



# Connect at Central

God • Each Other • Community

801 S. Hayne Street • Monroe, NC • 704-289-3186 • centralumcmonroe.org



## Pastor Lanny's Lyrics "Against you, you alone, have I sinned."

That's part of Psalm 51 (verse 4, NRSV) and it is the Scripture that we are reflecting on this week at Central United Methodist Church. I want to invite you to take a few moments to reflect with us on this Scripture. It is part of our series called *Disciple Becoming Disciples Through Bible Study* that we are exploring at Central now.

This week, we are thinking about how sin and wrongdoing affect us. We all have times that we stumble in life. None of us are perfect. But how do we move forward once we realize that we have stumbled? The key practice that we are employing this week to help us do that is called *The Daily Examen*. It's an old practice of the Church, going back hundreds of years. St. Ignatius (widely regarded as one of the greatest spiritual teachers in Church History) promoted this daily practice.

It is really a simple practice, but when done daily or regularly, it can help us not let things build up in our souls that would harm us. It works well to practice this at the end of the day or at the beginning of the day, reflecting on the previous day. These are the steps:

- 1. Count our blessings.** This is a very helpful exercise, especially in these times, in which many things are not the way we would want them to be. God is still providing for us. Where did you experience joy? Where did you experience beauty? Where did you experience love? Counting our blessings can actually encourage our spirit and improve our mood!
- 2. Reflect on our actions.** How were we faithful to our duties and tasks? Where did we share loving compassion?
- 3. Was there a time in which we stumbled or fell short of how we would like to be?** Maybe we lost our temper with a loved one, colleague, or classmate. Maybe we did something that we are not proud of.
- 4. Take all of this to Christ in prayer.** Some folks find that it is really helpful to write down their responses in a journal or on paper. Maybe even create art or music that reflects our prayer. In this final step, we get things off our chest and lay them at the feet of the cross of Christ. We ask Christ for mercy and forgiveness. We give God thanks for the blessings we have received.

Would you join us in this spiritual practice? I want to encourage you to try it for at least a week and see what difference it makes in your life. We hope that you will join us on Sundays on campus for our Contemporary Service at 8:45am in Central Hall, or our Traditional Service at 11am in the sanctuary, or Online at 11am or afterwards, here at Central, where we **CONNECT WITH GOD, CONNECT WITH EACH OTHER, AND CONNECT WITH OUR COMMUNITY!**

Peace,



WELCOME!

Welcome to our new Bishop Ken Carter! Please pray for Ken as he begins this ministry here in the Western NC Annual Conference of the United Methodist Church!

**DISCIPLE**  
Sermon Series  
during both services

Weekly Newsletter  
Submission Deadline  
Mondays at 5:00pm



### New Beginnings Circle

New Beginnings Circle will meet next Monday, September 20<sup>th</sup> at 6:00pm in the Hospitality Room. Please call Linda Deese at 704.219.7199 with any questions.

Make a... joyful noise  
**Celebration Singers**  
Children's Choir  
1<sup>st</sup> - 5<sup>th</sup> Graders Welcome  
Wednesdays @ 6:00pm  
Any questions contact Barbara Pfau - 704.282.6770

## Central Youth Mum Sale

### Three Color Options



Fall is here! Please support our YOUTH by ordering chrysanthemums!

Proceeds will support the Central UMC Youth ministry.

The Youth will be at the crossroads this Sunday before and after Sunday School.

### Prices!

one = \$20  
two or more = \$16 each

Online order form address: <http://bit.ly/YouthMumSale21>

### PICK UP DATES:

FRIDAY, OCTOBER 8<sup>th</sup> - 4:00pm - 7:00pm  
SATURDAY, OCTOBER 9<sup>th</sup> - 8:00am - 11:00am

Location: Central's Family Life Center

# Prayer Requests

God Bless Us All! | Praying for PEACE in this world! | May God thwart evil! | Daniel Mackay | Amy Shelton | Ed Moore  
 Nita Williamson | Eleanor Abbott | Arthurine Rivers | The Family of Ron Williams | Our Country & Continued Freedoms | Joyce Mullis  
 Hubert Mullis | Covid | Nurses | Medical Staff | Alyssa Jenkins | Carol Courtney | Arturo Lasso | Troops | | Family of Shelby Ford  
 Carolyn Kindley | Family of Tom Shore (Linda Deese's Father) | Family of Chuck Anderson | Ellen Lancaster | Larry Shell | Caroline Steed  
 Irene Patrus (Susan Helms' Mother) | Family of Matthew Earnhardt | Family of Jimmy Mason | Family of Ramona Taylor | Libby Lane  
 Couples preparing for marriage | Michael Blanton | Edie Anderson | Betty Lathan | David McClure | Ginger Patterson Family  
 Stephanie Griggs & Family | Billi Starnes | Carol Courtney | Marshall Kania | Meaghan Broome | The Frank Broome Family  
 Those under Tyranny | Isabella Love | Those who do not know Jesus | Families of the 13 Marines | Jason Beane | Marianne King  
 Those in Afghanistan under the Taliban | Reggie & Pam Carriker (Death of Daughter) | Fallen Service Men & Women | Nurses | EMS  
 Firemen & Women | Afghanistan | Tom Hunter Family | Don Taylor Family | Nancy Glidwell Family | Our Country | Our Military  
 Those facing natural disaster | Frieda Roos | Bill Phifer | Mike Taylor | Melony Cordero | Maddie Cordero | Ted Teagle | Wayne Coley

(Prayer Request's stay on the above list for 2 weeks unless requested to be put on the "ongoing prayer requests")

## Ongoing Prayer Requests



Joel Kurtz | Lynda Moore | Peggy Shell | Arthurine Rivers | Gareth Simpson | Elaine Hall | Rev. Bruce Handy  
 Dallas Rollins | Mike Whelchel | Jonathan Mackay | Rob Morris | Jean Semken | Paula Russell | Bob Sullivan  
 Jason Hill | Maxine Wally | John Michael (Jack) Harper III | Penny Kiker | Ellie Walden | Kirby VonEgidy  
 Brenda Murray (Shannon's mother) | Our President | Our Governor | Retiring Bishop Paul Leeland | Bishop Ken Carter  
 District Superintendent Laura Auten | Pastor Lanny | Pastor Sigrid | Administrative Council Task Force | Music Ministries Search Team

Please call the Church Office at 704.289.3186 or email [skeesler@centralumcmonroe.org](mailto:skeesler@centralumcmonroe.org) to add your prayer requests. If you have a confidential prayer request, please email [llancaster@centralumcmonroe.org](mailto:llancaster@centralumcmonroe.org) or [smottram@centralumcmonroe.org](mailto:smottram@centralumcmonroe.org).



# KIDS Worship

*It's Worship  
Just for Kids*

After the *Children's Message* during both services!

Children's Time follow-up & review, scripture memorization, prayers and praises, God sightings, singing and dancing!

## Our Faithfulness

### Week of September 12, 2021

Tithes & Offering	MTD	YTD
Received	\$ 17,199	\$461,223
Expenses	(30,136)	(455,230)
Difference	\$ 12,937	\$ 5,992

## Lay Reader

### September

26-Tim Patton

### October

3-David Paschal

10- Dale Loberger

17-Eric Shupe

24-Tim Patton

31-Debbie Patton

## Altar Guild

### September

Nancy Gustafson

Mary Engel

### October

Elaine Davis

Edie Anderson

Do you have a **First Responder** you would like to share a cross and special prayer with? We have small olive wood crosses and the prayer Pastor Sigrid shared at our blessing of **First Responders**. Please contact the church office if you would like to pick them up.



704.289.3186 OR [skeesler@centralumcmonroe.org](mailto:skeesler@centralumcmonroe.org)

If you or anyone you know would like to receive the weekly church mailout (bulletin & newsletter) let us know by calling or emailing the church office at 704.289.3186 or [skeesler@centralumcmonroe.org](mailto:skeesler@centralumcmonroe.org).



## Connecting with each other



If you would like to help us with this great ministry of connecting with those without online access you can designate "postage" in the memo line of your donation.

## Central UMC Calendar

### Sunday 09/19 MUM Purchase Day

8:45am Contemporary Service-Central Hall  
 9:45am Sunday School  
 10:15am Traditional Music Rehearsal-Sanctuary  
 11:00am Traditional Service-Sanctuary  
 11:00am Livestream Worship-Online  
 4:00pm Central Youth Group-FLC

### Monday 09/20

5:00pm Newsletter Deadline  
 6:00pm New Beginnings Circle-Hospitality Room  
 7:00pm AAU Basketball Practice-FLC  
 7:00pm Boy Scouts-Pathfinders, 114 & 115

### Tuesday 09/21

9:30am Worship Planning-Pastor Lanny's Office  
 11:00am Staff Meeting  
 2:00pm Chalk Distribution Day-FLC Portico  
 5:30pm Union EMS Honor Guard-FLC  
 6:00pm Knitting Girls-Library

### Wednesday 09/22

7:00pm Chancel Choir-Zoom  
 7:00pm **Disciple** Bible Study-Hospitality Room  
 7:00pm AAU Basketball Practice-FLC

### Thursday 09/23

8:30am Men's Breakfast Group-Hilltop  
 10:00am Soul Food-Hospitality Room  
 4:00pm Apprentice Academy Volleyball Game-FLC  
 6:30pm Nominations Team Meeting-Library  
 7:00pm Trinity  
 7:00pm Union Big Book-Scout Hut

### Friday 09/24

6:30pm AAU Basketball Practice-FLC

### Saturday 09/25

8:00am Supervised Visitation-Children's Hall  
 10:00am InnerChange-Central Hall

### Sunday 09/26 LAST DAY TO PURCHASE MUMS

8:45am Contemporary Service-Central Hall  
 9:45am Sunday School  
 10:15am Traditional Music Rehearsal-Sanctuary  
 11:00am Traditional Service-Sanctuary  
 11:00am Livestream Worship-Online  
 3:00pm Fall Consignment Sale Set-up-FLC  
 4:00pm Central Youth Group-FLC