotionals, and I've been receiving reports that our kiddos and their families are able to have these sacred times together in their homes. Christian education is of the utmost importance at Central, and we love all the more whenever families can find intimate ways to experience the love of Christ together. If you want to talk about starting your kiddo in our Christian Education program, please email Ash at ash@connectatcentral.com.

A special treat, enjoy this cute picture of some of our kids in the nursery (ages 3+ are required to wear masks).

AUGUST BIRTHDAYS

Scott Leigh	Aug 1
Doug Sell	Aug 1
Dustin Cooper	Aug 3
Russell Bradley	Aug 4
Maryann Williams	Aug 4
Terry Moore	Aug 8
Matthew Warriner	Aug 8
Erin Case	Aug 9
William Lemon	Aug 11
Janice Chronister	Aug 12
Hilary Lemon	Aug 14
Roger Hunt	Aug 15
Montell Justice	Aug 15
MaryKay Brooks	Aug 17
Diane Hunter	Aug 17
Milton Adams	Aug 18
Rik Bellmer	Aug 18
Clark Glass	Aug 18
Galen Wienstroer	Aug 20
Brandon Cummins	Aug 21
Barbara Warriner	Aug 22
Suzann Chester	Aug 24
Katie Donaldson	Aug 24
Avery Mayes	Aug 25
Larry Taft	Aug 26
Jacquelyn Clevenger	Aug 29
Emily Taft	Aug 31

LGBT Ministry Update

LGBTQIA+ ministry has an EXCITING opportunity! We (Central) will be representing at the Kansas City Pride Festival from August 21st-22nd! We will have a booth where we share communion, offer prayers, and will simply be available to love on individuals. This is a phenomenal opportunity to celebrate the fullness and diversity of individuals that may never step into the walls of Central, and yet, they can know the love of Christ. Be watching the weekly updates for opportunities to become involved!"

Sound Desk Dedication August 8th

Thanks to the work of so many dedicated people, we now have a beautiful sound desk at the back of the sanctuary. This project was very complex and involved wiring, equipment, and the construction of a new desk. Much of the work was done during our COVID shutdown, and was completed last month. Thank you to (alphabetically): Christian Cochran, Mark Costanzo, Caitlyn Henson Koebbe, Montell Justice, Gabe Okafor, Brian Petrie, and Sheldon Vogt . We'll dedicate this important part of our ministry during worship on August 8.





CENTRAL EARLY CHILDHOOD CENTER

LGBT

Central Early Childhood Center

2021-22 school year program opens in August

Central Early Childhood Center will begin classes on August 16th for the 2021-2022 school year. Each year, between the Summer and Fall semesters, teachers and directors take a much-needed respite before returning to prepare for a new school year. The second week of the break between semesters will find the staff hard at work preparing and setting up classrooms for new and returning students. We will be planning to return to in-person Orientation sessions for children and families to visit classrooms, meet their teachers and other students, and begin to get to know other families. In order to reduce group sizes, we will be limiting the number of people attending at one time.

Even during these unique times of the pandemic, CECC is excited to continue to provide quality education and care for children ranging in age from infants, (3 months and older) to preK (3 – 5 year olds) as we will be opening seven of our classrooms in August. CECC teachers and staff strive hard to provide consistency for children in their schedules as we offer options of MWF, TR or M-F schedules for students. At this time all age groups have waiting lists, please contact the directors for current information on enrollment.

Did you know that Central’s Children and Family Advisory Board consists of Central and CECC staff, parents, and church members along with community stakeholders? We are always looking for additional ways to connect and build relationships between the CECC, Central Church, and the community. Contact Board Chair, Maggie Holley or Ash Mason, Central’s Children Education Coordinator for more information.

Bathroom Renovations in Education Wing On Hold

Plans unfortunately had to be put on hold to update children’s bathrooms on the second floor of the education wing. After a team from architecture firm, BNIM and Pearce Construction toured the space and got a look at the scope of the project, it was found that the project far exceeded the allotted \$40K that was earmarked. The intent was to add more child-sized toilets and sinks, as well as update the space to better meet the needs of the three PreK classrooms used by 30+ children throughout the week, as well as for Sunday School classes. CFAB and the Central Leadership team will need to reassess the possibility of adding additional funding, apply for possible grants, and/or doing some major fundraising to see this project to fruition.

We are glad to be working our way back to “closer to normal” practices at CECC.

The Central Early Childhood Center educates, stimulates and nurtures *creative hands* and *creative minds* in the children and adults who actively learn, play, grow and work together.

August Sermon Series:

August 1: Life

August 8: Jenga

August 15: Angry Birds

August 22: Pokemon Go

The Games We Play. Playing games can be a great way for summertime relaxation. Games bring us together with friends as we test our skills and our luck. While game-playing is great for fun, it's a poor guide for living our lives. The world is so very challenging in these days that it requires our very best attention. Let's look at some of the games we play and choose instead to live authentically and faithfully together.



Central UMC
5144 Oak St.
Kansas City, MO 64112

816-753-1844

www.connectatcentral.com