



*“And remember, I am with you always, to the end of the age.” (Matthew 28.20)*

It is Jesus' promise to be with us always, and during this pandemic season we have relied heavily on that promise. As I call around the congregation right now it appears that as far as COVID-19 is concerned we are generally healthy. Thanks be to God.

We have been careful, as have many other congregations. At this time there are very few congregations doing any type of gathering. We will be one of the first to attempt to gather sometime in the next couple of weeks, an outside gathering with protocols in place to allow us to see each other and briefly worship God. More specific details of this experiment will follow soon.

This past Tuesday the Session approved a Stage 2 plan that includes the possibility of an outside gathering for up to 50 people for a time of worship. Plans will come together in the next few days. There is no plan at this time for gathering indoors.

These days are full of challenges and we all continue to lean on Jesus' promise to be with us always. Children are returning to school, one way or the other. We pray for those who return in person, that they may remain healthy. And we pray for those learning virtually, that students, teachers, and parents will be able to handle the challenges inherent in learning at home. And likewise, we pray for college students beginning a new year that they may learn and socialize safely. And may we all continue to be thoughtful of those around us as we go out into our community more and more.

The Stage 2 protocol for our congregation is now on our website. And information will soon be sent to you about the upcoming experiment and the plans and protocols for undertaking it. As always, God be with you, as we continue to move ahead together.

Peace be with you.

## What's Inside for You?

- Mission Work Needs and Changes
- Meditation Practices for Home
- Small Group Options for the Fall



PASTOR DR. DAVID C. NOBLE

CELL: (248) 229-9720

PASTOR.CENTRALPRESBYTERIAN@GMAIL.COM

## Bulletin Board



### Birth Announcement

Ryan and Alexandra Ordemann are pleased to announce the birth of their daughter Evelyn Ann Ordemann. Little Evelyn came into the world on Thursday, August 13, 2020, at 1:37 am weighing 7 lbs 10 oz and measuring 20" long.

Congratulations to the Ordemanns and to Grandparents Dave and Ann Arndt, and welcome to the world, baby Evelyn!

### September Birthdays

- 1 Alice Sturzinger
- 3 Kara Beth Johansen
- 6 Emma Justice
- 15 Heather Rose Woodward
- 23 John Finney
- 28 Ruth Ann Dodd
- 29 Doug Ewertsen

### Around the Church

The Community Room and hallways project is nearly complete- new paint, new floors, and refurbished storage space. Looking great!

Park Street Academy has successfully navigated a small summer program. It is closely monitored by New Jersey State rules and protocols. It is hoped that a mostly normal sized program will begin in September. A recent flood in the church basement necessitated flooring repairs in the preschool which are now complete.

Family Promise Essex (once IHN) is moving carefully in its work. Staff come into the building from time to time. Most clients are worked with on a virtual basis. Since congregations are not yet gathering and are not assisting Family Promise with weekly housing and food, housing for clients is being handled in other ways until congregations gather again.

Red Cross is using the Community Room one day per month for their blood drive. These drives have been fully enrolled (online).

Plans are in the works for Sunday School, Bible studies, and special educational and social events this fall. Stay tuned! We hope these events will provide opportunities to gather and enjoy each other as best we can currently.

# Mission Committee Update



A big hello to all CPC members and friends! We hope you are doing well and staying healthy during this strange time we are living through.

Being confined to home with limited outside activities available means social isolation as well. We hope you are remaining in contact with friends and family and continue to put your faith in God. We are in his hands and he will see us safely through this pandemic.

As you might imagine, our missions have had to radically change their routines as well. Due to Corona Virus 19 safety and health considerations, the Human Needs Food Pantry continues to remain closed to food and clothing contributions. We can, however, donate money to the Pantry to buy the food and clothing. According to their latest published statistics, as of May 21, 2020, 370 new households, or 1300 people were added to their roster. The numbers continue to grow every week.

A mighty thank you to all who have so generously donated to the Pantry and ask you all to consider making a monthly donation to the Human Needs Food Pantry. Our church gathers these donations monthly and sends this money to the Pantry.

Our annual week of hosting families for Interfaith Hospitality Network, scheduled this year for November 1-8 will not occur. Due to the pandemic, IHN, now called Family Promise of Essex County, Inc., is unable to continue this part of their program for the time being. They too are seeking monetary donations to help them continue their work.

Our Mission Committee will convene sometime in September (via Zoom of course!) to consider these events and to discuss ways we as a church can help persons in need. Please consider donating to our two beloved missions. Consider joining our committee. We welcome any suggestions for ways we can reach out to our regular missions and to others in need.

Trust in God!

Peace,

The Mission Committee: Liz Burkland, chairperson, Ann and Dave Arndt, Cynthia Bennett, John Finney, Larry Stauffer and Pastor David Noble

Partners:



# Adult Christian Education



## Meditation – Exploring Our Christian Disciplines

This Summer we expanded our Christian disciplines at Central to include meditation. A brief, 15-minute time each Wednesday at 12:15 pm was offered as a pause in the day to learn about a type of meditation, to try it out, and then commit to using it during the week. Each meditation was used for two weeks with the second week extending our understanding by engaging in a brief review, practice, and discussion of our experiences with it during the previous week -- how it reset us or challenged us.

The meditation practices we discovered were from around the world and included:

**Body Prayer** - inspired by Julian of Norwich, you are invited to sit or stand and move your arms as you reflect on each directive . . .

Await . . . Allow . . . Accept . . . Attend

<https://www.youtube.com/watch?v=IKdXyzTXk>

Try creating your own version that speaks to you.

**Loving Kindness Meditation** - from a Buddhist tradition of sending your love into the world, including to those that challenge you.

*[Pause briefly after each taking a deep breath in and out.]*

May I be safe from harm.

May I be happy.

May I be healthy.

May I live with ease.

May those who love me be safe.

May those who love me be happy.

May those who love me be healthy.

May those who love me live with ease.

May those who challenge me today or in my past be safe.

May those who challenge me be happy.

May those who challenge me be healthy.

May those who challenge me live with ease.

**Guided Imagery Meditation Using Scripture** - we utilized a book by Carolyn Stahl entitled, **Opening to God: Guided Imagery Meditation on Scripture** which offers an inward journey that is considered both *opening-up* and *concentrative* in that one seeks to be fully aware while also focusing intensively upon the scene that is described.

**Mantras** - the formal definition of a mantra is “. . . a sacred utterance, a numinous sound, a syllable, word or phonemes, or group of words in Sanskrit believed by practitioners to have psychological and spiritual powers.” Mantra meditation is often used to move into an altered state of consciousness; it is a mindfulness practice which comes from Eastern traditions. Try reflecting on three words that represent the journey you are on and/or how you would like to feel on this journey, for instance, if you are:

- Finding your voice in the world: **fierce, courageous, wise**
- Learning and growing and feel like you are prepared for the next step if only given the opportunity: **ready, qualified, authentic**
- Healing through a physical challenge: **fit, strong, tenacious**
- A creative person struggling to focus and find direction: **creative, present, resolute**

**Taizé** - originated in 1940 in Taizé, Saône-et-Loire, Burgundy, France, as a Christian practice by an ecumenical monastic fraternity. Today Taizé, France, has become an important pilgrimage site with services centered around this practice. The meditation practice consists of one or two lines sung as a chant repeatedly, meant to instill calm reflection through sound and vibration.

Try it: <https://www.youtube.com/watch?v=t4Svh-9ohg4>

Bless the Lord, my soul,  
And Bless God's holy name.  
Bless the Lord, my soul,  
Who leads me into life.

**Labyrinth** - practice breathing in/out with the following prayers and while tracing the labyrinth with your finger:

Lord/how can I live into your will today?  
Gracious God/help me to love  
Forgiving God/have mercy on me  
Holy God/guide my actions  
Lord Jesus/help me follow you



A couple of these sessions were recorded and may be found on our YouTube site - [https://www.youtube.com/channel/UCNAL4-r4aBhSY\\_XGUyVjw](https://www.youtube.com/channel/UCNAL4-r4aBhSY_XGUyVjw)

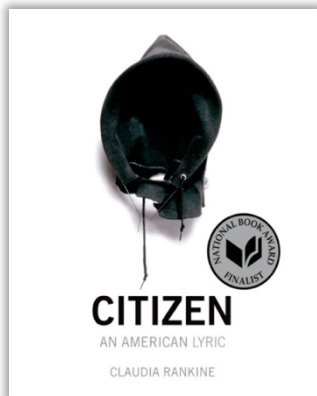


## Small Groups

### Men's Bible Study

September 19, 8-9 am

To get connected, e-mail: [Scott.Osborne@verizon.net](mailto:Scott.Osborne@verizon.net)



### Discussion Group

Wednesday evenings 7-8 pm

9/16, 9/23, 9/30, and 10/7

**What:** We will be reading **Citizen: an american lyric** by Claudia Rankine written in 2014. This book is as much prose as it is a critique on American life and it's uncomfortable relationship with black people. The book really defies genres and tidy descriptions. It's a short read, and can be found easily at Montclair Booksellers.

**Why:** Central Presbyterian Church is offering a continuation of the discussions around awakening ourselves to structural racism and the potential ways we might make a positive impact. The first step is to learn more in order to intentionally live into the spirit of love for all as individuals and as a caring community.

**How:** Please 1) Order your book, and 2) Email Karen Noble at [nobleconceptsinc@gmail.com](mailto:nobleconceptsinc@gmail.com) to RSVP and receive the Zoom link information for the discussion. If you would like help paying for a book, please let Karen know and she will arrange to get one to you.

*Thank you to Karen Noble and Diallo Hall for co-hosting this series.*

Find a book ordering link and watch a video interview with the author on our website at [www.centralpresbyterian.net/events](http://www.centralpresbyterian.net/events)

## Faith & Community for Kids



### SECOND SATURDAYS AT CENTRAL

We welcome back Montclair Orchestra on September 12<sup>th</sup> with their new program, "Your-Rhythmics"—a virtual music and movement class geared towards 3-7 year-olds. Join us online at 3pm for a 30-45 minute program. We sent a survey out to Second Saturday Families about their preferences for virtual and in person events as well as things they'd like to do for our event. Stay tuned.

### YOUTH GROUP

Sixth through twelfth-graders are invited to join in fellowship together on a bi-weekly schedule. Meetings will primarily be via Zoom, though as COVID-19 protocols for the church develop we will explore safe, in-person options. September dates: 5:30 PM on 9/6 and 9/20.

YOUTH  
GROUP

# SEPTEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meetings listed here will take place via Zoom unless stated otherwise.		<b>1</b> 7:30 PM Christian Ed. Committee meeting	<b>2</b> 12:15 PM - 12:30 PM Brief Meditation 7:30 PM Personnel Committee meeting	<b>3</b> SESSION REPORTS DUE 12:00 PM Music That Moves Us, FB	<b>4</b>	<b>5</b>
<b>6</b> 10:00 AM WORSHIP, Live Stream FB 11:00 AM Coffee Hour 5:30 PM Youth Group	<b>7</b> Labor Day Office Closed	<b>8</b> 7:00 PM Session Meeting	<b>9</b>	<b>10</b> 12:00 PM Music That Moves Us, FB 1:30 PM - 6:30 PM Red Cross Blood Drive, Community Room	<b>11</b>	<b>12</b> 3:00 PM Second Saturdays <i>Your-Rhythmics</i> with the Montclair Orchestra
<b>13</b> 10:00 AM WORSHIP, Live Stream FB 11:00 AM Coffee Hour	<b>14</b>	<b>15</b> 8:00 PM Worship Committee meeting	<b>16</b> 7:00 PM <i>Citizen</i> Book Discussion	<b>17</b> 12:00 PM Music That Moves Us, FB	<b>18</b>	<b>19</b> 8:00 AM Men's Bible Study
<b>20</b> 10:00 AM WORSHIP, Live Stream FB 11:00 AM Coffee Hour 2:00 PM 123Kids Steering Committee 5:30 PM Youth Group	<b>21</b>	<b>22</b> 7:30 PM Communication Spiritual Outreach	<b>23</b> 7:00 PM <i>Citizen</i> Book Discussion 7:30 PM Deacons meet	<b>24</b> Newsletter Submissions Due 12:00 PM Music That Moves Us, FB	<b>25</b>	<b>26</b>
<b>27</b> 10:00 AM WORSHIP, Live Stream FB 11:00 AM Coffee Hour	<b>28</b>	<b>29</b> 7:30 PM Stewardship & Finance Committee	<b>30</b> 7:00 PM <i>Citizen</i> Book Discussion			



The Red Cross September blood drive is **September 9th via SIGN UP ONLY**. The ARC will not accept Walk-Ins. Call: 1-800-RED-CROSS to register. Blood donations are still needed and due to cancelations the supply is critically low.

Central is committed to providing a safe space and opportunity for blood collection while taking every precaution necessary (along with the added protocols put in place by the Red Cross).

July 2020

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# Treasurer's Report

For the month of July 2020, Central Church collected \$28,666 in revenue (including transfers from investment funds and interest income of \$8,931) and paid \$34,379 in expenses. Therefore, the church received \$5,713 less in revenue than it paid out in expenses. The money in the checking account increased to \$43,503 from \$28,970 at the end of June 2020 due to an insurance payout of \$31,805 for the flood damage sustained in the basement area. \$10,000 of those monies were paid to a contractor in July. Pledge income is below budget by about \$5,000 and the income from projected Church Use/Rentals is below budget by \$7,000. However, both PSA and IHN begun limited operations and therefore, paid partial rent for this month. July 2020 expenses are about \$8,818 less than the amount budgeted.

Please note, the investment account balances are NOT reflective of month-end July 2020.

Submitted by: Linda Bowers FinancialSense Bookkeeping

Cecil Mitchell, Treasurer; Ron Naspo, Assistant Treasurer; Pat Dancy, Assistant Treasurer

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46 PARK STREET, MONTCLAIR, NJ 07042

[WWW.CentralPresbyterian.net](http://WWW.CentralPresbyterian.net)

OFFICE: 973-744-5340

[OFFICE.CENTRALPRESBYTERIAN@GMAIL.COM](mailto:OFFICE.CENTRALPRESBYTERIAN@GMAIL.COM)



SEPTEMBER 2020