**Central Baptist Church**

 **October 2019**

**CBC Courier**

**Pastor’s Pen**



*Let the peace of Christ rule in your hearts, since as members of one body you were called to peace.*

*And be thankful. ~Colossians 3:15*

Dear CBC Family,

Author Marianne Williamson shares good advice on achieving peace in this quote: *Ego says, "Once everything falls into place, I'll feel peace." Spirit says, "Find your peace, and then everything will fall into place."*

This guidance was penned for me! I fall into this trap frequently working on my ‘to-do list’ whether written or in an already overcrowded mental file. How about you? Perhaps we all descend into this snare when our hearts are not set on Jesus. Paul’s letter to the church in *Colossae* teaches us to place Christ’s peace in our hearts first or as Paul says, *Let the peace of Christ rule in your hearts*. When peace finds its home in our heart our daily journey is healthier and can more effectively serve us in life’s ups and downs.

I enjoy reading about other faiths and religions. It can never take from me the love and peace of Christ. However, it can enrich what I have learned from our Lord. I share this quote with you:

*THE METTA OF THE BUDDHA*

*May you be at peace.   
May your heart remain open.  
May you awaken to the light of your own true nature.  
May you be healed.  
May you be a source of healing to all beings.*

May this new season open doors of healing peace filling our hearts and sharing our love for Jesus by imparting peace to all.

In Christ’s love,

*Pastor Kurt*

*Psalm 29:11: The Lord gives strength to his people; the Lord blesses his people with peace.*

**Communion Sunday & Mission Collection**

Running thru every Sunday during the month of October, we will be feminine hygiene products. These donations will be going to the Jamestown Community Food pantry. ***Sunday’s communion******collection*** will be for Matthew 25 Ministries for Hurricane Dorian relief.

**Ladies’ Breakfast**

The Ladies’ will meet Thursday, October 3rd & October 24th at 9:00 a.m. Slice of Heaven. All CBC ladies are welcome!

**CBC Walking Work-Out**

Free and friendly! No gym membership fees required! Walk with us to up-beat music on Tuesdays and Thursdays from 8:00 a.m. to 8:45 a.m. We start with a gentle warm-up, walk about two miles, then cool down, followed by gentle stretches. This full-body workout is non-competitive and can be done at your own level/pace. Wear comfortable clothes and whatever shoes you like for walking, as well as a water bottle. We meet in CBC’s Clarke Hall for a well-lit, non-slip, and even flooring location. Questions? Contact Todd or Kathy Merrill. October dates are:, 3, 8,10,15,17,22,24,29 &31.

**Little Dresses for Africa**

The mission of “Little Dresses for Africa” is to provide relief to children of Africa, by distributing home-made dresses to little girls, primarily in African villages, but also other countries in crisis. These meetings will be on the 1st and 3rd Monday of the month from 1:00-3:00 p.m. in Clarke Hall. October dates are October 7th & October 21st.

**Fall Potluck Luncheon**

Please join us for our Potluck Luncheon on Sunday October 13th at 11:00 a.m. A sign-up sheet is available in the church parlor. Questions, please contact Peggy Burse.

**Simple Blessing: *Centering Prayer and Spiritual Reflection***

Join the Christian Education Board of Central Baptist Church in Clarke Hall on Wednesday October 23rd from 1 – 3:00 p.m. and monthly on Wednesdays.\* Our Centering Prayer practice follows the guidelines found in ***the******Heart of Centering Prayer: Nondual Christianity in Theory and Practice*** by Cynthia Bourgeaut. Reflection and discussion topics will follow our viewing of talks presented at *The Universal Christ Conference* in March 2019 and from readings in ***The Universal Christ*** by Richard Rohr. For information or to register Contact CBC 423-1651 or Janet Larson.

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| **October 2019** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1  **Walking Work-Out**  8 a.m. | 2 | 3  **Walking Work-Out**  8 a.m.  **Ladies’ Breakfast**  **at Slice of Heaven**  9 a.m.  **Sewing Circle**  2 p.m. -4 p.m.  **One Voice** 7:15 p.m. | 4 | 5 |
| 6  **Communion Sunday & Mission Collection**  **Aurora Collaborative**  **Rehearsal** 6 p.m. | 7  **Little Dresses for Africa** 1 p.m.  **JCC Rehearsal**  6p.m. | 8  **Walking Work-Out**  8 a.m. | 9  **Direction Night**  7 p.m. | 10  **Walking Work-Out**  8 a.m.  **Sewing Circle**  2 p.m. -4 p.m.  **One Voice** 7:15 p.m. | 11 | 12 |
| 13  **Harvest Dinner**  10:45a.m.  **Aurora Collaborative**  **Rehearsal** 6 p.m. | 14  Columbus Day (*church office*  *closed*) | 15  **Walking Work-Out**  8 a.m. | 16  **Looking Upwards**  5 p.m. | 17  **Walking Work-Out**  8 a.m.  **Sewing Circle**  2 p.m. -4 p.m.  **One Voice** 7:15 p.m. | 18  **Aurora Collaborative**  **Rehearsal**  6 p.m. | 19 |
| 20  ***Courier*** Deadline  **Aurora Collaborative**  **Rehearsal** 6 p.m. | 21  **Little Dresses for Africa** 1 p.m.  **JCC Rehearsal**  6p.m. | 22  **Walking Work-Out**  8 a.m. | 23  **Simple Blessings**  1p.m -3 p.m. | 24  **Walking Work-Out**  8 a.m.  **Ladies’ Breakfast**  **at Slice of Heaven**  9 a.m.  **Sewing Circle**  2 p.m. -4 p.m.  **One Voice** 7:15 p.m. | 25 | 26 |
| 27  **Aurora Collaborative**  **Rehearsal** 6 p.m. | 28  **JCC** **Rehearsal**  6p.m. | 29  **Walking Work-Out**  8 a.m. | 30 | 31  **Walking Work-Out**  8 a.m.  **Sewing Circle**  2 p.m. -4 p.m.  **One Voice** 7:15 p.m. |  |  |

**Central Baptist Church Artisan Crafts Fair Volunteers**

Calling all volunteers!!! There will be an Artisan Fair from 9 a.m. to 2:30p.m. on Saturday, November 9th for Artisans/Vendors/Craftspeople.  We are asking the congregation to volunteer on this day or the day before to help set-up. We will also hold a bake sale with our own table and we again are hoping people will help with baked goods. There will be a sign-up sheet in the parlor.

**We Noticed Some Nice Things Happening at CBC**

\*\*\*\*Many thanks to Marilyn Rodriguez, Tammy Fasano, Wayne Robinson & Kathleen Williams for hosting CBC’s Welcome Back Coffee Hour. What a wonderful way to start the fall season!

If you see someone “doing something nice for CBC or to Thank someone". Please call the church office 423-1651 or by e-mail to tanya@cbcjamestown.com your input is always appreciated…Thanks!!

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**Central Baptist Church**  
*A church with open doors A congregation with open minds A community with open hearts*  
  
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**Pastor Administrative Assistant Organist & Choir Director Custodians**  
 Kurt Satherlie Tanya Crowley Walter Sage John & Jim Page