

# CENTRAL NEWS

March 2023



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## Pastor's Message

Romans 6:3-11, NRSVUE Do you not know that all of us who were baptized into Christ Jesus were baptized into his death? <sup>4</sup> Therefore we were buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we also might walk in newness of life. <sup>5</sup> For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. <sup>6</sup> We know that our old self was crucified with him so that the body of sin might be destroyed, so we might no longer be enslaved to sin. <sup>7</sup> For whoever has died is freed from sin. <sup>8</sup> But if we died with Christ, we believe that we will also live with him. <sup>9</sup> We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. <sup>10</sup> The death he died, he died to sin once for all, but the life he lives, he lives to God. <sup>11</sup> So you also must consider yourselves dead to sin and alive to God in Christ Jesus.



[www.ancient-origins.net](http://www.ancient-origins.net) – The “Garden Tomb” in Jerusalem

### “Living into Our New Life in Christ”

Many Christians only think of resurrection as something that is experienced in the life to come. However, John Wesley said he thought we get to experience a taste of it in this life.

Therefore, this life is important and has value.

As a result of overemphasis on spirituality, we often don't give as much attention as we should to our physical self. I was reminded how important that is about five years ago when I lifted something heavy and experienced a slipped disc.

### **Pastor's Message (cont.)**

I experienced severe pain for months and endured physical therapy, the chiropractor, and cortisone injections. Nothing helped! I was in such terrible pain I couldn't sleep at night. It also distracted me from my work and made exercise impossible. Needless to say, my spiritual life suffered as well, because I didn't have any peace. Thankfully I was able to get surgery that corrected my problem and took away my pain. I can do most activities now, except lift heavy objects. I'm very grateful for modern medicine and a skilled surgeon, which I see as God at work making me new. As a result, I'm more empathetic to the physical problems of others, and can be of support and encouragement.

This experience also drove home the point of how linked our physical being is with our mental health and spiritual life. Therefore, I'm now more attentive to taking care of my body as a spiritual practice. I'm not perfect in this effort, but I try to be disciplined. Lent and Easter are good times to make some positive changes to your physical self-care. Your spiritual life will benefit as a result. Would love to hear your plans...It always helps us meet our goals when we have accountability. Happy Easter and God Bless You,

*Pastor Shayne*

### **Easter Offering**

With Lent upon us, consider a sacrificial offering. Remember those little boxes we used to put coins in during Lent? This Easter Offering is an annual tradition at Central, with funds going to the General Funds of the church. These funds can help with some badly needed repairs. Would you like to adopt a specific project? Ask Pastor Shayne or Nancy Manner, Trustee/Board Chairperson, how you can help.

### **Lenten Services**

April 2 is Palm Sunday, and April 9<sup>th</sup> is Easter. Services are at 11:00 am. A Maundy Thursday Service will be April 6 at 7:00 pm. We hope to see you at church during this special religious season.

### **Caring for your Easter Lily**

Lilies need bright, but not direct, light. Keep moist, but don't overwater. It should continue blooming for several weeks, depending on how many unopened buds it may have. Turn it every few days because it will lean toward the light. After it quits blooming, transplant to your garden, with the bulb about 6" deep, a bit deeper than it was in the pot. Let foliage die down naturally; you can mulch over it. Your lily will bloom in May or June for many years.

### **Lavelle Cobb – Angel Wings**

Edna LaVelle Cobb, 88, passed away March 12<sup>th</sup>. She was member since 1968. Since her family did not have a public memorial service for her, we wanted to share some information on her life. She was predeceased by her husband Harvey, daughter Carol Elizabeth Rudicil and son-in-law, Franklin John Rudicil.

She is survived by her grandson, Mark Alan Rudicil (Stephanie); granddaughter, Tami Lyne Burrus; great-grandson, Jared Rudicil; great granddaughter, Aspen Rudicil; grandfur-baby, Bear; fur-babies, Jake and Taz. She was living with her grandson Mark and his family. The family received friends at Morrissette on March 16; burial was private. LaVelle was a faithful and consistent participant in worship at Central until transportation and health issues made this difficult. LaVelle was known for always having hard candy in her pocket to share with others, and was a kind caretaker who enjoyed supporting the elderly of the church. Billy Motley remembers that she often helped his mother in worship after his mother had severe vision problems. She helped spread the gospel by sharing the Upper Room devotional with one of her friends.

### **Updated Directory**

An updated church directory is included with this newsletter. Check your information, if incorrect, or something needs to be added, please let Leah know at 757-778-3836 (text) or leahd2012@gmail.com.

### **Focus on a Member**

This month our focus is on Rev. Nancy Manner, CUMC's Board Chair, and Trustee. Nancy served 32 years in East Ohio Conference of the United Methodist Church. She was mainly in suburban churches with small to medium congregations. She grew up in a Methodist household with four brothers, and upon retirement in 2019, moved to Richmond to be near family. Nancy lives with her brother David, and his wife, Sara, also an active member of CUMC. With three retired pastors in a household, there must be some interesting discussions. Nancy started filming our services for Facebook during Covid and realized her retirement time would focus on strengthening our church as we revision. She has been a key player in moving the office from the annex to the church, clearing out the annex to prepare for its sale, and working with all facets of that sale. She continues to film each week and often serves as liturgist. Nancy serves our church in many ways and has a strong sense of supporting the church and pastor.

### **Painting and Repairs Update**

The upstairs hallway in the educational wing is looking much brighter. Peeling and damaged areas on walls and ceiling were repaired by a professional contractor. Pastor Shane and a couple volunteers have painted the ceiling and walls. The trim is being painted soon. The area looks so much more inviting for visitors and prospective tenants of our building. Take a look next time you are at church. There are many other areas in the building that need attention. One project at a time, and of course, it all requires some funding.

### **Sunday Sermons on Facebook & Web Site**

Sunday services are recorded and available live (or at your convenience) on Facebook. If you are not a Facebook user, but have internet access, the sermons are available on the church web site. Do a search for the site at [www.umcentral.org](http://www.umcentral.org). Click on "Open Website." A menu is at the top of the page; click on "Sermons." If the page doesn't immediately appear, scroll down until you see the sermons listed. Then click on the Sunday you wish to view. Turn up your sound and enjoy the worship service.

### **April Birthdays**

None that we know of.  
If yours, let us know!

### **Upcoming Events**

April 2, Palm Sunday  
Apr 4 – 6:30 pm - Lenten Bible Study at St. Francis Home (last session of 7)  
April 6. Maundy Thursday Service 7pm  
April 9, Easter Sunday  
April 15, Saturday, 2pm – PolyCeltic Concert & Reception  
April 23, Sunday, 3-6pm – Kid's Club  
May 6, Saturday, 5:30pm – Kid's Club at Flying Squirrel's Baseball Game

Narcotics Anonymous meets weekly: Sun. @ 7pm, Wed. @ 6pm; Fri. @ 6pm



## **PolyCeltic in Concert**

Free concert at Central UMC  
Saturday, April 15, 2:00PM

This free concert is funded by a generous benefactor. Invite your friends and neighbors!! CDs will be on sale (cash preferred). A free will offering will be taken to support the church, and a reception will follow.