

# THE Central SENTRY

United Methodist Church

REV. DR. MICHELLE BOGUE-TROST

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## PASTOR MICHELLE'S NOTES

Dear Friends,

As the leaves begin to change and the air becomes brisk, we find ourselves in the embrace of another beautiful autumn. Seasonal transitions remind us of the inherent beauty in change and transformation. They invite us to reflection, to a time of looking inward, assessing our lives, and pondering the spiritual transformation to we are called

Jesus' call to discipleship is both beautiful and challenging. He beckons us to follow Him authentically, surrendering our old selves. Just like the trees that surrender their leaves, we are called to let go of those things in our lives that no longer serve our spiritual growth. Authentic discipleship is not easy. It's a continuous journey that requires us to be vulnerable, to admit our imperfections, and to seek transformation through God's grace. As we navigate this journey, let us remember that it's okay to stumble; it's part of the process. What matters is our commitment to get back up and continue following Jesus, even in the toughest of seasons.

Here are some ways to nurture your spiritual journey this Autumn (or in any season!)

**Prayer:** Spend time in prayer, not just asking for blessings, but also listening to God's guidance.

**Scripture:** Dive into scripture regularly. Let it be a source of inspiration and guidance. **Community:** Lean on your church family for support and encouragement. We are here for each other.

**Service:** Find ways to serve others, as Jesus did. Acts of kindness can be powerful expressions of discipleship.

**Reflection:** Take time to reflect on your faith journey. What areas of your life need transformation? What steps can you take to grow closer to God?

In this season of change, I invite you to remember that God is with us every step of the way. Just as the trees will regain their leaves in the spring, so too can we experience renewal and growth in our faith. Embrace the beauty of the journey, even in its challenges, and trust that God is shaping you into the disciple you are meant to be.

May this fall be a season of deep spiritual growth and a time when each of us wholeheartedly embraces the call to follow Jesus authentically.

Still in One Peace,  
*Pastor Michelle*



# PASTOR PAUL'S NOTES

"Autumn is a second spring, where every leaf is a flower." Albert Camus (1913- 1960; 1957 Nobel Prize in Literature, second youngest to win) wrote this comment on the newness of fall.

I have never thought of fall as a second spring. I am always concerned about getting hay in the barn, tightening up the barn, harvesting the garden, making sure the snow blower is ready, getting the fireplaces in working condition, and other such things. I tend to look at fall as an end of one season and a preparation for the next (winter!). I don't really take the time to enjoy fall and the beauty and newness that God has presented to us! Fall used to signify the beginning of school for me...buying school supplies for me and my kids (Lauren and Morgan and my own school kids), getting lesson plans ready, smelling the newness of my classroom, making lunches the night before, and the other routines. I have forgotten those things and have forgotten the newness of Fall!

My challenge for me (and for you all) is to look at the newness that Fall presents. See the beauty of the leaves, smell the crispness in the air, acknowledge the darkness and look at the stars and the moon in a different "light", taste the goodness of the harvest. Fall is a great time to begin a new routine, a new discipline! How about weekly examinations of Proverbs? How about starting again with attending worship? Maybe even coming to Adult Sunday school?! There are many ways we can look at fall as a rebirth, a second spring!

*Pastor Paul*



# COUNCIL AND MINISTRY AREAS RESTRUCTURE IS HERE!

At the September 26, 2023 Church Council meeting, a motion was made, seconded and unanimously passed to restructure the way we do administrative and programmatic work here at Central UMC. It will go into effect in October.

For many years Central's leadership has been comprised of Program Councils to work on ministry objectives, administrative committees to steward the financial, people, and building resources, and a large church council made up of representatives from all these areas as well as at-large members nominated from the congregation. These groups met variously on all four Tuesdays and one Thursday of each month. This system served us very well for a very long time, but it has become clear for many reasons that it is time to make an adjustment.

Your Pastors presented a motion that would create one meeting night per month, ensure that the essential work of ministry and administration are accomplished, and consolidate the program councils and some committees into the Church Council. We will be in conversation with these groups individually to offer further detail.

What it looks like: A Ministry Night would be scheduled for the fourth Tuesday of each month. At 5:30pm, the Finance Council, Trustees, SPRC (alternate months), and Education Council will meet in separate spaces. Allocations, Lukens-Jackson Camping Committee, Van Committee, UWF and UMM will continue to meet on their own schedules, or may use this time as well. At 6.30, those groups plus the rest of the Church Council members will gather for food and fellowship. At 7:00, those committees are dismissed, except for the Chairs of all the abovementioned groups, who will continue into the Church Council meeting.

Along with these Chairs, the Council will include persons with passion for the areas being consolidated, including Missions, Fellowship, Worship. The goal is to create ministry together as a body, with an eye to including these three identified purposes into every project, ministry, or service we take on; in other words, ministries will be developed and coordinated by the Council as a whole. The work of making ministry happen will be undertaken by action groups from within and outside the Council serving ad hoc to accomplish the ministries developed by the Council.

This adjustment is designed to accomplish these goals: Streamline decision making, eliminate extra meetings, make space for creative ministry planning and to surface new ideas, and offer a different way to participate in leadership with high engagement and low time commitment.

Moving forward, this means that there will be no Program Councils on October 3, and Central's first Ministry Night will begin at 5.30pm on Tuesday, October 24!

*Pastor Michelle*





# UNITED WOMEN IN FAITH



United Women in Faith

All women are invited to attend one of the United Women in Faith Circles. Please contact the leader for more information about each circle.

Deborah Circle Tuesday, October 17 at 7:00 in the church library. We will be reading the book *The Scandal of Forgiveness* by Philip Yancy. Contact: Pat Breneman, 748-3430

Grace Circle Wednesday, October 18 at noon in the community room at church. Please bring your lunch with you. Contact: Pauline Witt, 748-4142

Sarah Circle Wednesday, Tuesday, October 17 at 12:00 in the community room at church. Please bring your lunch with you. Contact: Carole James, 757-2629

The UWF leadership meetings in the library on the first Wednesday of the month are in person only. They are not on zoom.

# CENTRAL MEN'S GROUP



Calling all Men -Men's Group - Friday Oct 20th. We have a core of 10 - 12 regular attendees for our monthly Men's meetings, but we'd love to have twice that. We meet the third Friday of every month. Please consider joining the fun and fellowship this month or at some time in the future.

We meet in person for food and fellowship at 6:00 at Central, then at 7:00 we have a Zoom meeting, for those who are out of town, or those who don't want to meet in person. We have some out of town regulars who join Zoom each month as well. We'd love to have more -

6:00 - Meet at Central for Meal  
7:00 - Zoom

Join Zoom Meeting  
<https://us02web.zoom.us/j/81530597732>  
Meeting ID: 815 3059 7732  
Passcode: 491318

# TECH MINISTRY

TV Ministry is going well. The upgraded equipment is performing as it should. We are monitoring one piece of older equipment, hoping we will not need to replace it anytime soon.

The Youth/Young Adult Intern Program is strong. A good core group of young people are present each Sunday to support the worship leaders and worshipers in the sanctuary and facilitate LiveStreaming for remote worshipers. Some of the young people also provide similar support at other services and programs such as funerals, weddings, and music events. These young people serve us well. We appreciate the Trustees and Shalom Fund for underwriting this ministry.

On-site adults support TV Ministry's work, too. They offer their gifts and graces not only in operating the equipment, but also in shepherding the Interns. The adults offer the Interns patient listening and guidance.

TV Ministry always welcomes new volunteers for both in-sanctuary and at-home contributions so we can widen and deepen the pool of capable volunteers. Financial donations are welcome anytime. Stop by the booth or contact the office if you would like to know more.

*Mark Marino*

# CHURCH DIRECTORY UPDATE

October 22nd - We will be taking new directory photos and updating member information. Stay tuned via the church bulletin and weekly emails for more information.

# FAITH FORMATION



Greetings,  
Happy October! Happy Halloween to everyone! I hope everyone's summer was fantastic. To recap we had a couple of events here at Central. We kicked off summer with a "Minions" movie night, all who attended enjoyed the event. Then we did some big preparation to do our block party which turned out great. We had bounce houses, games, cotton candy, great donated prizes and some of our local businesses came out to share what they offer the community. There were approximately one hundred seventy five people that attended. I want to extend a Gigantic Thank You to all who helped. We could not have made this event such a success without all of the volunteers we had to help out. I personally and greatly appreciate every one of you. Now we say farewell to summer and welcome in fall.

Hello Fall! We are greeted with crisp cool air, the leaves changing color, and for those that can't wait for this season of pumpkin spice everything. This also reminds us to kick things back into gear preparing for our Halloween event. Last year we had food, pumpkin decorating, some inflatables, a spooky hallway and of course candy. We had an abundance of people attend last year's event counting over three hundred. This was more than successful but also more than anticipated. So this year we are getting a head start and preparing early. We will need many volunteers and of course lots of candy. If you're unable to volunteer your time, but still in some way want to contribute, we will accept donations of bagged candy. However, we cannot accept small hard candy such as fireballs, jawbreakers, or anything with peanuts. Lollipops are always good. As always you can come see me or call me to volunteer or with any questions at (607) 427-3684 or the church office (607) 754-6060. Hope all of you stay well and be blessed.

*Donna Miller-Kross*





# FINANCE UPDATE

Thanks to the financial support of the Central UMC giving family we have made it through the summer without having to take money from our endowment fund. This is a wonderful accomplishment and thanks to all who support Central's ministries and programs financially. While this is wonderful, we still have three months in 2023, so we need to continue our support. Typically the last quarter of the year is very good for Central. We have our Stewardship Campaign and it seems Thanksgiving and Christmas puts people in the giving spirit. We are looking for this to continue this year and with all of our support it will good 4th quarter. Thanks again for all your support to continue to keep the ministries and programs at Central strong

*Finance Committee*



# CONTRIBUTIONS FROM IRA

Reminder that for those over 70 1/2 they can make a tax free donation directly to Central from their IRA. This is called a Qualified Charitable Contribution (QCD). The donations must be made directly from the IRA to the Central and reported by the IRA trustee on Form 1099-R. For those over 73 who are required to make a Required Minimum Distribution (RMD), from their IRA direct contributions to Central are also tax free donations.

# SHEPHERD'S SUPPER UPDATE

Shepherd's Supper continues to serve a record number of meals each Thursday. Through August we have served 6,515 meals vs 5,032 in 2022. That's an increase of nearly 30%. We have also seen the number of nights where we have served over 200 meals increase dramatically. In 2022 we had two nights over 200 meals served by the end of August. This year we've had 12 nights with 200 + meals served; we had 4 weeks in August alone with over 200 meals served! This is all possible because we have very dedicated and committed teams to cook and serve each week. While we do receive food from the Broome Bounty for free and from the Food Bank at a reduced cost, the increase in number of meals served has put a drain on our financial resources. We have some who donate to Shepherd's Supper on a regular basis, and for that we are thankful. However, with this increased need we will need more support. Please consider financially supporting this very important part of Central's outreach to the community. With your donation just indicate it's for Shepherd's Supper.

*Knud Hansen*



# MISSIONS TEAM

We are beginning a new and exciting Bike Ministry program!! After some discussion with some of the Union- Endicott School Community people, we realized that many children could use a bike to help them get to school. Transportation is not provided if a student lives within a mile and a half from the school!

Our plan is to collect used bikes (or new) from garage sales, your basement or garage, wherever you can get them; repair and refurbish them; get them to the UE students with a bike helmet and instructions on how to care for them.

The trustees have approved use of a room in the basement for our workroom and we have a grant from allocations to purchase some equipment to begin work. All we need now are bikes and some volunteers to help repair. I have a contact at the Lee Barta Center that will be guiding us and have discussed this with Babcock Bicycles for extra help.

If you have bikes to donate, please talk with Pastor Paul. If you'd like to help repair bikes (there will be a class soon) let Pastor Paul know.

*Pastor Paul*



# ADULT SUNDAY SCHOOL

What a great start to the new year! Thank you all for the support and affirmations about Sunday School!

We are having a great time discussing the Progressive Christianity 101 videos. There have been some very contemplative times and you are all digging deep in your faith and forming your theology! I love to see that!

Our plan is to continue the Progressive Christianity 101 videos until October 15. The following week (October 22), we will begin a study called "Questions Jesus Asked" and this will stretch our minds too! I am excited!

As always – questions or comments, please talk with me!!

*Pastor Paul*



# PRAYERS AND THANKS

It is time again to send a special thank you to my Central Church family for your kindness and caring. I so miss my church, church friends and Endicott. Thank you to Carole James for always sending "The Upper Room". I am well at the nursing home. God Bless you all!

*Barb Reynolds*

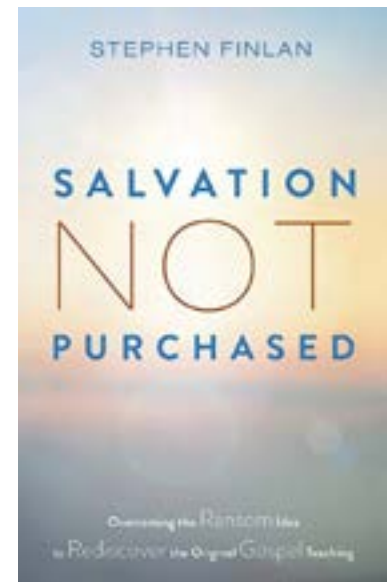


# CENTRAL CHURCH EVENTS:

**WESLEY CLASS - Breakfast**  
**Thursday, Oct 12<sup>th</sup> 10am**  
**Blue Dolphin**

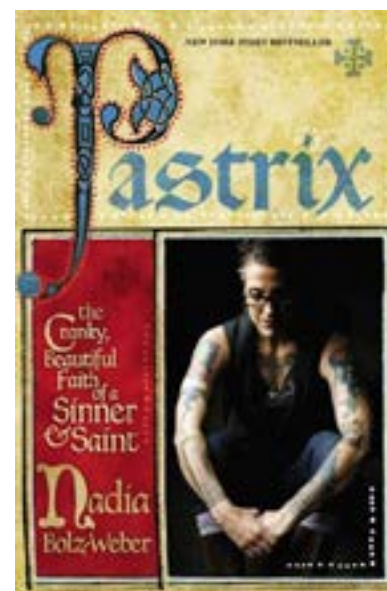
**WESLEY CLASS ZOOM**  
**Oct 12<sup>th</sup> - 7pm**

**MONDAY NIGHT**  
**BOOK DISCUSSION**  
**7:30pm each week**



*Salvation Not Purchased*  
 Stephen Finlan

No book discussion Sept 4  
 Sept 11 Chapter 1  
 Sept 18 Chapter 2  
 Sept 25 Chapter 3  
 Oct 2 Chapter 4  
 Oct 9 Chapter 5  
 Oct 16 Chapter 6



Next book:  
*Cranky, Beautiful Faith of a Sinner & Saint*  
 Nadia Bolz-Weber

Oct 23 Chapter 1  
 Oct 30 Chapter 2  
 Nov 6 Chapter 3  
 Nov 13 Chapter 4  
 Nov 20 Chapter 5  
 Nov 27 Chapter 6

## CHARGE CONFERENCE



Charge Conference

November 4, 2023

Vestal UMC

Please check emails with links to forms that need to be completed.



## BACH IS BACK

On Saturday, November 4 at 9:30am, the Binghamton American Guild of Organists chapter will continue showing the new documentary on J.S. Bach issued by Fugue State Films. This is in follow-up to the first two sessions held earlier this year, but you don't need to have seen the previous showings to enjoy this one. This highly anticipated new documentary includes biographical information on Bach's u life as well as several performances of his organ music played on historic instruments. The DVD will be shown in Central's dining room. Anyone interested in learning more about Bach and his music is welcome to attend!



## SOCK-TOBER

We are collecting new socks for the Union Endicott schools and our clothing center. Donations can be placed on the Mission Table in the Nanticoke Entrance. See Pastor Paul with questions.

Also- Jennie F Snapp MS is looking for some alarm clocks to help some of their students arrive to school on time. If you have one at home that you are not using, please consider donating it! See Pastor Paul with questions.

*Pastor Paul*



## BLOOD DRIVE

Volunteer Help Needed! Central hosts a Blood Drive with the Red Cross every two months and has been doing this for approx 20 years. Additional volunteers are needed to support this effort, basically we have the same five people who do this, and when one of them is not available it puts more on the others.

PLEASE consider giving 2 1/2 hours to help with sign-in or help serve snacks to the donors. Time slots are 7:45 - 10:30 and 10:15 - 1:00. We need two volunteers for each time slot. Please consider helping out on October 28th or future Blood Drives. Contact Knud Hansen: khansen3@yahoo.com to help.

OCTOBER 25TH. 5PM

# HALLOWEEN PARTY

CANDY AND VOLUNTEERS NEEDED



# THIS IS THE CORRECT FORM - PLEASE COMPLETE AND RETURN ASAP

UWF Fall Take-Out Luncheon 2023  
 Saturday, October 14th, 2023 11am - 1pm  
 PRE-ORDERS Recommended



Good day to all. Yes, our Fall Take-Out Luncheon is coming up again VERY SOON. So, plan your schedule around **Saturday, October 14th, 2023 from 11am - 1pm** here at CUMC for our 'park and pick-up' pre-ordered food items. Easy-peasy as usual.

Enjoy our wonderful items of food that we are preparing for you, featuring the famous chicken salad (by the pint), hearty chili (by the pint) ham/cheese or turkey/cheese sandwiches; pasta salad (by the pint), potato soup (by the pint), tossed or chef salad, and last but truly not least, the delicious homemade cookies sold by the HALF dozen. (molasses, chocolate chip, oatmeal raisin, and snickerdoodles).

In order for this luncheon to be a success, we would be thankful for any monetary donation you can provide. Please leave the money in a sealed envelope with Karen in the office - LABELED "Fall Luncheon Donation - Shelley Lobevero".

We're doing it the same as last year - in order to place a PRE-ORDER, please either call Shelley Lobevero at 607-624-1984, or email Shelley at shelley.lobevero@gmail.com PRIOR TO 10/6/23 (FRIDAY). It would be appreciated that if you plan on ordering, you do it as soon as you can. EVERYTHING you can do to help will assist UWF in making money for our wonderful missions.

Thank you....Your UWF Fall Take-Out Luncheon Team



ITEMS:	Cost	Quantity	Total per Line
Chicken Salad (PINT)	\$ 8.50	_____ Qty	_____ Total
Ham/Cheese Sandwich	\$ 5.50	_____ Qty	_____ Total
Turkey/Cheese Sandwich	\$ 5.50	_____ Qty	_____ Total
Hearty Chili (PINT)	\$ 7.75	_____ Qty	_____ Total
Tossed Salad (Quart)	\$ 7.00	_____ Qty	_____ Total
Chef Salad (Quart)	\$ 7.50	_____ Qty	_____ Total
Pasta Salad (PINT)	\$ 6.50	_____ Qty	_____ Total
Potato Soup (PINT)	\$ 7.00	_____ Qty	_____ Total
Cookies - (6 per baggie)	\$ 5.00	_____ Qty	_____ Total
Molasses		_____ Qty	_____ Total
Chocolate Chip		_____ Qty	_____ Total
Oatmeal Raisin		_____ Qty	_____ Total
Snickerdoodles		_____ Qty	_____ Total
		<b>TOTAL</b>	_____
TOTAL OF ORDER _____			

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 8:00am Worship TV 8:30am Worship 9:30am Adult Ed 11am Worship	<b>2</b> 5:30pm Worship TV on TWC 5:45pm Girl Scouts 7:30pm ZOOM Book Discussion	<b>3</b> 12:00pm Clothing Center 5:00pm Girl Scouts	<b>4</b> 10:00am ZOOM Soul Care 12:00pm Clothing Center 1:00pm UWF in Person 7:30pm AA	<b>5</b> 4:30pm Shepherd's Supper 6:30pm Cappella Ringers 7:30pm Choir rehearsal	<b>6</b> 10:00am CWU Fall 5:30pm Girl Scouts 7:30pm AA	<b>7</b>
<b>8</b> 8:00am Worship TV 8:30am Worship 9:30am Adult Ed 11am Worship	<b>9</b> <b>COLUMBUS DAY</b> <b>OFFICE CLOSED</b> 5:30pm Worship TV on TWC 5:45pm Girl Scouts 7:30pm ZOOM Book Discussion	<b>10</b> 10:00am Parish Visitors 10:00am WIC 12:00pm Clothing Center 5:00pm Girl Scouts 5:45pm Girls Scouts	<b>11</b> 10:00am ZOOM Soul Care 12:00pm Clothing Center 6:00pm Lions Club-Library 7:30pm AA	<b>12</b> 10:00am Wesley Breakfast 4:00pm BC Health Dept Info 4:30pm Shepherd's Supper 6:30pm Cappella Ringers 7:00pm Trustees ZOOM 7:00pm Wesley ZOOM 7:30pm Choir rehearsal	<b>13</b> 5:30pm Girl Scouts 7:30pm AA	<b>14</b> 11:00am Fall Luncheon (reminder to pre-order)
<b>15</b> 8:00am Worship TV 8:30am Worship 9:30am Adult Ed 11am Worship <b>NEWSLETTER DEADLINE</b>	<b>16</b> 8:00am WIC 5:30pm Worship TV on TWC 5:45pm Girl Scouts 7:00pm Zoom Allocations 7:30pm ZOOM Book Discussion	<b>17</b> 12:00pm Clothing Center 12:00pm Sarah Circle 5:00pm Girl Scouts 7:00pm Deborah Circle	<b>18</b> <b>JFS EVACUATION DRILL</b> 10:00am ZOOM Soul Care 12:00pm Clothing Center 12:00p Grace Circle 7:30pm AA	<b>19</b> <b>JFS EVACUATION DRILL</b> 4:00pm BC Health Dept Flu 4:30pm Shepherd's Supper 6:30pm Cappella Ringers 7:30pm Choir rehearsal	<b>20</b> 5:30pm Girl Scouts 6:00pm Men's Group Dinner 7:00pm Men's Group ZOOM 7:30pm AA	<b>21</b> 3:00pm Chrystallum Quartet Recital in Sanctuary
<b>22</b> 8:00am Worship TV 8:30am Worship 9:30am Adult Ed 11am Worship <b>DIRECTORY UPDATE PHOTO SESSIONS</b>	<b>23</b> 5:30pm Worship TV on TWC 5:45pm Girl Scouts 7:00pm Ahwaga Canoe 7:30pm ZOOM Book Discussion	<b>24</b> 12:00pm Clothing Center 5:00pm Girl Scouts 5:30pm Ministry Night	<b>25</b> 10:00am Zoom Soul Care 12:00pm Clothing Center 5:00pm Halloween Party 6:00pm Lions Club-Library 7:30pm AA	<b>26</b> 4:30pm Shepherd's Supper 6:30pm Cappella Ringers 7:30pm Choir rehearsal	<b>27</b> 5:30pm Girl Scouts 7:30pm AA	<b>28</b> 8:00am Blood Drive <b>VOLUNTEERS NEEDED</b>
<b>29</b> 8:00am Worship TV 8:30am Worship 9:30am Adult Ed 11am Worship	<b>30</b> 5:30pm Worship TV on TWC 5:45pm Girl Scouts 7:30pm ZOOM Book Discussion	<b>31</b> <b>HALLOWEEN</b> 12:00pm Clothing Center 5:00pm Girl Scouts	<b>OCTOBER</b>			