



The Monthly Chronicle

Dr. Mitchell M. Walker, Sr., Pastor-Teacher

Website: www.churchstcpca.org

E-mail: secretary@churchstcpca.org

November, 2020

Volume 11

IT WAS A MONTH-LONG CELEBRATION



Praises be unto the Lord our God & Thanks to our Church Street Family and Friends for these 20 years, September 1st, 2000 to present!

"How can I say thanks, For the things You have done for me? Things so undeserved, Yet You gave to prove Your love for me; The voices of a million angels, Could not express my gratitude, All that I am and ever hope to be, I owe it all to Thee. To God be the glory, To God be the glory, To God be the glory, For the things He has done. With His blood He has saved me, With His power He has raised me; To God be the glory, For the things He has done. Just let me live my life, Let it pleasing, Lord to Thee, And if I gain any praise, Let it go to Calvary."

Elaine & I just want to praise God for life, coupled with the awesome privilege to serve together with the people of God here at Church Street as well as in this greater Huntsville/Madison County/TN Valley community at-large!

It hardly seems possible that we have been here for 20 years. Even our beloved family could hardly believe that it has been 20 years. But, it really has been 20 years.

*Especially during this 20th-Year Pastoral Anniversary Month, we have been scrolling through a myriad of memories that parade through the corridors of our minds. These precious memories will remain with us for the rest of our lives. Yes, **we are truly thankful** for the friendship and fellowship that compose these 20 years. **We rejoice** for the journey together with you, filled with the array of experiences that altogether draw us closer to the Lord our God and to each other.*

Cont'd next page

FROM THE PASTOR



Thank you! During this special month of observance, you have tremendously encouraged us. **Elaine & I want to express our most grateful appreciation** for the fun-filled, encouraging, filled-with-surprises month of October observance of these 20 years. We have been like eagerly anticipating children, waiting to see what was happening next. The element of surprise created countless smiles and much laughter. **We certainly do thank you** for the food/meals/cakes, the flowers, the cards, the baskets, the "dough" pizza, the "dough" picture, the commemorative framed momento, the video, the community tributes, the interview, the parking lot gatherings, the vehicle parade, the calls, the texts, the emails, and each and every gift of love. **We want to thank everyone** for your many acts of kindness and thoughtfulness, for every gracious gift that was given. **Thanks so very much!**

WE LOVE YOU ALL!

Pastor & Elaine

"6 I pray that your partnership with us in the faith may be effective in deepening your understanding of every good thing we share for the sake of Christ. 7 Your love has given me great joy and encouragement...." (Philemon 6-7a)

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Grace, Joy, Love, & Peace!



Fear Not – God is in this Crisis

VISION STATEMENT, MISSION STATEMENT, & CORE VALUES

Vision: Church Street CPCA aspires to live faithfully, peacefully, and lovingly; growing through change and spreading the gospel to the world.

MISSION: We, a united body, are equipped, focused, and entrusted by God to obey His great commission and commandments. We lead through: biblical study, worship and witness; exemplifying love for mankind; sharing Jesus' examples through righteous living, ministries, teachings, actions, and evangelical service throughout the church/community and world.

Core values/statements (principles/worth that summarize/enhance mission)

- A. Acknowledge that God is head and center of our lives
- B. Boast in the Lord
- C. Connect and commit to ministries
- D. Dedicated and accountable to vision, mission and discovering gifts
- E. Evangelize (inside/outside/everywhere)
- F. Faithful and forgiving
- G. Give cheerfully (stewardship - time/talent/thanks - total praise)
- H. Humble and hopeful
- I. Inclusion - every person matters; all are God's diverse children
- J. Join in ministry - all are spiritually gifted; join in fellowship
- K. Kindness and self-control
- L. Love - This is not optional
- M. Motivate and encourage each other
- N. Never miss opportunity to do right things, right
- O. Obedient to God's will/His word
- P. Prayerful
- Q. Quiet time -- patience/wait on the Lord
- R. Respectful - value relationships
- S. Study; learn to be selfless stirred to serve in every way to the glory of God
- T. Trust in God; thank Him daily
- U. United and useful. All = 1 blessed body
- V. Volunteer - Harvest is plentiful; laborers are few
- W. Worship, work, and walk spirit filled
- X. X-ray - eXpose -- let light shine everywhere/everyday
- Y. You take the lead -- Here I am, send me"
- Z. Zealous -- in total praise, worship, service, and witness for the Lord

228 Church Street, Northwest
Huntsville, Alabama 35801-5541
Church Phone: 256-536-0922
Church Fax: 256-536-6344
www.churchstcpca.org

The Ministers of Church Street
CPCA
Dr. Mitchell M. Walker, Sr., Pastor-
Teacher
Dr. Willie T. Brown
Reverend Felecia Ewing
Reverend Al Garrett
Reverend Fred Richardson
Reverend Paula Rooks

Sunday School
8:30am

Worship Service
9:30 am - Sunday

Bible Study
11:30 & 6:00 Wednesday

Children's Bible Study
5:00pm – 6:00pm
Wednesday

Radio Broadcast – WEUP
2:30pm – Sunday

Video Tape Ministry - CD, DVD
\$10

Contact the Church Office
256-536-0922

Church Street
CPAC Mission
Statement (What
we are doing):

We, a united
body, are
equipped,
focused, and
entrusted by God
to
obey His great
commission and
commandments.
We lead through:
biblical study,
worship and
witness;
exemplifying love
for
mankind, sharing
Jesus'
examples
through
righteous living;
ministries,
teachings, and
evangelical
service
throughout the
church/
community and
world.

CPCPCA Vision
Statement
(What we are
becoming):

Church Street
CPCA aspires to
live faithfully,
peacefully, and
lovingly,
growing
through change
and spreading
the gospel to
the world.



Est. 1874

Church Announcements

PASTOR'S MORNING DEVOTIONAL: Monday thru Friday, 7:00-7:15 am, Dial-in #: 1-302-202-1108. Conference Access Code #: 625948. SHARE WITH & INVITE OTHERS! **"ASK THE PASTOR BLOG:** Have questions? Want to talk? www.churchstreetcpca.blogspot.com

UNTIL FURTHER NOTICE – JOIN a Sunday School class.

- For adult class connection information, call the respective teacher/leader for that class:
- **Elder Leroy Daniels (256 850-4947)**
- **Deacon Charles Smith (256 722- 1484)**
- **Elder Deborah Smith (256 722-1484)**
- For young people to connect to a Youth class, call either **Sister Kiietti Walker-Parker** or **Sister Gwen Mitchell**, to obtain that information. **JOIN SUNDAY SCHOOL ON SUNDAY MORNING!**

On Sunday Morning at 9:30am...to **WATCH & LISTEN "LIVE"**, continue to tune in to:

- (1) Periscope
- (2) Facebook Live

For recordings:

- (1) Go to our website: www.churchstcpca.org and click on the YouTube icon.
- (2) Tune in to our weekly Sunday afternoon radio broadcast at 2:30pm on **WEUP-1700AM Station.**

Mid-Day Bible Study Wednesday at **11:45a.m. – 12:45p.m.** All are invited to take part in this study session.

To join the teleconference, dial 1.302.202.1108; Access Code: 771322.

O give thanks unto the LORD, for
He is good: for His mercy
[endureth] for ever.

Psalms 107:1

Holy Communion – 10/1
All Saints Day – 11/1
Daylight Saving Time ends – 11/1
Election Day – 11/3
Veterans Day – 11/11
Thanksgiving Day – 11/26
Advent Begins – 11/29



- To LISTEN on Sunday Morning for the Message, use the following teleconference number and passcode...to call in and listen ONLY.

Number:
Passcode: 4901734#

We invite you to join us in Evening Bible Study as we dig deeper into the subject, "Growing in Christ." The "Confession of Faith for Cumberland Presbyterians" will serve as our reference source. Study material may be found at the link www.gobible.org/bible/62.php The link will take you to a page with all the lessons for "Growing in Christ" listed. Click on the lesson title to pull it up and print it.

Evening Bible Study will resume on Wednesday, September 2, 2020 at 6 PM. The call-in number is the same:

Evening Bible Study Telecom

Call-in number for everyone: 1.302.202.1108

Access Code for everyone: 183961

Got questions? E-mail Latricha Greene at

trishgre2@aol.com.

Reverend Edward S. Robinson, Sr. Delivers Anniversary Message

Church Street welcomed the Reverend Edward S. Robinson, Sr., Pastor at Pleasant Grove Missionary Baptist Church in Cleveland, TN. Pastor Robinson delivered The Anniversary Message on Sunday, October 25, 2020.

Reverend Edward S. Robinson, Sr.

Reverend Edward S. Robinson, Sr.
and First Lady Edwina Harris
Robinson



Tributes were given from Dr. Larry Davidson, Jr., VP, GHIMF, Inc., the Reverend Doctor Theodis Acklin, Moderator, General Assembly of CPCA and Reverend Barbara Clemons, Moderator, Huntsville Presbytery.



Dr. Larry Davidson, Jr.



Dr. Theodis Acklin



Reverend Barbara Clemons

A Covenant of Salt

SUN

1

GOD MADE AGREEMENTS WITH HIS PEOPLE in many unusual ways—with stars (Gen. 15:5), a rainbow (9:13-16), and even salt, which is mentioned three times in the Old Testament (Lev. 2:13; Num. 18:19; 2 Chron. 13:5). By definition, a covenant is a formal, binding agreement or promise. And this type of commitment required mutual trust that the other party will abide by the terms.

Because salt keeps its flavor for a long time, it became a symbol of endurance in the ancient world. And so the substance was used to seal an agreement between two parties—to establish trust and ensure that the promise made would endure above all else. We, too, are asked to make a lasting commitment to the Lord—to profess our faith, pray without ceasing, and draw near to Him.

THINK ABOUT IT

- Take a few minutes and read Genesis 9 and 15. What might stars and rainbows have in common with salt?
- What is the “salt” in our commitment to God? How do we demonstrate our loyalty today?

Church Street Cumberland Presbyterian Church in America

Regular Monthly Church Session Minutes

Monday, October 12, 2020, 6:00 P.M.

6:00 PM Call to Order/Determination of QuorumDr. Mitchell Walker

- **Opening Devotional and Prayer**..... Elder Arbie Parker
- **Elders in attendance** ...Elder L. Daniels, Elder A. Parker, Elder B. Richardson, Elder O. Brandon, Elder F. Yarbrough, Elder Reynolds, Elder M. Brooks and Elder M. Patton.
Elders Absent: Elder Ewing
Non-Session Members in attendance: Treasurer, O. Robinson and Deacon M. Forte
- **Presentation and Adoption of Agenda** ...Session Meeting Notes pg 2.

Motion was made to receive agenda by Elder Patton and 2nd by Elder Richardson.
Motion was carried.

- **Presentation/Adoption of Minutes (August)**...Session Meeting Notes

Motion was made to receive the minutes with necessary corrections by Elder Parker and 2nd by Elder Richardson. Motion was carried.

Monthly Church Finance and Diaconate Reports

- **Church Finances** ...Treasurer, Mother O. Robinson

Total Assets - \$3,919,146.66

Mortgage - \$1,916,658.11

Motion was made to accept the financial report and refer it for audit by Elder Yarbrough and 2nd by Elder Richardson. Motion carried.

- **Diaconate Report**..... Chairman, Deacon Michael Forte
 - Plexi-glass has been installed on the lecterns.
 - Diaconate still working on an inventory list for all items within church.
 - Diaconate looking into Plexi-glass bearer for choir area.

Motion was made to accept the Diaconate report for information by Elder Yarbrough and 2nd by Elder Brandon. Motion carried.

Communications (Verbal, Written, Acceptance of New Members) ...Elder L. Daniels

Communications:

1. Bradford Scholarship Parade is on Oct 17, 2020 around the football stadium at Alabama A&M University.

Report of Standing Committees

- ***Lay Shepherding Report / Congregational Care List (Membership Concerns)***Elder A. Parker

- Will ask all Elders and Deacons to contact their flocks during the difficult times.
- There will be adjustments to the flock list as we continue to make corrections to the current list.

Motion was made to accept the Lay Shepherding report for information by Elder Richardson and 2nd by Elder Reynolds. Motion carried.

- ***Strengthening the Church***Elder C. Ewing (Presented by Elder F. Yarbrough)
 - No Report.

- ***Witness and Service***Elder A. Parker

- The Outreach committee will continue working with the Rose of Sharon organization every Wednesday to prepare food for the homeless and have been authorized to use their line item budget.
- A potential prison ministry group may be form by members of the church.

Motion was made to accept the Witness and Service report for information by Elder Reynolds and 2nd by Elder Yarbrough. Motion carried.

- ***Worship and Commitment***Elder B. Richardson

- Draft program is ready for review for 20th Anniversary Program on 4th Sunday.

- ***Trustees*** Elder Richardson, Elder Yarbrough and Elder Daniels

- Refinancing options are still being investigated with Redstone Federal Credit Union and a meeting is setup for 10/14/2020.
- Synovus is also be investigated as well.

- ***Unfinished Business***

- None

- ***New Business***
 - The Symposium – November 9-13, 2020
 - Join the Ministry Teams for a multi-day, virtual opportunity to come together to learn, share, and celebrate the work and life of the Church through the CP denomination, your presbyteries, and your local congregations.
 - Healthy Church Conference will be virtual this year.
 - A new church survey will be provided to the congregation about re-opening the church.

Adjournment....7:16 PM

Motion was made to adjourn by Elder Brandon and 2nd Elder Parker.

Closing Prayer...Elder LeRoy Daniels

Minutes recorded: Elder Arbie Parker, Engrossing Clerk

Dr. Mitchell M. Walker, Sr., Pastor

Elder LeRoy Daniels, Stated Clerk

Church Session Meetings,
August-December, 2020

~~-August 10th, 2020, 6pm~~
~~-September 14th, 2020, 6pm~~
~~-October 12th, 2020, 6pm~~
-November 9th, 2020, 6pm
December 14th, 2020, 6pm

VIRTUAL MEETINGS, unless otherwise announced

CELEBRATIONS



November 2020

Deborah Smith - 1
Nannie Allen - 3
Jerry Mitchell - 3
Narvell Patton - 3
Jewell Kinlaw - 5
Sidney Oden - 12
Walter Lacy - 14
Anita Garner - 20
Renee Knight - 21
Gene Bright - 29

"This is the day that the Lord has made; let us rejoice and be glad in it." The Good News: **God** created mankind and the Earth, so we owe him our utmost gratitude! Rejoice for another year of birth and give up a prayer of thanks. "Delight yourself in the Lord, and he will give you the desires of your heart."



*Alexander & Frankie Gilmore - 5
Terry & Gennifer Stokes - 13
Don & Mable Carter, Jr. - 18
Freddie & Wilma Porter - 24
Thaddens & Cheryl Brown - 29*



I have found
the one
whom my soul loves.
Song of Solomon 3:4

CONGREGATIONAL CARE CONCERNS

***Home **Hospital **Nursing Home ***Rehab**

*Sister Nannie Allen
***Sister Patricia Bradley
*Sister Nell Lane Bradford
*Mother Cheryl Brown
*Dr. Willie T. Brown
*Sister Christine Canada
*Brother James "Chief" Garner
*Sister Ozell Hill
*Sister Jackie Hurt
*Sister Alice Jenkins
*Mother Julianne Lacy

*Sister Dora Njigha
*Elder John Phipps
*Deacon Freddie Porter
*Sister Arlene Starks
*Sister Carolyn Thomas
*Sister Irene Thomas
*Sister Mary Williams
*Brother Lawrence Williams
*Deacon Roy Williamson
President Donald Trump & family
Vice-President Mike Pence & Family
Governor Kay Ivey
Farmers, Truckers, Grocery Clerks
Mayor Tommy Battle
Mr. Will Culver, HSV City Council
Ms. Michelle Watkins, HSV School Board
Decatur/Huntsville/Madison City Schools
Madison County Schools
Councilman Devyn Keith
COVID-19 Matters
Social Injustice

Dale Strong, Madison County
The Madison County Commission
The Huntsville City Council
The Madison County Commission
All Government Political Leaders
All Educational Institutions
All First Responders
All Law Enforcement
The United States of America
The International Community
All US Military Personnel
Christ Church of Monrovia CPC
Weatherly Heights Baptist Church
Sonny Hereford Elementary School
Rep Anthony Daniels
Representative Laura Hall,
Sheriff Kevin Turner & Department
Police Chief Mark McMurray & the
Huntsville Police Department
Chief David Jernigan & the Madison
City Police Department
Police Departments of Triana,
Owens Cross Roads, New Hope,
Gurley, Hazel Green & Meridianville

We
care
about
you

Please call the Church Office to Add or Remove Names on Condolence, Friends & Family, and/or Congregational Care and Concerns Prayer List.

INTERCESSORY PRAYER FOR FAMILY & FRIENDS:

Loreen Andrews, Veda Austin, Naomi Bell, George Blair, Taylor Burns, Pastor Phil Carter, Joyce Calhoun, Christine Canada, Shawnee Centeno, Carolyn Coleman, Catherine Crook, Kendra Currie, Alexis Daniel, Jacob Daniel, Brandon Douglas, Katie Evans, Beulah Fletcher, Melody Forbes, Charlie Fowlks, Derricka Franklin, Hannah Freeman, Marcia Gaskins, Andree Helvetius, Evelyn Hight, Linda Fay Hood, Patricia Howell, Robert Jackson, Jackie Jones-Garland, Beverly Hicks, Javon Jordan, Deb Kampman, Lewis Matthews, Vivian Paschel, Rev. Cedric Pollard, Sylvester Pettaway, Deacon Freddie Porter, Mary Porter, Polly Porter, Traci Priest, Thomas Richardson, William & Dehavilland Rivers, Rosario Robinson, Debra Rush-Santens, Youwana Safford, Pearlie Sales, Yolanda Sales, Clark Sharp, Dutier Sinous, Mildred Skillman, Erica Smith, Mary Sparkman, Rosa Taylor, Charles Underwood, Jr., Emma Warren, Kim Westland and family, Lorene White-McCullough, Ida Yarbrough, Angela Zeigler.

Condolences:

Love and prayers are extended to:

- **Brother Edward (Sister Renee Collins) Williams** in the passing of his sister (Ms. Lillie P. Williams Lloyd – Huntsville, AL).
- **Mother Eunice Clay** in the passing of her cousin (Mr. Rudolph Val Archer – Stockbridge, GA).
- **Deacon Charles (Elder Deborah) Smith** in the passing of his brother and uncle of **Sister Sherylynn Smith** (Mr. James Smith, Jr. – Enterprise, AL).
- **Elder Winfred (Sister Jackie) Wilson** in the passing of his brother and uncle of **Brothers Joshua & Joseph Wilson** (Mr. Jerome Wilson – Huntsville, AL).



Local Tuskegee Airman Rudolph “Val” Archer dies at age of 91

By: [WSBT.com News Staff](#)

Updated: October 6, 2020 - 3:38 AM



Atlanta Chapter Tuskegee Airmen Inc. is remembering Rudolph Val Archer (center) who passed away on Oct. 3.

STOCKBRIDGE, Ga. — The Atlanta Chapter of Tuskegee Airmen is mourning the loss of one of its own. Rudolph “Val” Archer died Saturday at the age of 91, the chapter announced this weekend.

Archer is survived by his wife Victoria, their two daughters and family. Funeral arrangements have not been announced.

Born in Chicago April 13, 1929, Archer tried to enlist with a friend in the Marine Corps and U.S. Navy at the age of 15. The two friends were told to come back when they turned 18 but ended up enlisting in the Army.

Following his basic and technical training, Archer was assigned to the 332nd Fighter Group, known as the Tuskegee Airmen, under the command of Colonel Benjamin O. Davis, Jr.

Archer served as an airplane mechanic and aircraft instrument specialist from Jan. 1946 until Sept. 1949. His whole military career with Army and U.S. Air Force spanned throughout World War II, Korean War and Vietnam War.

Archer spoke with the Atlanta History Center several times over the years about his experience in World War II for the center’s Veterans History Project. In a 2015 interview, Archer spoke about the Tuskegee Airmen’s origins, the racism they encountered and his assignments during the war.

Anyone who wishes to send a card and condolences to the Archer family may send them to ACTAI: DOTA Val Archer Memory P.O. Box 161824 Atlanta, Georgia 30321.

Mr. Archer is the cousin to our own Mrs. Eunice Clay.

Church Street Cumberland Presbyterian Church in America

YOUTH
BIBLE
STUDY



Each Wednesday Night

JOIN A BIBLE STUDY: <https://www.zoom.us/join>

5:00pm-5:20pm Bible Study Class#1: 3-5 year-olds

Teacher: Sis Lakesha Brown
Zoom Meeting ID: 732 5282 8444
Access Code: biblestudy

5:00pm-5:20pm Bible Study Class#2: 1st, 2nd and 3rd Graders

Teachers: Elder Frankie Yarbrough & Sis Gwen Mitchell
Zoom Meeting ID: TBD
Access Code: TBD

5:20pm-5:40pm Bible Study Class#3: 4th and 5th Graders

Teachers: Sis Kiietti Parker & Sis Jackie Wilson
Zoom Meeting ID: 752 2731 1156
Access Code: BibleStudy

5:40pm-6pm Bible Study Class#4: 6th and 7th Graders

Teachers: Elder Bernice Richardson & Elder Arbie Parker
Zoom Meeting ID: TBD
Access Code: TBD

5:40pm-6pm Bible Study Class#5: 8th Graders and up

Teachers: Elder Deborah Smith & Bro Chris Bates
Zoom Meeting ID: 762 5372 4776
Access Code: UVB9uQ

North Alabama Coalition for the Homeless



ANNUAL BLANKET & COLD WEATHER GEAR DRIVE

Most of us are blessed with a warm place to sleep during the cold winter months. Let's help those who aren't as fortunate. Please donate these items to warm both their bodies and their hearts.

October – through winter months

Collecting for the Homeless:

*Gently used or new
Adult sizes only, please*

**Blankets
Coats/Jackets
Gloves/Socks
Thermal underwear**

**Sleeping bags
Toboggans
Sweat shirts/pants
Warm scarves**

Donations may be dropped off at these locations:

In Huntsville

*Please call to confirm office hours before dropping
off donations.*

Progressive Union Missionary Baptist Church
1919 Brandontown Rd. 256-539-1070

St. Stephen's Episcopal Church
8020 Whitesburg Dr. 256-881-7223

Latham United Methodist Church
109 Weatherly Rd. 256-881-4069

Manna House
2110 S. Memorial Parkway 256-503-4848
(Mondays, Wednesdays & Thursdays 4 - 7pm)

Stand Down Together Huntsville
2007 Poole Rd. Suite B 256-527-9643

The Rock Family Worship Center
3401 Holmes Ave. NW 256-533-9292

Faith Presbyterian Church
5003 Whitesburg Dr. 256-881-4811

Church of the Nativity, Episcopal
208 Eustis Ave. 256-533-2455

First Christian Church
3209 Whitesburg Dr. 256-881-0150
(please use bin at the side entrance)

Monte Sano United Methodist Church
601 Monte Sano Blvd. 256-533-6083

First Stop Homeless Day Center
206 Stokes St. 256-533-3391

ANNOUNCEMENT BULLETIN BOARD
E-mail: secretary@Churchstcpca.org

Center for Loss Grief and Change



The Rev. Carl Malm, M. Div.
256-883-6539
malmcarl@hotmail.com

The mission of the Center for Loss, Grief and Change is to support those hurting from unwanted change and to equip others to do the same. The Center is an Inter-Faith Ministry of the Huntsville Association for Pastoral Care.

Grief Consultation

- For those grieving a death, divorce or other significant loss: job, health, estrangement, etc.; for those going through a major life transition: retirement, aging, moving; or for those who are dealing with chronic illness or disability
- Consultations include information about the usual grief process and discussion of how one's own grief experience relates to that process
- Home and institutional consultations available for those confined or who have difficulty leaving their surroundings
- Fees assessed according to one's ability to pay
- Consultations held at Cornerstone Community Church, 8100 Whitesburg Dr. (Corner of Lily Flagg and Whitesburg), Huntsville, AL 35802

Educational Programs about Loss & Grief

For Faith Communities, Civic Groups, Businesses & Schools

"Going through Grief: A Guide to Understanding, Surviving and Support the Grief Process" (This is a three part series)

Educational Programs about Spiritual Care

For pastors, Stephen Ministers, elders, deacons, ministers of communion, and parish nurses

Please phone or email for a list of topics.

Community Grief Support Group

*Every Tuesday, 3:00-4:00 pm
Hope Presbyterian Church
10001 Bailey Cove Rd.
(Enter from East Side of Building)*

A tax-deductible donation can be made through HAPC, PO Box 16032, Huntsville, AL 35802 Please make the following notation in lower left corner: Center for Loss, Grief and Change

Look What the Stork Brought Us!



Baby Girl, Indra Sage Griffin, born 9/30/2020
@ 11:02pm – 6lbs, 10oz.

She is the granddaughter and great granddaughter of proud grand and great grandmothers Sister Wanda Hall Scott and Sister Sylvia Scott



November 9-13, 2020

Join the Ministry Teams for a multi-day, virtual opportunity to come together to learn, share, and celebrate the work and life of the Church through the CP denomination, your presbyteries, and your local congregations.

Website for Registration: <https://cpemc.org/the-symposium/>

Monday, Nov. 9

9:00 a.m. Opening Worship – Peggy Jean Craig, Preacher

10:00 a.m. Workshops

- * Churches and Copyright violations: Better Safe Than Sued – Steven Shelton
- * Meditative Practices - Kathy Wood Dobbins

2:30 p.m. Workshops

- * Building a Framework for Your Family's Faith – Jodi Rush & Chris Fleming
- * Global Missions, A Pathway to Our Future and CP Renewal - Lynn Thomas

Tuesday, Nov. 10

9:30 a.m. Morning Devotion

10:00 a.m. Workshops

- * Missionary Presentation - Patrick Wilkerson
- * What Makes Us Cumberland Presbyterian: A Guide for Being, Teaching, and Discipling CPs - Andy McClung

2:30 p.m. Workshops

- * Church Communication: Announcements, Newsletters, Emails, and Other Ways to Talk about God's Work – Neal Wilkinson
- * Preaching Roundtable - Peggy Jean Craig & Cory Williams with Facilitator Jill Carr

Wednesday, Nov. 11

9:30 a.m. Morning Devotion

10:00 a.m. Workshops

- * Starting or Rebuilding Your Women's Ministry - Cardelia Howell-Diamond
- * Ministerial Ethics - Shelia O'Mara

2:30 p.m. Workshops

- * Church Social Media - Dusty Luthy
- * Children at Risk/Signs of Abuse - Jamie Blanton (CP Children's Home)

Thursday, Nov. 12

9:30 a.m. Morning Devotion

10:00 a.m. Workshops

- * Exploring Biblical Texts with Intercultural Lenses - Johan Daza
- * Becoming and Belonging - Kip Rush & Jodi Rush

2:30 p.m. Workshops

- * OptiN: Why Loving Jesus Means Schedules, Habits, Budgets, and Rituals. - Brian Tanck & Micaiah Tanck
- * A Life Giving-Way: Holy Habits for Developing Spirituality in an Unspiritual World - Chris Fleming

Friday, Nov. 13

9:30 a.m. Morning Devotion

10:00 a.m. Workshops

- * New Ways Towards Cumberland Presbyterian Church Renewal - TJ Malinoski
- * Discipleship & Extraordinary Times - Nathan Wheeler

11:00 a.m. - Closing and Wrap-Up



Recipe of the month

Slow Cooker Turkey Breast with Mustard Sauce

by [Cooking Tips + Recipes](#) · November 25, 2019

Recipe courtesy Stop and Shop



Ingredients

- 2 heads garlic
- 2 onions
- 1 (0.75 oz) pkg thyme
- 1 cup turkey broth
- 1 (5 -6 lbs) bone-in turkey breast
- ¼ cup honey
- 3 tbsp cornstarch
- 2 tbsp Dijon mustard

Steps

1. Halve the garlic heads crosswise. Peel and halve the onions. Place garlic, onions, and thyme in the bottom of a 7-quart slow cooker. Add the broth.
2. Pat the turkey dry and season with salt (in moderation) and pepper. Place turkey on top of the onions and drizzle the honey all over. Cover and cook on low 6 hours or on high 3 hours.

For a smaller crowd, whip up this turkey breast. Bonus: no need to dirty another pan for the gravy; it comes together right in the slow cooker!

3. Preheat the broiler to high. Remove the turkey breast and place on a foil-lined baking sheet. Broil 2–3 min., until skin is browned. Let stand 10 min. before slicing.
4. Meanwhile, remove onions, garlic, and thyme from the cooking liquid in the slow cooker. Whisk the cornstarch and mustard together, then whisk into the cooking liquid. Cover and cook on high 10 min., until slightly thickened and coats the back of a spoon. Serve gravy with turkey.

Tips

Garnish the platter with lemons and fresh thyme sprigs.

Focus on Health –



Jo Ettles

10 Ways To Shift Your Focus From Losing Weight To Gaining Good Health

Jo Ettles is a published self help author, international writer, speaker and extremely gifted intuitive life coach.

If you have tried diet after diet after diet with little success, remember this: “A well-worn path doesn’t mean that you are on the right track.”

If you struggle with weight gain and rarely see positive changes reflected on the bathroom scales, it is important to recognize that the continual diet cycle can do more harm than good—mentally, physically, and spiritually.

The diet cycle typically flows like this:

1. We start an extreme diet.

2. We feel restricted and deprived.

3. The cravings commence and we give into temptation.

4. We are consumed with guilt.

5. We rinse and repeat this process day in and day out and, for many, year in and year out.

You can absolutely break this dreaded diet cycle and say goodbye to dieting forever by shifting your focus from losing weight to gaining good health.

The following 10 tips will help you to shift your focus.

1. Change the way you set goals

If you struggle with the scales and are always disappointed by your weigh-in results, then take a break from weighing in for a while. Instead of setting goals based on the number of kilos you can lose, set positive change goals.

Positive changes should be celebrated and can include things like eliminating soft drinks permanently, eating more fruits and vegetables daily, enrolling in an exercise class, introducing meditation into your daily routine, walking an extra 10 minutes every day—the list is endless and each positive change that you make is supporting and enhancing your wellness.

2. Stop criticizing yourself

Instead of focusing on all that is *wrong* with you, focus on all that is *right* with you. Instead of criticizing your shape and your waistline, start focusing on all of your positive qualities. Find ways to nourish and support your body and acknowledge that every curve, every scar, and every part of you is uniquely you and makes up your amazing story.

Advertising

3. Remember that one size does not fit all

We are all wired differently, so what suits one person may not suit the next person, especially when it comes to diet and exercise. Find what suits you personally and focus on making those changes.

4. Listen to your body

Your body is constantly communicating with you. Are you paying attention? When you really listen to the signs and symptoms your body is giving you, whether it be hunger, pain, or fatigue, you are actually developing an understanding of what it needs and when it needs it. Instead of focusing on losing, focus on listening.

5. Embrace healthy eating as a lifestyle

Lets face it, diets may work in the short term and we may lose a few kilos in the process, but more often than not, when we stop the diet we gain back the weight we have lost and then some. When you accept that healthy eating should be a lifestyle 7 days a week and not a short-term way to achieve weight loss, you will see results. Focus on permanent changes that will last a lifetime.

6. Celebrate your success

As you make changes and start to feel healthier and more energized, really focus on all of the wonderful steps forward you have taken. When you focus on the positive changes you have made and the goals achieved, this is a surefire way to stay motivated. It will fuel you to make even more healthy changes.

7. Shop the perimeter of the supermarket

Instead of heading up and down the supermarket aisles and focusing on low-fat, pre-packaged diet foods as a way to lose weight, change direction. Make the commitment to only shop the perimeter of the supermarket. This is where you will find all the fresh produce—and fresh is always best.

8. Respect your body

Extreme dieting can do more harm than good, so understand that your body must go the distance. Really focus on all that your body does for you and then fuel it accordingly.

9. Remember: Mind + Body+ Spirit

The mind, body, and spirit work as a system of energy, so it is vital to manage all aspects of your wellness. From healthy food and exercise to managing stress levels to factoring in activities daily that uplift your spirit, focus on your system as a whole. It definitely takes a lot more than just eating a salad to achieve good health. Your focus should be on attaining wellness on every level—not just on the scales.

Advertising

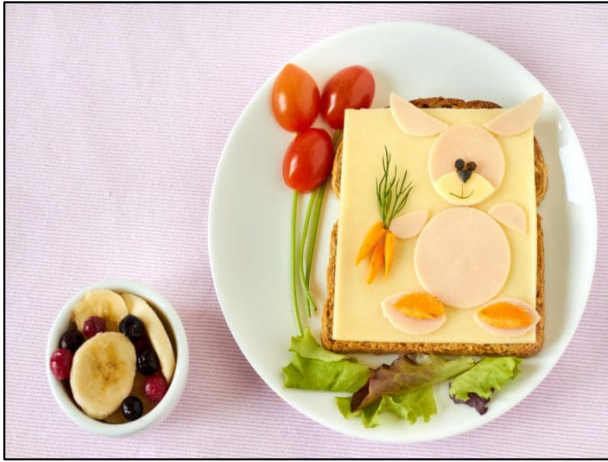
10. Love your body

The more we learn to love our bodies, the more motivated we will be to exercise and eat well. Focus on what you love about your body and not what bugs you.

Here's a tip:

It is not actually our bodies that need to change, but our mindsets and choices. Focus on achieving good health, good energy, wellness, happiness, more joy, more peace, and more love instead of losing more kilos. Remember, your size and weight do not measure your worth as a person, your beauty, your unique qualities, or your contributions to the world. Focus on being the healthiest version of you as a way to move forward.

Focus on Nutrition – Nutrition: Tips for Improving Your Health



Good nutrition is one of the keys to a healthy life. You can improve your health by keeping a balanced diet. You should eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a source of protein.

Ask yourself the following questions. If you answer yes to any of them, talk to your doctor about your health. You may need to improve your eating habits for better nutrition:

- Do you have a health problem or risk factor, such as high blood pressure, diabetes, or high cholesterol?
 - Did your doctor tell you that you can improve your condition with better nutrition?
- Do diabetes, cancer, heart disease, or osteoporosis run in your family?
- Are you overweight?
- Do you have questions about what foods you should eat or whether you should take vitamins?
- Do you eat a lot of processed and fast foods?
- Do you think that you would benefit from seeing a registered dietitian or someone who specializes in nutrition counseling?

Path to improved health

It can be hard to change your eating habits. It helps to focus on small changes. Making changes to your diet may also be beneficial if you have diseases that can be worsened by the things you eat or drink. Symptoms from conditions such as kidney disease, lactose intolerance, and celiac disease can all benefit from changes in diet. Below are suggestions to improve your health. Be sure to stay in touch with your doctor so he or she knows how you are doing.

Find the strengths and weaknesses in your current diet. Do you eat 4-5 cups of fruits and vegetables every day? Do you get enough calcium? Do you eat whole grain, high-fiber foods? If so, you're on the right track! Keep it up. If not, add more of these foods to your daily diet.

- Keep track of your food intake by writing down what you eat and drink every day. This record will help you assess your diet. You'll see if you need to eat more or less from certain food groups.

- Think about asking for help from a dietitian. He or she can help you follow a special diet, especially if you have a health issue.

Almost everyone can benefit from cutting back on unhealthy fat. If you currently eat a lot of fat, commit to cutting back and changing your habits. Unhealthy fats include things such as: dark chicken meat; poultry skin; fatty cuts of pork, beef, and lamb; and high-fat dairy foods (whole milk, butter, cheeses). Ways to cut back on unhealthy fats include:

- Bake, grill, or broil meat instead of frying it. Remove the skin before cooking chicken or turkey. Eat fish at least once a week.

- Reduce extra fat. This includes butter on bread, sour cream on baked potatoes, and salad dressings. Use low-fat or nonfat versions of these foods.

- Eat plenty of fruits and vegetables with your meals and as snacks.

- Read the nutrition labels on foods before you buy them. If you need help with the labels, ask your doctor or dietitian.

- When you eat out, be aware of hidden fats and larger portion sizes.

- Staying hydrated is important for good health. Drink zero- or low-calorie beverages, such as water or tea. Sweetened drinks add lots of sugar and calories to your diet. This includes fruit juice, soda, sports and energy drinks, sweetened or flavored milk, and sweetened iced tea.

Things to consider

Balanced nutrition and regular exercise are good for your health. These habits can help you lose or maintain weight. Try to set realistic goals. They could be making some of the small diet changes listed above or walking daily.

Doctors and dietitians suggest making healthy eating habits a part of daily life rather than following fad diets. Nutrition tips and diets from different sources can be misleading. Keep in mind the advice below, and always check with your doctor first.

- Fad diets aren't the answer. Fad or short-term diets may promise to help you lose weight fast. However, they are hard to keep up with and could be unhealthy.

- Good nutrition doesn't come in a pill. Try eating a variety of foods instead. Your body benefits most from healthy whole foods. Only take vitamins that your doctor prescribes.

- Diet programs or products can confuse you with their claims. Most people in these ads get paid for their endorsements. They don't talk about side effects, problems, or regained weight.

EXTRA....

Out With the Old: Coronavirus Highlights Why We Need New Names for Aging

by [Health Smarts](#) · July 8, 2020

[Caroline Cicero, University of Southern California](#) and [Paul Nash, University of Southern California](#)

Although largely unnoticed by mainstream media, something significant has happened with the rise of COVID-19: the marginalization of older Americans. Scorn for elders is now on full display. Some blame them for the shelter-in-place guidelines. Some even say [they should be offered up](#) as a sacrifice for the good of the country.

But the coronavirus affects everyone. It's true that hospitalization and mortality rates increase with age, but a March [report by the Centers for Disease Control and Prevention](#) shows young adults take up more ICU beds than the very old. This may evolve as the pandemic ensues. However, it highlights the potential issues in ageist assumptions. So why portray only older adults as vulnerable?

This is hardly the first time they have been diminished. Geezer, hag, crotchety, over-the-hill, coffin dodger, grumpy old man – these are stock phrases used to describe older adults, even by older adults themselves. One example: Donald Trump, age 73, [commenting on](#) “Sleepy Joe” Biden, age 77.

There is a consequence. Words – positive, negative, supportive, dismissive – are powerful. They have tremendous impact. Our society no longer accepts the use of similarly degrading terms when identifying other demographic groups. Whether it's gender, sex, race, religion, ethnicity – when people verbally discriminate in these domains, social norms are breached. Invariably, there's a strong and loud response. Would we be so quick to victimize older adults if our language lifted them up rather than regularly put them down?

We don't think so. We are [professors of gerontology](#) at the University of Southern California. We ask anyone who considers themselves polite, socially aware and considerate of others to rethink the common, casual use of the stereotypical phrases that refer to age. Many people do value and respect the experience of older adults, of course; only by being aware of the implications of our word choices and behaviors can we start to adjust our prejudices.

Discriminating against our future selves

Aging is something we will all experience, if we're lucky. Yet ageism is arguably the last widely accepted form of social prejudice. Indeed, the [World Health Organization](#) (WHO) believes ageism may be more pervasive than sexism or racism. [Research clearly shows](#) negative attitudes about aging when you're older can damage your health and well-being, even impact your mortality.

Whose lives are we cutting short? Our parents, grandparents, the aging co-worker? And what makes this particular prejudice so pernicious: everyone will be exposed to it as they go through life.

Ageism is ingrained into American society. Advertising bombards us with it: [greeting cards](#) and [GIFs](#), some that we send to family and loved ones, use blatantly ageist images and language. [Prime time](#) and [late night television](#) seek cheap laughs with skits that emphasize frailty, confusion, and memory problems. Many theatrical movies do much the same (“[Bad Grandpa](#)” is

one). The writers and performers, out to entertain young audiences, gain fame at the expense of “those unappealing others.”

Because ageist words have so easily slipped into the vernacular, they shape our attitudes toward older people. This is reinforced every time we re-experience these attitudes in the media. Maybe when we’re young or even middle-aged, we tend not to notice. But when our hair turns gray, when wrinkles appear deeper and eyesight noticeably deteriorates, we begin to understand. We start to notice the stereotypes. Now, the joke is on us.

Conforming to expectations

When we fully acknowledge our membership in the older population, we then [take on the stereotypes](#) associated with them. This is a double whammy. Putting the stereotypes on display reinforces them to the rest of society. It further cements the prevailing attitude. And it reinforces our own negative perceptions about aging, something we then [eventually transfer to ourselves](#).

The anti-aging market makes billions by encouraging these stereotypes. We are told to mask age-related changes: hair dye, implants, Botox, topical creams, cosmetic surgery. When we buy these products and services, we feed a greedy business thriving on our insecurities.

So does it really matter? Do our negative references to older people do harm? Is it a big deal to assign value to an older person’s appearance? Well, in a word, yes. Discriminatory attitudes drown workforce composition and opportunity for everyone. Those over 50 find it hardest to reenter the workforce, whether following a planned or unplanned exit. Those workers are also more likely to face discrimination, particularly with promotions. An uneven playing field is created; the older workforce is deskilled. This means older people will earn less, save less, and have less money for retirement.

Words can motivate change for good or bad. Our lexicon can push us in the wrong direction. When we say someone “looks good for their age,” or register surprise that they’re still working, we consider it a compliment. But why not say they simply look good? Or acknowledge their position in the workforce without acknowledging their age?

Language has a deep and profound impact, yet we use it flippantly. Stereotyped words promote ageism, prioritize youth, and prevent us from making the changes needed in our communities as we all advance in years. Aging is not an insult or fuel for laughter; it’s an accomplishment worthy of words of praise. With lives and livelihoods at stake, let’s stop the name calling.

[Caroline Cicero](#), Instructional Associate Professor of Gerontology , [University of Southern California](#) and [Paul Nash](#), Instructional associate professor of gerontology, [University of Southern California](#)



PRAY FOR ME - (PUSH) PRAY UNTIL SOMETHING HAPPENS. We continue to pray for the lost and backslider.

“Commit to the Lord whatever you do and your plans will succeed”. Proverbs 16:3

Mask Do's & Don'ts:

DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Prayer Changes
More Than Things.
It Changes **YOU**
verseinspire.com



**“ASK THE PASTOR”
CHURCH BLOG:**

Have a question? Want to talk?
www.churchstreetcpca.blogspot.com

PASTOR'S MORNING DEVOTIONAL:

**Monday through Friday, 7:00am,
Dial-in Number 1 302-202-1108.
Conference Access Code #: 625948**

HELP FOR THE HOMELESS - A receptacle has been placed in one of our classrooms to receive white socks (men & women), reading glasses, underwear (men & women), incontinence needs (depends), Vaseline, disposable razors, shaving powder, deodorants (regular size), cough drops, wash cloths, coupons for food, shuttle passes (\$1.00 each way), bottle water, allergy meds, cough medicine (alcohol free), over the counter meds, women sanitary needs. . *Let's be a blessing to others!*

WELCOME GUEST WORSHIPPERS

We, the Church Street CPCA family, are delighted that have chose to worship with us. We welcome and invite you to share with us in worship, study, ministry, mission service and fellowship.

HELP WANTED

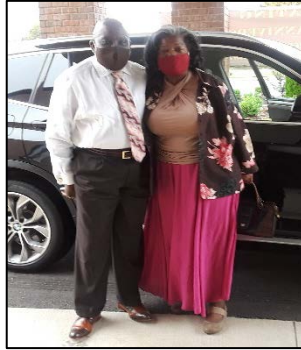
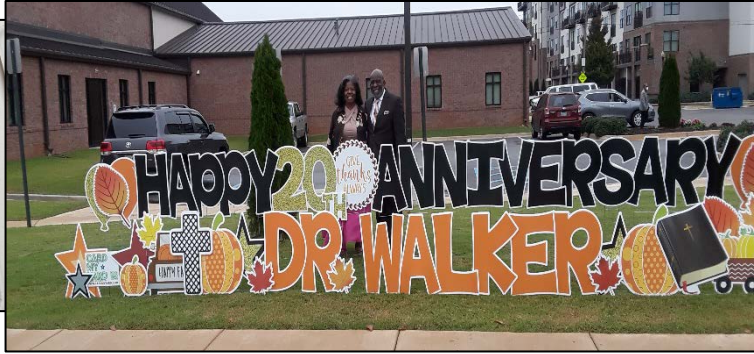
If you are interested in working with the newsletter ministry, please contact the Church Office or Liz Jolly with your interest.

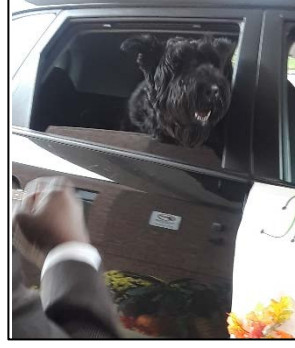
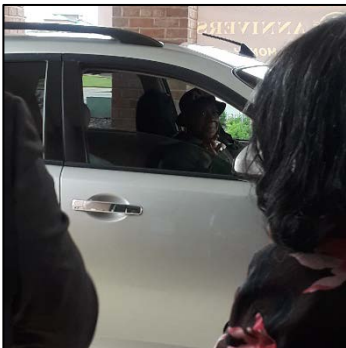
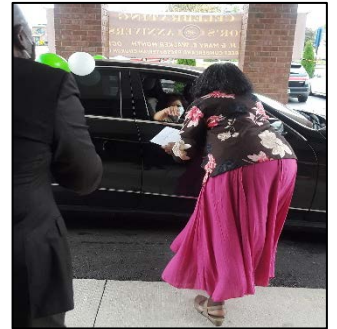
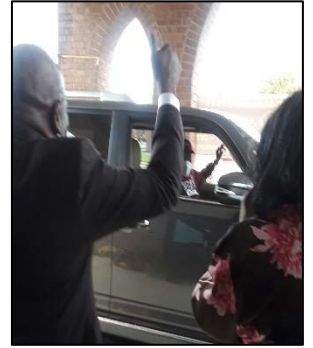
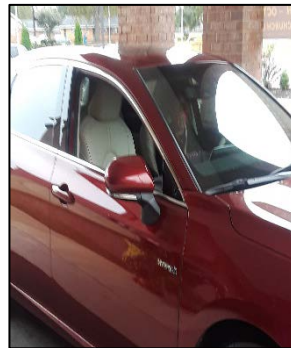
I can do all things through Christ who strengthens me.

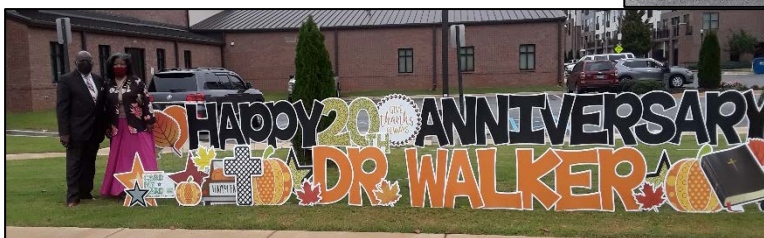
Philippians 4:13

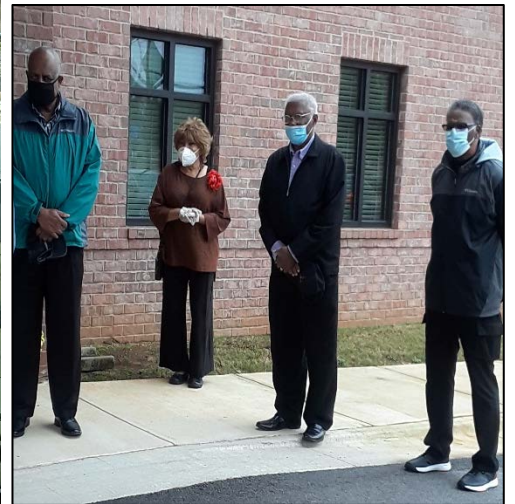
CHURCH NEWSLETTER – Our Newsletter Editor (Elizabeth Jolly) is working hard to produce the next monthly newsletter. Please submit your articles **by noon on the 15th of each month** for consideration

The Anniversary Parade and Celebration









Anniversary Celebration Service



THE PHOTO GALLERY



Happy Birthday Mable



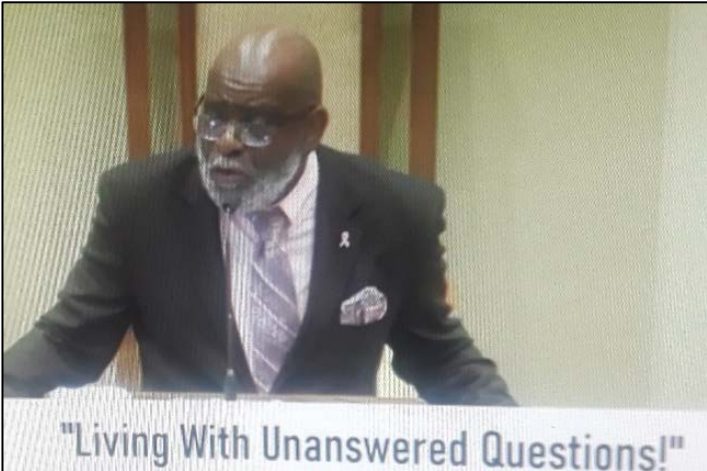
Elder Marsha Barbour and Son,
Dr. Randy Barbour



Male Chorus



Elder Monica Brooks, Liturgist



Pastor Walker

Wearing a Mask Story for Children

WEARING A MASK



A social narrative for children

© Autism Little Learners

1



Sometimes adults and kids need to wear masks to protect other people from getting sick. This might be something new for me!

© Autism Little Learners

2



Masks might feel kind of uncomfortable at first, but I will get used to it!

© Autism Little Learners

3



Even when I wear a mask, it is still important to stay 6 feet away from other people.

© Autism Little Learners

Parable of the Ten Bridesmaids

Theme: Be prepared to meet Jesus
Object: Bells -- one per child; flashlight
Scripture: Matthew 25: 1-13

Before you begin, give each child a bell. Have kids hold the bell as still as possible until you give them further instructions.

Wow! In the past year we've seen many natural disasters in our world, such as floods, hurricanes, earthquakes, tsunamis, tornadoes, and fires. One thing that we hear over and over again these days is that it's very important for us to be prepared in case of an emergency. I remember when I was in school, we used to have disaster drills. Sometimes it was a fire drill. They would ring the school bell three times. (Invite kids to ring their bells three times.) All of the students lined up and marched outside the school building to a safe place. When they were sure it was safe, they rang the bell two times and the students returned to their classrooms. (Invite kids to ring their bells two times.) If there was a tornado drill, they rang the bell four times. (Invite kids to ring their bells four times.) The students lined up and marched to a safe room in the center of the building where they would "duck and cover." (Invite kids to practice ducking and covering.) The teachers always carried flashlights in case the lights went out. When it was safe, they rang the bell two times. (Invite kids to ring their bells two times.) Then the students returned to their classrooms.

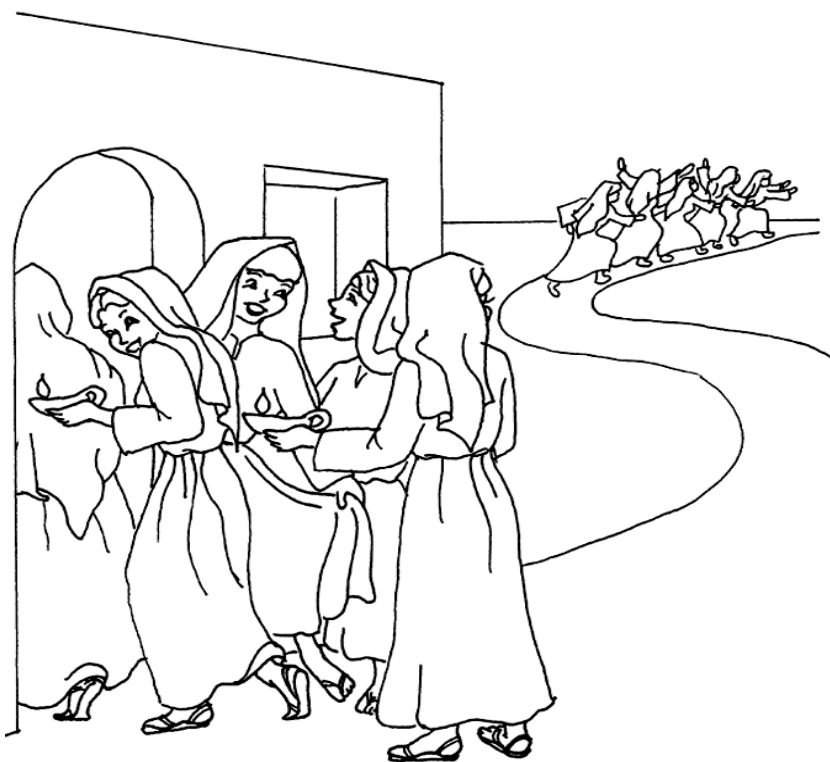
It's important to be prepared when something unexpected happens. In our school, it was important for all of the students and teachers to know the warning signal, where to go, and the signal that told them it was safe to return to their classrooms. In a tornado drill, the teachers had to make sure there were batteries in the flashlights and the flashlights were working properly. (Turn on the flashlight and shine it around the room.) Being prepared can mean the difference between safe or sorry...so be prepared.

Jesus once told a story to teach us the importance of being prepared. In Jesus' story, ten bridesmaids took their oil lamps and went out to meet the bridegroom. Jesus said that five of them were foolish because they had their lamps, but they didn't bring any extra oil to put in their lamps. When it was time to go out and meet the bridegroom, they were out of oil. The other five were very wise and well-prepared. They had brought plenty of oil for their lamps. When it was time to go out and meet the bridegroom, they were ready.

In this story, the bridegroom is Jesus and you and I are the bridesmaids. One day we're going to meet Jesus and we must be prepared because we don't know exactly when He's coming. The great news is, what we do to prepare is pretty simple. We must invite Jesus to come into our hearts. When we do that, we are ready.

Dear Jesus, we know one day we'll get to meet you face to face. Help us get ready for that wonderful day. In Jesus' name, amen.

Parable of the Bridesmaids



Chuckles – God has a sense of humor: A merry heart doeth good like a medicine: but a broken spirit drieth the bones. Proverbs 17:22

life is
BETTER
WHEN YOU'RE
LAUGHING!!!



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Enter his gates with thanksgiving and his courts with praise;
give thanks to him and praise his name. Psalm 100:4

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