



# Connect *at* Central

*God • Each Other • Community*

801 S. Hayne Street • Monroe, NC • 704-289-3186 • [centralumcmonroe.org](http://centralumcmonroe.org)



## Pastor Lanny's Lyrics

**"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest."—Matthew 11:28 NRSV**

Are you weary today? Many years ago, I went to a continuing education workshop on pastoral care. The speaker was a member of a monastic order and spoke about the weariness in our culture. He said that the one thing he always heard from folks outside the monastery was that they were TIRED. Maybe you can identify with that today? He went on to talk about the many things we do in our fast culture that actually add to our fatigue, stress, and anxiety. He reminded us about the natural rhythm that God created for us that we often ignore. After all, we light up the night (the natural time for rest) with L.E.D. brilliance, television, and all kinds of device screens.

As I said, this workshop was many years ago, before smart phones and high-speed internet and a 70 mile an hour speed limit on the interstate highways. I can honestly say that our culture has gotten even faster. No wonder we are tired and weary. The strange challenges of the past year and a half have not helped. So, I ask you again, are you weary today?

I want to invite us all to get some rest, not just more sleep (although that would be a good start). I want to invite us all to come to Christ, who knows how weary we are and find rest for our souls. There are many wonderful ways to do this. What is your favorite? One that I would highly recommend is called THE BREATH PRAYER. This is how you do it:

1. Find a comfortable place to sit or lie down
2. Close your eyes
3. Begin to breathe slower and a little deeper
4. As you inhale, in your heart, pray, "Lord, Jesus Christ..."
5. As you exhale, in your heart, pray, "have mercy on me."
6. Repeat
7. If possible, keep slowing your breath down to a count of four on the inhale and a count of four on the exhale.

That's it! The awesome thing about this prayer is that you can do it ANYWHERE and you do not need special equipment. You can even do a walking version of this, where you inhale for four steps and exhale for four steps. (If you are doing the walking version, I recommend that you keep your eyes open).

I wonder how much more peaceful you might feel if you tried this prayer this week, especially when you feel weary or stressed. May Christ be with you my sisters and brothers!

Peace,

## DISCIPLE

**Sermon Series**  
**Starting Sunday, August 29<sup>th</sup>**  
**during both services**

### MedAssist-Thank you

497 bags of medications were given out on July 30<sup>th</sup> at the MedAssist OTC Giveaway! Thank you to everyone that volunteered for set-up and day-of the giveaway!

### BLOOD DRIVE

**NEXT Sunday, August 22, 2021**

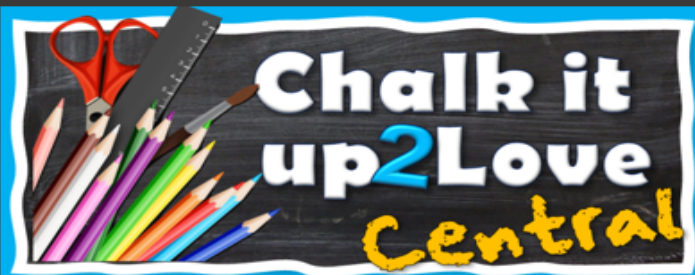
**9:30am –  
1:30pm**

Give Blood. Give Life.



**Contact Irene Ward with Questions**  
**980-328-0520**

**\*Sign-up online using the link on the main email page! If you need help call the church office or Irene.**



## July & August Shareback

You can bring to the Shareback table which is in the hall between Central Hall and the choir room.

OR the blue tote will be at the entrance of Central Hall & the Sanctuary each Sunday



OR you can click on the link to the Amazon Wish List from the main email page

- Cow Print Notebooks (Wide & College)
- Notebook Paper (Wide & College)
- 1 Inch 3 Ring Binders
- 1 Subject Spiral Notebooks (Wide & College)
- 24 Count Crayons
- Colored Markers (Jumbo & Fine)
- Colored Pencils
- Dry Erase Markers (Black)
- Child Scissors (Blunt & Pointed Tip)
- 3 x 3 Post-It Notes
- Ear Buds/Headphones
- #2 Yellow Pencils
- Backpacks

If you have any questions, please contact Virginia Duncan at 704.231.8623 or [fduncan7119@gmail.com](mailto:fduncan7119@gmail.com) OR Linda Deese at 704.219.7199 or [linda.deese@gmail.com](mailto:linda.deese@gmail.com) OR you can contact the church office at 704.289.3186.

### Connecting with each other

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

If you would like to donate to this great ministry to help with postage it will help us continue to connect with those without online access!

# Prayer Requests

The Family of Doris Morgan | Helen Scarpantoni (Ruth Wall's sister) | Joel Kurtz | Shauna Leonard (Kalli Clements' sister) | Carol Hill Hospital Staff | Thank you Lord the virus is out of my blood! | Wayne & Michelle | Ted Teagle | Melony & Maddie Cordero Bill Phifer | Mike Taylor | Frieda Roos || Bonnie Rape | Praying for Covid-19 to go away | David McClure | Carol Courtney Leejon Tadlock | Danny Starnes | Arthurine Rivers | Shelby Ford | Peggy Shell | Seeking new home near daughter's families

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

## Ongoing Prayer Requests

Gareth Simpson | Andrew Gloege (Dixon & Elaine Hall's grandson) | Dennis & Dilaine Gloege | Rev. Bruce Handy | Dallas Rollins Mike Whelchel | Penny Kiker | Daniel Mackay | Jonathan Mackay | Rob Morris | Chuck Anderson| Jean Semken Paula Russell | Bob Sullivan | Jason Hill | Larry Shell | Maxine Wally | Ron Williams | John Michael (Jack) Harper III Ellie Walden | Kirby VonEgidy | Brenda Murray (Shannon's mother) | Our President | Our Governor | Bishop Paul Leeland District Superintendent Laura Auten | Pastor Lanny | Pastor Sigrid | Administrative Council Task Force

Please call the Church Office 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).

### Our Faithfulness Week of August 8, 2021

Tithes & Offering	MTD	YTD
Received	\$ 21,017	\$405,894
Expenses	(20,293)	(393,698)
Difference	\$ 724	\$ 12,196

### Altar Flowers



Our NEW flower calendar is up and ready to be reserved for Sunday Altar Flowers for the Sanctuary. Please sign-up on the calendar and please let Shannon in the church office know who they are in Honor or Memory of by calling 704.289.3186 or emailing [skeesler@centralumcmonroe.org](mailto:skeesler@centralumcmonroe.org).

### Altar Guild Schedule

#### August

Lynda & Galard Moore

#### September

Nancy Gustafson & Mary Engel

#### October

Elaine Davis & Edie Anderson

#### November

Carolyn & Ed Moore

#### December

Ruth Wall & Carolyn Kindley  
Libby Helms & Beth Hargett

If you are interested in helping with Altar Guild please contact Libby Helms 704.534.1150 or Beth Hargett 704.574.0362

### Lay Reader Schedule

#### August

8-David Paschal  
15- Dale Loberger  
22- Eric Shupe  
29-Tim Patton

#### September

5-David Paschal  
12-Dale Loberger  
19- Eric Shupe  
26-Tim Patton

#### October

3-David Paschal  
10- Dale Loberger  
17-Eric Shupe  
24-Tim Patton  
31-Debbie Patton

#### November

7-David Paschal  
14-Dale Loberger  
21-Eric Shupe  
28-Tim Patton

#### December

5-David Paschal  
12- Dale Loberger  
19-Eric Shupe  
26-Tim Patton

#### Additional Lay Readers

Debbie Patton  
Nathan Clements

If you are not available for your listed date please give the church office a call at 704.289.3186.

### Central UMC Weekly Calendar

#### Sunday 08/15

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  
**NO** Central Youth Sunday Night

#### Monday 08/16

10:00am Faith, Hope, & Charity Circle Meeting  
5:00pm Newsletter Submission Deadline  
6:30pm Admin. Council Task Force-Hospitality Room

#### Tuesday 08/17

9:30am Worship Planning-Pastor Lanny's Office  
11:00am Staff Meeting-Chapel  
6:00pm Knitting Girls-Library  
6:30pm Finance Meeting-Hospitality Room  
7:00pm AAU Basketball Practice-FLC

#### Wednesday 08/18

ALL DAY Debbie vacation  
7:00pm Chancel Choir-Zoom  
7:00pm AAU Basketball Practice-FLC

#### Thursday 08/19

ALL DAY Debbie vacation  
8:30am Men's Breakfast Group-Hilltop  
10:00am Pastors Anson/Union Missional Network Mtg.  
10:00am Soul Food-Library  
7:00pm Trinity

#### Saturday 08/21

ALL DAY Pastor Sigrid-Pastor's Meeting in Albemarle  
8:00am Supervised Visitation-Children's Hall  
10:00am InnerChange-Central Hall

#### Sunday 08/22

8:45am Contemporary Service-Central Hall  
9:00am **Blood Drive**-The Big Red Bus  
9:45am Sunday School  
10:15am Traditional Music Rehearsal-Sanctuary  
11:00am Traditional Service-Sanctuary  
11:00am Livestream Worship-Online  
**NO** Central Youth Sunday Night



**Men's Breakfast Group**  
**at Hilltop Restaurant**  
**Come join us!**



Thursday mornings at 8:30am

Feed your body & soul with a devotion, fellowship & breakfast!

**Central Kids KIDS Worship**  
**During both services!**

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

**It's Worship Just for Kids**