

The Central Visitor



A weekly visitor to your home bringing you news from Central Christian Church
Our mission ... Sharing Christ,
Changing Lives, Delivering Hope

Vol. XCII

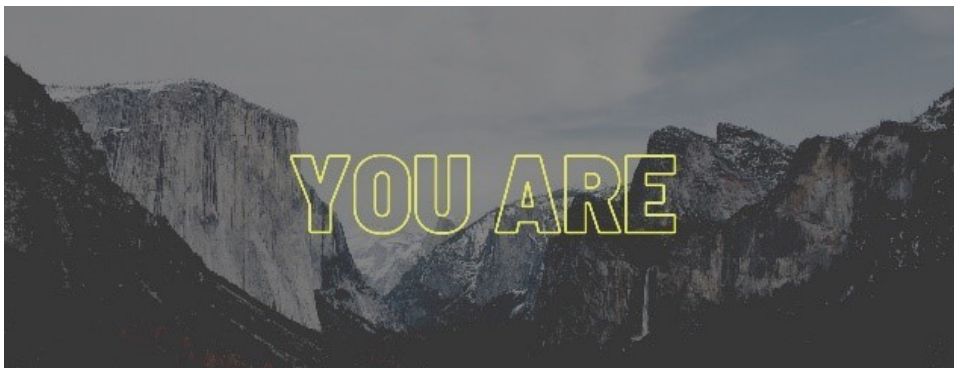
Decatur, Illinois, August 19, 2020

No. 33



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New Sermon Series – “You Are”



August 23	You are Salt	Matthew 5:13
August 30	You are Light	Matthew 5:14-16
September 6	You are Valuable	Matthew 6:25-26
		Hebrews 2:5-7
September 13	You are a Royal Priesthood	I Peter 2:9-10
September 20	You are The Kingdom	Luke 17:21

Additionally, for each day of the series (8/17-9/19) we are encouraging everyone to read through the Sermon on the Mount. This is Jesus’ first main sermon and provides the context for the first three sermons in the series. Each week in The Visitor, we will list the scriptures for the coming week. You can chart your progress by initialing every day that you read the assigned verses. There is no bible reading assigned for Sunday. Your Sunday “assignment” is attending worship (online or in person).

*“I recall the Scriptures into my mind,
therefore, I have hope.”*
— *Lailah Gifty Akita, Think Great: Be Great!*

SUNDAY, August 23, 2020

TRADITIONAL WORSHIP LIVE
STREAMED ON
WWW.CCCDISCIPLES.ORG
AND IN-PERSON - SANCTUARY
AT 8:00 a.m. & 10:30 a.m.

CONTEMPORARY WORSHIP ON
FACEBOOK LIVE
AND IN-PERSON - GREAT HALL
AT 9:15 a.m.

You Are... the Salt of the Earth

Text: Matthew 5:13
Michael E. Karunas

Sermon on the Mount Daily Readings

8/24	Matthew 5:31-37	_____
8/25	Matthew 5:38-42	_____
8/26	Matthew 5:43-48	_____
8/27	Matthew 6:1-4	_____
8/28	Matthew 6:5-6	_____
8/29	Matthew 6:7-15	_____



Birds Fly In...

On my last day of my recent vacation, I attended an art exhibit at a regional art center. It was a special debut of a collaboration project between a local painter and a Mexican musician called "Birds Fly In" inspired by events involving migration at the U.S./Mexican border. After a visit to the border, Ellie Harold reported finding herself in her studio painting black brush strokes on a blank canvas without thinking more about what she was doing. After reflecting on the brushstrokes, she later said they resembled birds. Thereupon she painted a series of pictures, each time beginning with the "bird" brushstrokes and then filling in the space around them as she was inspired to do. Here is the feature painting that was used to advertise the exhibit.



Upon hearing the music of a young Mexican violinist, David Mendoza, Harold partnered with Mendoza to create a "multi-sensory" exhibit. Music and paintings were to be experienced together. We visitors to the exhibit were instructed to find one of the paintings and spend lengthy time sitting in front of it. Simultaneously playing through speakers in the gallery was the music of David Mendoza. We were also given a piece of paper and encouraged to write down whatever came to our minds as we contemplated the painting and absorbed the music.

I found the entire concept quite engaging. I picked a painting (more or less at random) and sat down on the bench in front of it. Here is the painting I chose:



(continued page 3...)

School is starting, and stress levels could rise. There will always be stress, but it's all about how you manage it. The earlier your child can learn healthy coping skills, the bigger their repertoire of coping skills will be. With a good set of coping strategies, they can tackle stressful situations successfully.

Teach them a few quick calming strategies

Take a deep breath: The key to a good deep breath is to have their belly move, not their chest. Have them put one hand on their belly and one hand on their chest. When they breathe in, their stomach should be moving out. And when they breathe out, their stomach should move in.

Imagine your favorite place: Have your child imagine their favorite place in the world. Have them use their senses to think about this place – what do they see, hear, feel? Encourage them to stay there for a few minutes.

Start a dialogue about the stress

Ask one or two open-ended questions and see where that leads. One simple way to ask about their day is to ask about the roses (the good things that happened) and the thorns (the bad things that happened).

Simplify your schedule

Talk with your child about their schedule. Do they still like all of their activities? Is there something they'd like to stop doing? Cutting down to one or two activities a week would reduce stress. Simplifying the schedule would have the added benefit of allowing for some down time and freedom to play, which is a great stress reliever.

Model healthy coping strategies

As parents, we are our children's first teachers. They watch our behaviors and see what we do when we're stressed out. We need to model good, healthy coping strategies too. What are **your** go-to coping strategies? – Do you like to go to the gym? Knit? Do a crossword puzzle?

Source: Hey Sigmund: Where the science of psychology meets the art of being human.

<https://www.heysigmund.com/how-to-help-your-child-cope-with-stress/>

I spent the first few minutes focusing just on the black brushstrokes (the “birds” in the painting). Following this, I spent the next few minutes focusing on everything but the birds. Finally, I closed my eyes and spent more minutes just listening to the music. After all this, I opened my eyes, took my pen and paper, and without thinking wrote the following:

*Groups of people
Separated
Birds fly freely – naturally, effortlessly
Among them all*

I didn’t write these words with any conscious forethought. But it strikes me, upon further reflection, how these birds are like the Holy Spirit, “flying where they want to” (John 3:8); and how no amount of human grouping and separating can prevent the natural work of God to be present – between all and among all – as if to call and beckon for a togetherness that is always more possible than it is realized.

Blessings... Michael

Rick Smith Memorial Gathering Cancelled

The family of Rick Smith has decided to cancel the memorial gathering that had been scheduled for 8/21/2020, due to the pandemic.



August 23 Volunteer schedule

7:45 – 9:30

Front table – Janet Lyman, Christine Lyman-Harm, Carolyn McCall

Ushers – David Martin, Kathy Matherly, Cheryl Zollinger

9:30 – 11:30

Front table – Jeannie & Keith Backes, Paul Gorden

Ushers – Mike Munos, Doug Soebbing

Elder - Paul Gorden

Blanket Sunday offering to be collected August 23rd & 30th

A blanket is an essential item in an emergency. After a disaster, it can keep you warm, provide shelter (as a temporary tent) and even become a satchel for carrying your belongings. Blankets also symbolize God's love as they cover us and protect us. Because of donations from congregations like ours, last year, Church World Service was able to distribute over 174,000 blankets and kits to victims of natural disasters throughout the world. CWS seeks our help again for the annual Blanket Sunday offering, to be collected August 23rd & 30th. Please consider giving generously. You can also go online to donate: www.cwsblankets.org/donate



Sunday (23)

8:00-Traditional Worship, Sanctuary & Live Stream

9:15-Contemporary Worship, Great Hall & Facebook Live

10:30-Traditional Worship, Sanctuary & Live Stream

12:00-Praise Team rehearsal, G. Hall

4:00-Youth Group, Zoom

Monday (24)

6:00-PSC, Conference Room

Tuesday (25)

7:00-Journeymen, Connection Café

9:00-ChristCare Stitchers, Disciples Room

10:30-Support Staff Meeting, Conn. Café

5:00-CE Committee, Connection Café

5:00-Personnel, Disciples Room

Wednesday (26)

10:30-Ministers’ Meeting

Thursday (27)

10:00-Alanon, Disciples Room

4:00-Journeymen 2, Connection Café

5:30-Property, Connection Café

5:30-PR, Disciples Room

Friday (28)

Saturday (29)

Sunday (30)

8:00-Traditional Worship, Sanctuary & Live Stream

9:15-Contemporary Worship, Great Hall & Facebook Live

10:30-Traditional Worship, Sanctuary & Live Stream

12:00-Praise Team rehearsal, G. Hall

2:30-Sidewalk Art Show



Counting On You

Sunday, August 16, 2020

Total worshipping online = 330

Total worshipping in-person = 108

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Michael E. Karunas.....Senior Minister
 Don Martin.....Minister of Music
 Tina Miller..... Associate Minister of CE & Family Life
 David Martin.....Youth Director
 Cordelia "Dee Dee" GainOrganist
 David Williams.....Organist
 Kathleen Dudley.....Administrative Assistant
 Yvonne Boyd.....Administrative Assistant
 Hannah Brimmer.....Social Media Coordinator
 Gabrielle Coulthard.....Nursery Attendant
 Maddie Genz.....Nursery Attendant
 Cheryl WilliamsNursery Attendant
 Kattina WilliamsNursery Attendant
 Paula Partain.....Preschool Staff
 Lora WrightLead Caretaker
 Jim Denzer.....Caretaker
 Andrew Evans.....Caretaker
 Toby Jones.....Caretaker

Temporary Church Office Hours as of
July 20th, 2020:
Monday through Friday
8:00 AM - 1:00 PM

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