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# THE BLESSINGS OF CENTRAL'S PARISH ASSOCIATES

[ BY REV. DAVID COLBY ]

Central is blessed to have a team of experienced and wise parish associates who participate in the life of our community.

Lou Bender, Casey Wells and Doug Throckmorton are all ordained Presbyterian ministers who participate, can, and do provide pastoral leadership at Central. As ministers, they are members of the presbytery, but have found a home here at Central.

**REV. CASEY WELLS** is an honorably retired member of the Presbytery of the Twin Cities Area. In her late forties, Casey began to wonder "what will I be when I grow up?" She states "I returned to seminary and was ordained as a "real" pastor at age 50. My first five calls were in short-term interim ministries in unsettled congregations. With the help of colleagues, I discovered gifts in leading such churches. This led me to a 7-year Designated Pastor

[ CONTINUED ON PAGE 4 ]



*Rev. Doug Throckmorton & Rev. Casey Wells*

# WORSHIP

## SUNDAY, JULY 7

We will celebrate the sacrament of Communion. Madeline Hart-Andersen will preach on 2 Kings 5:1-14 and the difficulty of doing simple tasks.

Madeline Hart-Andersen is a Candidate under care of the Presbytery of the Twin Cities Area. She graduated from Austin Presbyterian Theological Seminary in May with her M.Div. and is spending the summer doing Clinical Pastoral Education (Chaplain-Intern) at Abbott Northwestern Hospital in Minneapolis. For the summer, she is living with her parents and grandmother, and her dog, Phin. She loves the outdoors, knitting, and sewing, and is very glad to be back in Minnesota. Madeline is grateful for the opportunity to be in worship with you this morning!

Steve Swanson shares in worship on piano.

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*Education for All Ages 9:30 a.m.*

*Worship at 10:30 a.m.*

*Coffee & Fellowship 11:30 a.m.*

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## SUNDAY, JULY 14

Rev. Ashley Bair will preach from the book of Amos. Amos was a shepherd and a fig tree farmer who lived on the border of Israel and Judah. While he didn't come from a line of prophets, Amos felt called to prophesy. At the time, there was a feeling of peace and prosperity, but only for those who reaped the benefits of idol worship. Amos traveled to a temple in Israel to remind people of God's Word and speak out on behalf of those who had been neglected. The writings of Amos offer an important reminder of who we are as people of God

and that no matter our circumstances, we have the ability and power to speak out for ourselves and our people.

Liisa Keränen plays organ.

## SUNDAY, JULY 21

This Sunday, Rev. Ashley Bair continues preaching from the book of Amos with Liisa Keränen sharing on organ.

## SUNDAY, JULY 28

Do you ever wonder how and why we should pray? The disciples once asked Jesus how they should pray, and Jesus provided not only a sample prayer (what we call the Lord's Prayer) but also a fascinating response about prayer and persistence and a trust that God will give us good gifts. Rev. Colby will preach on Luke 11:1-13 and guitarist Jim Falbo shares in worship.

## WELCOME GUEST ORGANIST, LIISA KERÄNEN!

Having shared in our April presentation of Arvo Part's *Berliner Messe*, organist Liisa Keränen returns to Central worship on July 14 and 21.

Liisa studied music at the Sibelius Academy in Helsinki, Finland, earning a Master's degree in church music. She has taught music at a Christian college in central Finland for 12 years,

teaching private lesson in organ and piano, music theory, orchestra and choir. She also played the violin in a baroque ensemble Galantina in Helsinki.

Since her move from Finland in the summer of 2018, she has kept private organ and piano lessons and is exploring local opportunities in the music world.





## MUSIC IN THE COMMUNITY

Looking for new entertainment experiences in the community? The London-based boys choir *Libera* will be performing at the Cathedral of St. Paul (239 Selby Ave, St Paul) on Friday, July 26 at 7:30 p.m.

With shimmering, mystical chords and ecstatic harmonies, they are unlike any other group you have ever heard with sounds to lift the soul. Celestial sounds for a new time. The singers of *Libera*, who are aged seven to sixteen, attend many different local schools in South London and come from a variety of backgrounds. Although they are boys and they sing, they do not think of themselves as choirboys, but rather

as an alternative kind of boy band. While the unique sound of *Libera* may be difficult to describe, its universal appeal has endeared the group to fans all over the world. For a sneak peak at their sound, visit <https://bit.ly/2vQyAVs>. *Libera* last performed in Minnesota back in 2011.

To learn more about this choir, visit their website at [www.libera.org.uk](http://www.libera.org.uk). To purchase tickets for the concert, go to [www.ticketsource.us/uslibera](http://www.ticketsource.us/uslibera). Tickets are \$11-\$55.



### THANK YOU!

Special thank you to everyone who contributed to our annual Diaper Drive this past month.

In addition to personal checks written directly to The Family Place

to support future diaper needs, Central contributions raised 3,931 diapers and 3,547 wipes to assist families in need.

That is awesome!



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[centralforgood.org/volunteer](https://centralforgood.org/volunteer)

CENTRAL'S PARISH ASSOCIATES [ CONTINUED FROM PAGE 1 ]

position with a church in Lansing, MI, and then two more interim positions before I retired”.

Casey participated in Central's mission trip to Puerto Rico last November and sees such hope for Central with the church's expanded and talented staff in developing deepened community mission. Casey is a master gardener, and helps keep Central's green space beautiful. She sings in the choir, volunteers in the kitchen regularly, and preaches on occasionally. She and Doug live in downtown St. Paul.

**REV. DOUG THROCKMORTON** is pastor emeritus at the First Presbyterian Church of White Bear Lake. Doug writes, “I truly loved being a pastor. Without question the most fulfilling moments of ministry for me were the moments I was able to “just be with” people when life was challenging them. Perhaps we

hugged, held hands, or just sat quietly together, prayed perhaps.”

Doug volunteers in the kitchen, has been instrumental in improving the sanctuary sound system, including an emphasis on utilizing hearing loop technology. As a member of Central Choir, Doug also appreciates the deepening understanding Central is displaying of how important and highly respected our music ministry is becoming in the Twin Cities music and social service community. Likewise, he appreciates how Central is expanding our knowledge and understanding of what it means to be “in the city for good” and how a ministry must impact political and governmental institutions.

**REV. LOU BENDER** is a special education teacher at Twin Cities Academy High School. Lou served pastorates in Bentonville, Arkansas and Lake Nokomis Presbyterian Church in Minneapolis. She then had three interim pastoral positions before serving as the Pastor at Medford Congregational UCC Church. Lou loved teaching confirmation, walking with people on hard transitions, and watching people learn and grow.

Lou enjoys music and has sung with the Central Choir. She is scheduled to preach in August, and has moderated a meeting of Central's Session. As she continues to immerse herself at Central, she remains hopeful about Central's combination of welcoming spirit, social orientation and deep faith.



*Maureen Smith with her former ESL student, Bandu, during her visit to worship.*

**MAUREEN SMITH** first came to Central as a United Theological Seminary student intern in 1999. She has stayed active at Central in a variety of roles on staff. Maureen teaches the Adult Bible study on Sunday mornings, and is a vital to our efforts to help visitors feel known and welcomed at Central.

**DEACONS**, of course, also provide care and support to our church community. Each deacon is assigned specific individuals for connections and care. One area in which deacons take the lead is in overseeing a Deacons Emergency Fund, which has funds available to help members of the community with specific needs. This assistance is provided in the form of vouchers or checks, not cash. If you are in need, or if you know of someone who needs care or financial support, please contact Rev. David Colby or Rev. Ashley Bair.



*Rev. Lou Bender*

# WELCOME GUEST GUITARIST JIM FALBO!

Joining us in worship on July 28 is Jim Falbo. Jim is an eclectic and accomplished classical/acoustic guitarist, composer, instructor, performer, and music arranger from St. Paul.

Jim's music has been featured on Classical MPR 99.5 KSJN and 88.5 KBEM Jazz radio throughout Minnesota. Jim started playing guitar at the age of 11 after growing up listening to Led Zeppelin, Eric Clapton, The Beatles, and many 90's alternative bands on the radio. His love of many forms of music developed into a passion for classical and acoustic guitar, when he studied with guitarist Dean Harrington at K & S Conservatory of music. Jim has received shining reviews and is well known as a "guitarist's guitarist" from audiences and musicians alike with an ability to play such a wide range of genres and styles. Jim plays classical European, Latin, contemporary, gypsy jazz, world music, pop classics, and acoustic fingerstyle guitar. Jim is a high demand and award-winning performer and plays



in many settings including concerts, weddings, corporate events, and various other venues and events throughout the Twin Cities and Upper Midwest.

He has played in various guitar society events including the annual Classical Guitarathon and Minnesota's Local Artists Series. as well as a Classical Minnesota Public

Radio's Pop--Up Classical series. Jim draws a loyal following to his intimate and entertaining concerts, which many describe as "simply inspiring." His performances attract a wide variety of listeners throughout Minnesota while performing pieces from his expansive and distinct repertoire. Jim has written and recorded several works for the guitar. His compositions are heavily influenced from the romantic era, with European, South American, and even flamenco guitar influences. He has recorded four albums - Strings of Passion (2008) Sounds of Europe (2013), Latin American Guitar Legends (2014) and his most recent release Guitar Reveries (2016).

Jim currently resides in Burnsville, MN, and he enjoys rooting for the affable losers of the local sports scene when he's not playing music. You can learn more about Jim on his website at [www.jimfalboguitar.com](http://www.jimfalboguitar.com).

## IF YOU NEED PASTORAL CARE

### FOR URGENT NEEDS:

Call the church at (651) 224-4748. If you call during office hours, the receptionist can transfer you to Rev. David Colby or Rev. Ashley Bair. If after hours, dial their extensions (David is 102; Ashley is 104) and they will have a message about how they can be reached for emergencies or the number of a person who is on call.

### NON-EMERGENCY NEEDS:

For important, but non-emergency needs, call the church or email either pastor to make an appointment or set up a phone call.

David can be reached at [dcolby@cpcstpaul.org](mailto:dcolby@cpcstpaul.org) and Ashley can be reached as well at [ashleyb@cpcstpaul.org](mailto:ashleyb@cpcstpaul.org).

# STICKS & STEEL SHARE IN WORSHIP





# GET CONNECTED AT CENTRAL

## READER TEAM

Volunteers are leading the Call to Worship, Call to Confession, and Assurance of Pardon, as well as occasional scripture readings. Are you interested in participating in this way? Then please speak with Rev. Colby to be a part of this small group.

## ADULT BIBLE STUDY

Meets weekly on Sunday mornings at 9:30 a.m. in the Friendship Room. You don't need to bring anything or be an expert on any part of the Bible. Newcomers and questions are always welcome.

## BOOK GROUP

Small group that meets at 10:30 a.m. on the 2nd and 4th Tuesdays of the month to read and discuss novels and best sellers. If you love to read, this is for you!

## THE MEN'S LUNCH GROUP

Meets at Denny's in Maplewood at noon on the second Tuesday of every month and always welcomes new members. This is a great chance to enjoy good conversation and build friendships over lunch. Talk to Rick Barker or Denny Reimer if you are interested.

## WOMEN'S NETWORKING

This informal group meets once a month at restaurants around the downtown St. Paul area for conversation, connection and laughter. Daycare is available at Central with RSVP notice. To learn more, visit their page on the website at [www.centralforgood.org/women](http://www.centralforgood.org/women).

## CENTRAL CHOIR

This musical group meets September through May.

## PEACEFUL PRESENCE

A group which gathers for prayer and quiet contemplation on the first Wednesday of the month from 10:30 - 11:30 a.m. in the Lounge.

## DORCAS CIRCLE

A small Bible study group for women that meets monthly. Coffee is provided, bring your own lunch.

## KNITTING GROUP

Connect with other knitters and crochet crafters on the 4th Sunday of each month after worship to knit prayer shawls and pocket shawls. No experience is necessary with volunteers on hand to teach all who want to learn.

### Have questions?

To learn more about any of these opportunities, speak with Anna Sanchez at [office@cpcstpaul.org](mailto:office@cpcstpaul.org) or call (651) 224-4728 ext. 100.



*Young Cora and her father Jeff lead the Call to Worship as volunteers during June Sunday worship.*



*Rev. Doug Throckmorton stepped from his usual seat in the choir to preach 'What are Rules for?'*



# ENJOY FALL AT THE CENTRAL FAMILY RETREAT

This fun getaway focused on families with children provides space for making deeper connections: with each other, with nature, and with God.

Scheduled activities include group meal times, Sunday morning worship in a sunlit chapel and some child activities. However, this retreat is designed for you to enjoy ample free time. There is time to read, do homework, share games, go on hikes, talk, canoe, play, explore and meet new friends.

## D A T E S

October 4 - 6, 2019.

## D E S T I N A T I O N

Koinona Retreat Center  
South Haven, MN 55382  
[www.koinoniareretreatcenter.com](http://www.koinoniareretreatcenter.com)

## C O S T

Housing for two nights, three meals on Saturday and two on Sunday is \$115 per adult and \$60 per child (ages 5-16). Children under 5 are free. Scholarships are available for those in need of financial help. Registration fees are due October 4.

## F A Q

**Are selective eaters (such as vegans or vegetarians) welcome?**

Yes! Meals are served buffet-style, with lots of options for people with different tastes and diets.

**My spouse isn't as comfortable at church as I am. Will they be welcomed? Will they be required to participate in things?**

Yes, they are welcome and no, no one is forced to participate in any of the activities. Schedules are purposely light to allow families room to do as they wish.

**Are scholarships really available, and what do I need to do?**

Yes, scholarships are available. Simply contact Katie Morris at [katiem@cpkstpaul.org](mailto:katiem@cpkstpaul.org) to learn more and to make arrangements.

**Where can I learn more?**

More information will be shared in the September newsletter, as well as updated as available on our website at [www.centraforgood.org/retreat](http://www.centraforgood.org/retreat).



## 2019 FAMILY RETREAT REGISTRATION

*To register, fill out and return this page to the office or worship offertory plate.*

**RSVP BY SEPTEMBER 15 (REGISTRATION FEES DUE OCTOBER 4)**

Parent(s): \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Child: \_\_\_\_\_

Child: \_\_\_\_\_

Child: \_\_\_\_\_

Child: \_\_\_\_\_

Are you also attending Friday night dinner?

YES NO

Food allergies/dietary requests:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# WOMEN OF CENTRAL NEWS



*l to r: DeAnn Byerly, Maggie Gordon, Sharon Zopfi-Jordan*



*l to r: Nancy Colby, Janelle Flinner, Sandy White*



*l to r: Brenda Rudberg Wendy Flinner, Sue Hoffman*



*l to r: Chris Smith, Lynda Petrie*

## NETWORKING GROUP

We enjoyed the evening at Black Dog. We are thinking that maybe the rain is following us around St. Paul, but no worries!

Please note that the August date has changed to Wednesday, August 7th.

Join us for this monthly gathering. You can RSVP via the Women of Central page on Central's website at [www.centralforgood.org/women](http://www.centralforgood.org/women), on our Facebook page where events are posted, or by contacting Sue

Hoffman via email to [syhoffman123@comcast.net](mailto:syhoffman123@comcast.net). Meet at church at 5:15 p.m. to walk or car pool to the restaurant, or meet us directly at the restaurant at 5:30 p.m. Come join the fun with this always expanding group!



Wed., July 10  
Dark Horse  
250 East 7th Street,  
St. Paul, MN



Wed., August 7  
Parlour  
267 West 7th Street  
St. Paul, MN

## KNITTING GROUP

Join us as we gather after worship on the 4th Sunday to work on knitting and crocheting projects – prayer shawls, prayer squares and more!

All are welcome to join the knitting group. Women, girls, men, boys. We can teach you how to knit and make these easy, small prayer squares!

If you have questions please email or call Maggie Gordon at anytime via [margaretagordon@gmail.com](mailto:margaretagordon@gmail.com) or (651) 470-8636.

# ANNOUNCEMENTS

## DORCAS CIRCLE

Dorcas Circle will meet on Thursday, July 11 at 11:30 a.m. in the Friendship Room. Bring your own lunch, coffee provided. We will be looking at lesson 9.

## NEW ARTIST INSTALLATION

On July 6, we will receive a new art installation in the Friendship Room by Greg Wilkins. An artist reception will be announced at a later date. In the meantime, we invite you to learn more about the artist and see his work on his website at [www.mnartists.org/gregory-t-wilkins](http://www.mnartists.org/gregory-t-wilkins).

## PERSONNEL COMMITTEE

The Personnel Committee will meet on Monday, July 8th at 10:30 a.m.

# HAPPY BIRTHDAY!

Reuben Amarteifio ..... 7/4  
 Mary Kay Vance ..... 7/5  
 Jessica Soderbeck..... 7/6  
 LaVonne Ellingson ..... 7/7  
 Janet Engeswick ..... 7/7  
 Dennis Rich ..... 7/12  
 David Zopfi-Jordan..... 7/12  
 Roberta Nelson ..... 7/13  
 Megan Jagger..... 7/14  
 Philip Sanders ..... 7/14  
 Cameron Linner ..... 7/16  
 Laura Nichols-Endres..... 7/17  
 Ella McCarten ..... 7/18  
 John McCarten..... 7/18  
 David Hanscom..... 7/19  
 Roger Zopfi ..... 7/19  
 Alex Bollman ..... 7/20

## OPPORTUNITY TO VOLUNTEER

It is that time again when we invite you to join us for our next volunteer event serving lunch to those in need at Mary Hall on Saturday, July 13 from 11:15 a.m. to 1:00 p.m. Mary Hall is part of Catholic Charities and is located at 438 Dorothy Day Place, St. Paul, MN 55102. Volunteers must be at least 16 years old and should wear appropriate closed-toe footwear. We need 8-10 volunteers this day.

Sign up online to volunteer at [www.centralforgood.org/volunteer](http://www.centralforgood.org/volunteer). If you have questions please contact Sharon Zopfi-Jordan at [szj@comcast.net](mailto:szj@comcast.net).

## BOOK GROUP

Book group will not meet in July.

Moses Kimani..... 7/21  
 James Wheeler..... 7/22  
 Benjamin Beese ..... 7/23  
 Keanan Dwyer..... 7/23  
 Gerard Dwyer ..... 7/24  
 Mawulouwoe Foli ..... 7/24  
 Cynthia Howard ..... 7/24  
 Carmen Binger..... 7/27  
 Bruce Beese..... 7/28  
 Gorden Benike ..... 7/29  
 Ann Juhnke ..... 7/29  
 Natalie Kobach ..... 7/30

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*If we missed your name, please send us a note to [office@cpstpaul.org](mailto:office@cpstpaul.org) so that we can correct our records.*

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# CENTRAL TEAM

(651) 224-4728

## PASTORAL CARE

Rev. Dr. David Colby, Pastor  
[dcolby@cpstpaul.org](mailto:dcolby@cpstpaul.org), ext. 102  
 Rev. Ashley Bair, Associate Pastor  
[ashleyb@cpstpaul.org](mailto:ashleyb@cpstpaul.org), ext. 104  
 Maureen Smith, Pastoral Associate  
[mcsmith@tc.umn.edu](mailto:mcsmith@tc.umn.edu)

Parish Associates: Rev. Casey Wells,  
 Rev. Doug Throckmorton, Rev. Lou Bender

## ADMINISTRATION

Anna Sanchez, Church Administrator  
[office@cpstpaul.org](mailto:office@cpstpaul.org), ext. 100

Christie Rachelle, Communications  
[cpc@christierachelle.com](mailto:cpc@christierachelle.com)

Matt Ehling, Treasurer  
 William Zopfi, Treasurer Emeritus  
 Mary Lange, Evening Receptionist  
 Patrick Cook, Sexton, ext. 116

## MUSIC

Jennifer Anderson,  
 Director of Music Ministry  
[jennifera@cpstpaul.org](mailto:jennifera@cpstpaul.org), ext. 103

Music Staff: Shanta Hejmadi,  
 Abbie Betinis, Adam Van der Sluis,  
 Steve Swanson, David Winkworth

## YOUTH PROGRAMS

Katie Morris, Children & Youth  
 Ministry Coordinator  
[katiem@cpstpaul.org](mailto:katiem@cpstpaul.org), ext. 109  
 Natalie Pence, Nursery Care Provider  
 Megan Beese, Preschool Teacher

## FOOD INITIATIVE

Barb Westman, Chef & Manager  
[Barb.westman@gmail.com](mailto:Barb.westman@gmail.com)  
 Sue LeClaire, Sous Chef  
 Peter Evarts, Dishwasher

## MARTHA'S CLOSET

Sandy White, Director  
[wjands7@aol.com](mailto:wjands7@aol.com), ext. 112



# CENTRAL

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Central contributions raised 3,931 diapers and 3,547 wipes!*