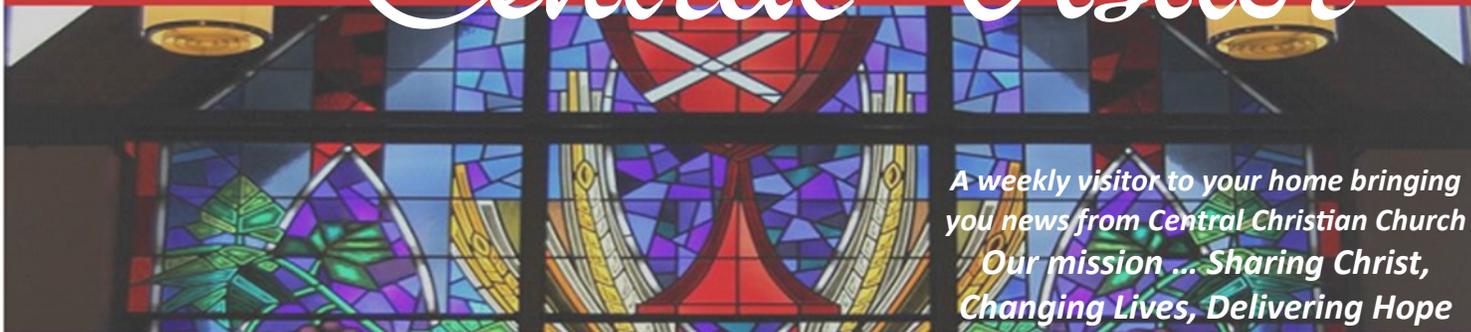


The Central Visitor



*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, November 4, 2020

No. 44



“Like” and “Follow” us on Facebook To “like” hit the thumbs-up icon. To “follow” click on the ellipse icon (...). You will see a list of options pop up. Find the option marked “follow” and click on that.

Two Spiritual Growth Opportunities During “On the Road” Sermon Series

Accompanying the new “On the Road” sermon series will be two (2) opportunities with you to further your own spiritual growth and connect more deeply with the theme.

- Every **Sunday evening at 6:30 p.m.**, Scott and Vicky Woolridge will be hosting a virtual (zoom) small group called “**Sharing the Journey.**” To join the small group discussion for any of the Sundays, simply contact the church office for the Zoom link the week prior. Please let us know if you would like to join this journey or have questions.
- Every **Tuesday evening at 5: 30 p.m.**, our pastors will present a **10-minute** bible lesson on the scripture passage from the previous Sunday. This will be a **Facebook Live** presentation.

Hope you can participate in as much of these opportunities as you are able.

SUNDAY, NOVEMBER 8, 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.**

On the Road: Missing Home

Text: Matthew 25:1-13
Michael E. Karunas

All Saints Books available

Copies of the All Saints book are available now at the church office. You may pick one up at the church, or you can call the office (217-428-4336) to request one to

be mailed to you.



Parents,

The holiday season is fast approaching. Here are some tips to help prepare for calm and stress-free holidays!

- Create and stick to a holiday season meal plan. Most casseroles freeze nicely!
- Prepare cookies. Freeze the dough for baking later.
- Make a holiday to-do list (and check it twice).
- Choose NO debt. Even if you have not started saving for Christmas at this point, you can still create a budget.
- Consider a year of giving service instead of giving gifts.
- Go homemade. Make gifts for family and loved ones.
- Do your research. Do not waste money on trendy toys and electronics that your child will lose interest in quickly.
- Take advantage of gift card deals.
- Organize a card list or consider alternate ideas to mailing cards like a digital video card.
- Prepare in advance are some general gifts to have on hand to avoid any awkward unreciprocated gift-giving situations.
- Wrap as you go.
- Plan the big holiday dinner menu now.
- Plan some time for R&R.
- Family time!

Edited from: <https://fabulesslyfrugal.com/holidaytips/>

**Good Coaching**

This fall, I have been attending an online class sponsored by our region (the Christian Church in Illinois and Wisconsin) on coaching. The class is offered through Coach Approach Ministries and is a wonderful complement to other "helping" techniques – such as spiritual direction, counseling, family systems theory, and clinical pastoral education – with which I am already familiar. Moreover, it is the first "formal" educational experience I have had in this area in a long time and has been very informative. As part of the class, each of the students is expected to write a blog post for the CCIW Coaches Facebook page. My turn fell this week and I share my submission with you here.

Like many people who played athletics growing up, or who have watched from the sidelines as their children played sports of their own, I have witnessed plenty of bad coaching. As a high school footballer, I remember being forced to run around the track with my teammates after practice, relentlessly chanting the phrase "Winners never quit, quitters never win" (as though this drumbeat-ed mantra would somehow steel us into tougher versions of ourselves). Years later I watched as my son's 8-year-old baseball team was forced to "run to the tree and back" because the players were making too many errors (as though running – and not actually practicing the lacking skills – would somehow make those desired abilities materialize). Through it all, however, I must confess that I have carried a bit of a bias that a "good" coach should have experience doing the very thing they are coaching. That is, to coach the game you must have played the game.

Not only is this not the truth, it is far from the truth. Michael Lewis (author of [Moneyball](#) and [The Big Short](#)) has a podcast I highly recommend called [Against the Rules](#). Season two focuses on coaching, and episode three of that season involves Timothy Gallwey. Gallwey wrote the best-selling book [The Inner Game of Tennis](#) (1974) in which he maintained that anyone can learn to play tennis, regardless of experience or ability, by silencing the voices in their head. The episode features an interview with Gallwey today, who tells the story of being invited to "coach" the Houston Philharmonic Symphony Orchestra. He admitted to knowing absolutely nothing about music, but accepted the invitation nonetheless. In front of the entire orchestra, he asked a tuba player, "What do you find most difficult about your personal performance?" The tubist answered, "Articulation in the upper range." Gallwey confessed again that he had no comprehension of the meaning of that sentence, but he had the tubist play something. It sounded perfect to Gallwey. The tubist however was not impressed. Gallwey then asked, "How would you know if you played it well?" The tubist replied, "I would feel it in my tongue." "What if," Gallwey suggested, "you focused not on what you were hearing but on your tongue." The tubist then played the same portion of music. When he was done, he smiled broadly and the entire orchestra gave him an ovation.

Coaching is not about having expertise in the particular area of interest of the person being coached. In fact, such expertise might get in the way of good coaching. Coaching is rather about asking the kinds of questions which focus on the person being coached. Notice in the three questions Gallwey asked, the focus is on "you." You, the tuba player. Coaching is not about what the coach

(continued on page 3...)

knows, but about the coach creating the space in which a person is able to discover for themselves the answers to their questions and solutions to their problems.

Blessings... Michael

Central Access Cards are now Active

Central Christian Church access cards have been reactivated but with different times & days. Access cards work at the West (main) Entrance only during the following times:

Monday thru Thursday 7:30am – 7:00pm

Friday 7:30am – 4:45pm

Cards are not active on Saturday or Sunday (with exceptions).

Please remember to follow Central's entrance protocols of Masks, Sign in, and Hand Sanitizing.

Just Flicks Zoom Conversation coming soon

Just Flicks Fans - We're having another Zoom film discussion! It will be **on Sunday, November 8 at 7:00 p.m.** We will discuss the wonderful new release, "A Most Beautiful Thing." You can stream it on NBC Peacock, which is a free service and is now available on all Comcast/Xfinity customers' television sets. Everyone else can sign up for free at <https://www.peacocktv.com> or by downloading the app. Please watch the film in advance. We are proud to have Dr. Alice Virgil as our discussion leader. You'll be interested to know that she is the daughter of Linda & George Virgil, who are Just Flicks regulars. If you are interested in participating in this Zoom conversation, email the church office at central@cccdisciples.org, and we will send you the Zoom meeting information and password.

STEWARDSHIP CORNER

In 1964, Joseph Helmick bequeathed a 115-acre farm near Argenta to Central. The proceeds from this farm are managed by the church's Trustees and fund various capital projects. We give thanks for this "saint" whose legacy continues to support Central today. In 2019, we received \$29,941 of farm income and \$23,176 in 2018. Income fluctuates due to the weather, as it affects price and yield, and income from the farm is restricted to use for capital projects.



In Sympathy We Mourn

Please join us in praying for the family of Roe Skidmore, who passed away yesterday. Roe was 104 years old in July.

Mark Your Calendars

We are planning to have a church work day next Saturday, November 21st, at 9:00 AM. We will be raking leaves and doing general clean-up of the property. Many hands make light work for everyone.



Sunday (8)

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 In-Person

Monday (9)

5:30-Women's Book Club, Disciples Room

Tuesday (10)

7:00-Journeymen, Connection Café

9:00-ChristCare Stitchers, Disciples Room

10:30-Youth Staff Meeting

Wednesday (11)

10:30-Ministers' Meeting

5:00-Elders, Zoom

Thursday (12)

10:00-Alanon, Disciples Room

4:00-Journeymen 2, Connection Café

5:15-Brass Choir, Disciples Room

5:30-Koinonia, Connection Café

Friday (13)

Saturday (14)

Sunday (15)

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 In-Person



November 8th Volunteer schedule

7:45 – 9:30

Front table – Sandy Garver, George & Pearl Jones

Ushers – David Martin, Mike Munos

9:00 - 10:00 Usher

Cheryl Zollinger

9:30 – 11:30

Front table – Jeannie & Keith Backes

Ushers – David Martin, Doug Soebbing

Elder - Bruce Campbell

PA - 8:00 - Jim Bednar; 10:30 - Mike Kirby



Happy Birthday!!

Birthdays this coming week (11/8-11/14)!

John Baumann, Connie Bordner, Nora Damery, Sheila Hall,
Mike Holbrook, Larry Pepper, Elizabeth Potter, Diana Ritter,
David Shields, Brandon Stock, Lindsey Thomas, Kisa Wallace

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www.cccdisciples.org
e-mail: central@cccdisciples.org

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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