

CONNECT CENTRAL

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MAY 2020

INSIDE

Letter from Rev. Colby..... 1
 Upcoming Worship..... 2
 Worshipping Differently 3
 Music News..... 4
 Love is Love is Love is Love.... 4
 Connection Circles 6
 Rest and Ritual..... 7
 Holding Space..... 8
 Crafting Food Memories 9
 Happenings at Central..... 10
 Staff Directory 10
 #cpcworshipstogether..... 11
 A Prayer 12
 A Poem..... 12
 Happy Birthday 13
 Children & Youth News..... 13
 Little Bits of Good News..... 14
 In the City for Good..... 16



DEAR MEMBERS AND FRIENDS OF THE CENTRAL COMMUNITY

Grace to you and peace from God our Father and the Lord Jesus Christ.

That same greeting is found in several letters in the New Testament (1 Corinthians, Ephesians and Philippians). That greeting has served the church well in so many places and times. And I hope and trust that this message of holy grace and deep peace comes to you as words of hope and healing in this unusual time.

In so many ways, our routines and practices were upended suddenly in

mid-March with the awareness of the spread of COVID-19. We received great advice from a task force comprised of experts who guided us to make decisions that served to protect us, those who might be most vulnerable, and our entire community through social distancing and staying at home.

Worship was not cancelled. The work of the church did not stop. We did not close. We have, however, changed and transformed! We did



UPCOMING WORSHIP

Moving Through These Uncertain Times

We are all trying to know what we can plan and what must remain unscheduled and open. With the Session decision to extend the cancellation of all in-person events, including worship, until further notice we are both planning for worship to continue online and looking forward to the day that we can safely gather in-person. We are more aware than ever how fast things can change, so the plans below are shared with the awareness that they may change to meet new realities.

First, a note of gratitude. While we are seeing worship videos that feature staff and, as our online worship evolved beyond those first two weeks, more and more community members, two people deserve appreciation for their work behind the scenes. Christie Rachelle is our part-time Director of Communications and Publications. Her work has changed and expanded as she set the framework for how we could best provide online worship. Through great visuals, appropriate organization of content and guidance on flow, she prepares worship to be released on Sunday mornings and then manages the technical aspects of the website – and is a frequent respondent to questions, new ideas and feedback. Working alongside Christie is Central member Kiera Faye. Kiera is a director, producer and filmmaker who has volunteered her services to help edit and produce the videos. Thank you

to Kiera and Christie for helping us in this time of rapid innovation.

Our May worship services will be centered around stories from the emerging church told in the book of Acts. This might be a good time to engage in individual Bible study. During a time when travel has been curtailed, some are taking virtual adventures, exploring online museums and distant cities. Since Acts describes the spread of the early church outward from Jerusalem, this may provide a good time to learn about Athens (the location for the May 17 story) or the islands of Greece

Sunday, May 3

We begin this series of stories about the emerging church with a short passage from Acts 2 in which it is said of the early church that “they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people.” We invite you to participate in communion – the shared breaking of bread as a community – even as we gather in a new way.

So we hope you will join us. Worshipping together. Fostering goodwill. Praising God. Together in a new time and in new ways.

Sunday, May 10

Our second week in this series on the emerging church features the story told in Acts 14:20b-28. These verses tell of a busy travel itinerary:

from Derbe, to Lystra, Iconium, Antioch. And then on to Pisidia, Pamphylia, Perga, Attalia and back to Antioch. What a whirlwind, and throughout their travels, new churches were formed as souls were strengthened and people were encouraged, and a faith that talked about the kingdom of God and the reality of persecutions.

Sunday, May 17

On this day we travel with the apostle Paul to the city of Athens. In Acts 17:22-31, we hear a portion of Paul's sermon in front of the cosmopolitan Athenians. How would we speak of the faith in a new place and at a time of great change?

Sunday, May 24

The lectionary, or set of suggested Bible readings, sends us back to the beginning of the book of Acts for the last two Sundays in May. On May 24, we hear the story of Jesus' ascension in Acts 1:6-14.

Sunday, May 31

On this day, we celebrate Pentecost, a festival that remembers the gift of the Holy Spirit into the community and the birth of the church. The story is told in Acts 2:1-21. If you are into taking virtual tours of the world in a time when travel is limited, you might explore maps and other resources to learn about all the peoples mentioned in this passage (Parthians, Medes, Elamites, etc.).



WORSHIPPING DIFFERENTLY

For many weeks now, Central has adapted to the new reality of online worship. It has called us to step into a different way of connecting, learning, and reflecting. For some, the use of website, YouTube and zoom calls has been a foreign place - yet you all have leaned into it.

When Central returns to in-church worship, we know it will not be a big loud opening, but a slow gathering over weeks as everyone returns at their own pace. Accordingly, online worship options will continue for a while through this transition - even as

we observe Rev. Colby's return to the pulpit for in person worship.

We recognize that not everyone has the same tools and understanding of technology. If you face obstacles accessing our online worship, our Facebook watch party, zoom events or other church online activity, contact Christie Rachelle via email at christier@centralforgood.org or call the church office at (651) 224-4728 so that we may explore how we can resolve these issues and continue to improve the online worship experience.

Worship Services

New worship content is posted to our website every Sunday. This includes videos from Central staff, as well as downloadable content that you can read along or look deeper into. It is available on-demand, so you can watch it whenever you like. Just go to www.centralforgood.org/stream.

Fellowship Time

While we can all likely agree it isn't the same as sharing coffee and cookies in the Friendship Room, we do invite you to share in a virtual fellowship time on our Facebook page each Sunday from 10:00 a.m. - 12:00 p.m. as we invite everyone to share comments and photos as to what their worship and Sunday look like in their home.

Archive Worship

If you missed a worship video series, or want to revisit, links to prior Sunday content can be found at the bottom of the stream page. If you want to revisit old sermons from before the shutdown, go to www.centralforgood.org/sermons.

HOMELESS DAY ON THE HILL

We did not get a chance to share the story of this event prior to the shut-down. But, did you know that Central hosted Homeless Day on the Hill for the Minnesota Coalition for the Homeless? This event brought 900+ people to the church in March for a day of advocacy before moving to the capitol to connect with legislators.



MUSIC NEWS!

[BY JENNIFER ANDERSON,
DIRECTOR OF MUSIC MINISTRY]

First, it hopefully goes without saying, but I need to say it: I miss working with the ensembles at church so much. I miss our talented Central Choir, Bells, Chamber Ensemble, and Sticks and Steel. I miss seeing people each week (often twice or three-times each week!) and asking how things are going. I miss rehearsals, I miss worship. I miss playing the organ and leading hymns; I miss playing with our Ars Nova Brass Ensemble for Easter and hearing the congregation sing with full gusto on *Jesus Christ is Risen Today*. Making music in my living room in front of my cellphone is not the same in any sense. And yet, I am beyond grateful to the people working so hard behind the scenes to make our on-line worship possible, especially Christie and Kiera. I am certain that I can speak for Dave,

Anna, Katie and Maureen when I say how grateful we are to have the chance to share worship elements with you even though we so miss our in-person community.

With Gratitude

I want to take a moment to sincerely thank our music staff during these strange and challenging times: Shanta, Abbie, Adam, David, Eric, and Steve have been UNBELIEVALBY wonderful since we have been putting worship on-line. They have jumped in with both feet to learn new software, meet new deadlines, offer new ways of sharing music, and consistently send me emails or say on the phone: How else can we help? I was reflecting just the other day how truly grateful I am that these musicians are the ones that we have on staff at this moment in time - I

mean, I appreciate them all the time, but their flexibility and commitment right now to this community is something unique to these individuals and truly a gift to Central.

The Exchange

One thing that has brought me great joy since our time of sheltering began is seeing creativity being sparked in new ways - through music, art, encouraging words, and crafts. I hope you'll go to check out www.centraforgood.org/exchange to see some of our Central folks sharing their gifts, and I really hope you'll contribute too! Just send a song or a picture of something you've created (make sure you have permission to share it) via email to Christie at cpc@christierachelle.com. When you need a pick-me-up, visit the page and see a familiar face.

LOVE IS LOVE IS LOVE IS LOVE

Have you been watching our online worship?

If you missed Justice Choir Sunday then you missed an amazing virtual collaboration by the Central Choir! Even through the distance we all share in this time, singers raised their voices together in a presentation of Abbie Betinis' composition *Love is Love is Love*.

If you haven't yet watched it, you can find it on the Exchange on our site at www.centraforgood.org/exchange or share in the full worship video at www.centraforgood.org/stream-0426.



Central Choir Sings

LOVE IS LOVE IS LOVE IS LOVE

Music & Lyrics by Abbie Betinis



DEAR MEMBERS AND FRIENDS [CONTINUED FROM PAGE 1]

cancel in-person worship and all public events, and we have moved worship from the sanctuary to guided home worship utilizing videos you can access from the church website. If you have not yet done so, we invite you to join us on our website at www.centralforgood.org/stream. The work of the church continues, and has, in fact expanded in critical and life-giving ways.

And the church is really needed right now, for:

- Some in our community have been sick or facing serious health challenges.
- Many in our community have been grieving the death of loved ones, the loss of the familiar, the long-anticipated events that were to happen this spring and perhaps summer.
- Some have lost their jobs and have been unable to work
- Some are working or learning or teaching in new ways that require more time than ever before
- Some find themselves wondering how to fill their days
- Some are filled with joy, and some are filled with anxiety and sometimes those conflicting emotions are held by the same people and change rapidly within the course of a single day.

And so may we find the grace and peace of God for us, for our city and world, for our church.

A typical May newsletter would bring information about exciting in-person events that would happen. Right now, we are in a time when much is unknown. This newsletter is intended to make sure you are aware of what we are doing and how you can participate.

We are discovering anew that the church is strong and faithful and also nimble and creative. Some staff are working diligently and faithfully, including in new ways; other staff cannot do their job descriptions. The Deacons have moved swiftly to be agents of connection and care, offering sympathy and encouragement and support. We are working to match those who have needs with appropriate resources and with people who are willing and able to help. We are disbursing grants from the Deacons Emergency Fund and the Hunger Initiative Fund to help people and do the most good at this critical moment.

The Session and committees are carrying out the business of the church via video conferences. On April 21, the Session extended the cancellation of in-person worship and other public events until further notice. We do not know when or under what conditions that will be able to change. In time of so many unknowns, in May we will turn to stories from the early church found in Acts for stories about how the emerging church adapted and expanded and brought the lessons of faith to new challenges. (See page 2 for details about our

upcoming worship).

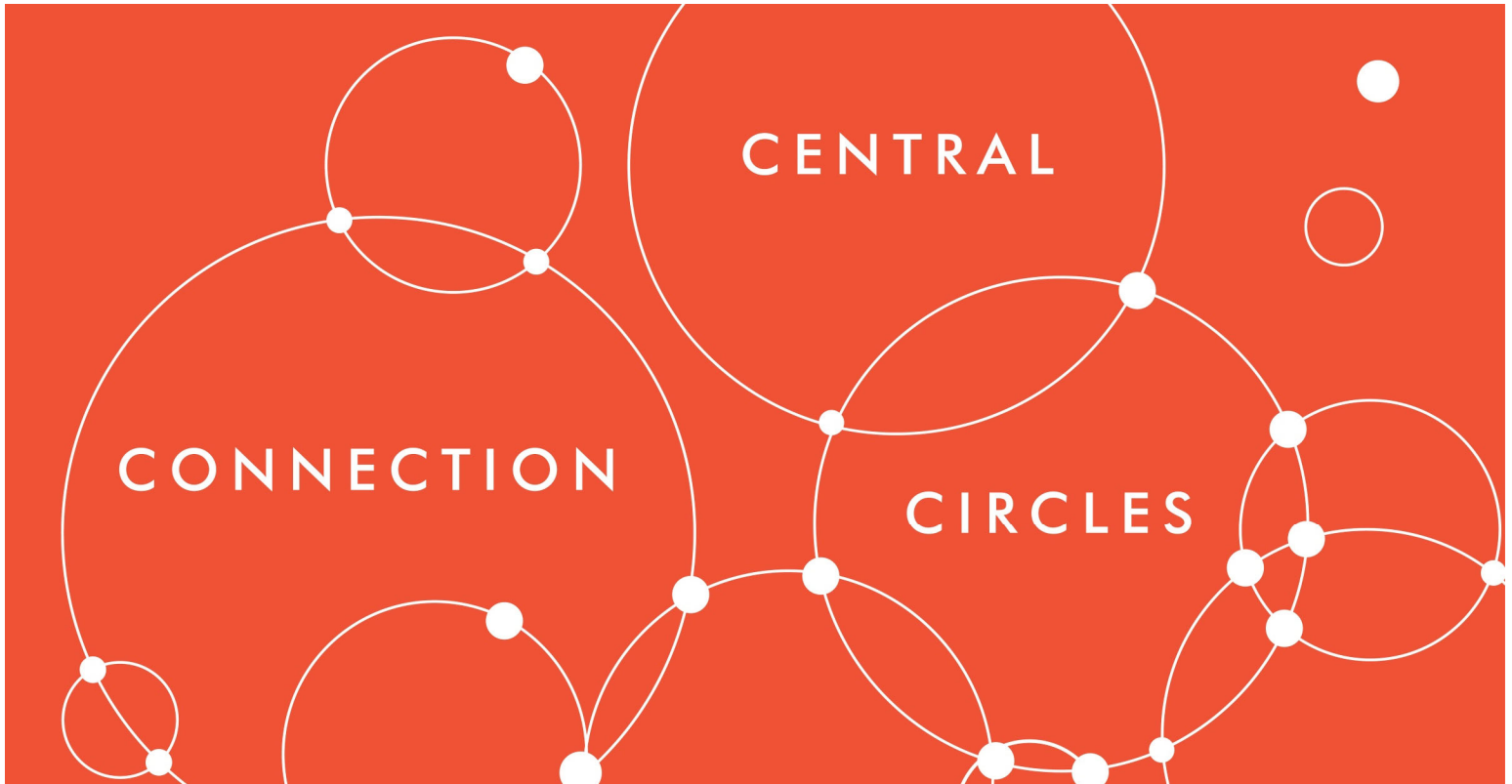
This pandemic has multiple challenges, including financial concerns. Many small businesses have been forced to close. Many people have lost their jobs and income. The church is not immune from those pressures. While this situation will be monitored closely, the Session has voted to try to continue paying staff at their expected levels whether or not they are able to do their specific jobs. We must continue to maintain our historic building during this time. Members of the Central community have always stepped up in the face of adversity to ensure that the work of the church will be done well. And we thank you for the continued show of generosity that makes our mission and ministry possible.

Please stay in touch. In these days when much of the work of the church is being conducted electronically, email is best. But, you can also write to the church through postal mail (and we are still receiving mail!). Please email or write us if:

- You would like to be added to our emailing list for mid-week news or our monthly newsletter.
- If you need support or help.
- If you have questions or concerns.

May the grace and peace from God be with us all.

Rev. David Colby



CONNECT IN A NEW WAY!

The Deacons of Central are pleased to share a new avenue for people to meet online, check in with each other, and share concerns. The first opportunities, called Central Connection Circles, will be Zoom sessions offered on different days and times the first week of May. Hosted by different people, they will include some directed conversation, maybe focusing on a devotion or a reading, and some time for people to share concerns and offer support.

Upcoming Dates

Laura Hutton hosted the first circle on May 1, with the next upcoming events to be held on:

- **Wednesday, May 6th at 2:00 p.m.** with host Maureen Smith

- **Friday, May 8th at 5:00 p.m.** with host Linda Berglund

How to Participate

Via video on smartphone, tablet, or computer simply go to: <https://us02web.zoom.us/j/87229900980>

Or via phone call only, simply call in to: (312) 626-6799, then enter Meeting ID: 872 2990 0980#

New to Zoom?

A quick search on YouTube can offer videos on how to join from your computer or smartphone. If this will be your first time on Zoom, we invite you to sign into the meeting 10 minutes early to test your connection and ask questions about the technology if needed.

Future Events

After this, if there is enough interest, the next step will be to foster small group development where a host meets with 6 to 8 people for 6 weeks to explore a topic and support each other. Team members will be contacting congregation members to see who would be interested in being part of a group and who would be willing to be a host.

If you have questions or interest in small groups or serving as a host, we invite you to speak with one of the Connection Circle planning team members: Laura Williams, Laura Hutton, Linda Berglund, and Maureen Smith.

REST AND RITUAL IN A TIME OF PANDEMIC

[BY KATIE MORRIS, CHILDREN & YOUTH MINISTRY COORDINATOR]

For many of us, so much in our daily lives has changed in the last six weeks. Some of us may feel like we have more time than ever, while others feel overwhelmed by the daily coordination of each day. Some of us have the opportunity to work from home, some have been laid off, and some have essential jobs outside of our homes that require leaving each day. Wherever we are on that spectrum, we know that this is an unusual time, and we know that it's important to take care of ourselves - physically, emotionally, and spiritually. But how can we make time for that care, when so many other things have to get done in a day?

Let's think for a moment about the ways both God and Jesus took time to rest. This might immediately bring to mind the first creation story in Genesis, in which God created the world in six days, and then on the seventh day, God rested. In Jesus' life, we often see him go off on his own to pray and rest - at the very beginning of his ministry, after his baptism, he goes out into the wilderness for forty days to pray and to fast, before his temptation (Luke 4). He also encouraged the disciples to take time to rest - before the story of the feeding of the 5,000 in Mark 6, the disciples head off on their own (and the crowd follows). Jesus himself takes time out of his ministry to rest - later in Mark 6, he goes to pray on his own before walking out onto the water to the disciples. Even before his death, Jesus prays alone in

Gethsemane as he contemplates what he is about to endure (Matthew 26:36). Reminding ourselves that even Jesus took time for himself may give us the permission we need to make time for rest in our lives.

For many of us, mental health care is an important piece of caring for ourselves. That might mean continuing work with a mental health professional, or seeking one out. Rituals and spiritual practices, however, are things we can do on our own, without any need for professional guidance. What can ritual do for us? You likely have a number of rituals in your life - some you may not even identify as such. The way you celebrate birthdays with loved ones, the weekly coffee with a friend, the way your supervisor starts and ends each staff meeting, the things you do before tucking your child into bed at night... all of these things give us ways to mark time and find meaning.

Faith communities are experts at using ritual to give sacred meaning to everyday moments - eating a piece of bread, rinsing one's forehead or body in water, lighting a candle - each of these seemingly common actions have great significance in our own Christian tradition. In faith settings we might also call these spiritual practices. In this moment where so many of our routines and rituals have been taken away, have you found new ones? Or reworked one for a new setting? We've seen this in so many gatherings moving online, from

birthday celebrations to religious services to work meetings. At Central, we know many folks are watching our worship videos during that Sunday morning time - something powerful is happening around the ritual of Sunday morning worship, and we're glad folks are finding that connection.

So, what does all of this mean as we continue in this new reality? Perhaps you want to try adding a new ritual moment to your week, or perhaps you already have one that you had never recognized, and you'd like to be intentional about naming it as a powerful ritual in your life. Below are just a few practices that you might like to try out on your own, or with your household, to offer you a moment of grounding and rest.

Practicing Gratitude

There are so many ways to do this: perhaps you share something you're grateful for at mealtimes, before bed, or when you wake up in the morning. Or maybe you keep a container somewhere in your home to write down those things you're grateful for, so that when you're having a difficult day, you can pick one out as a reminder.

Expression

How is it that you like to express yourself? Through music, visual art, cooking, writing, something else? Try finding a moment to practice that thing you enjoy with no particular end-goal or product in mind.

[CONTINUED ON PAGE 8]

HOLDING SPACE

[BY JENNIFER ANDERSON,
DIRECTOR OF MUSIC MINISTRY]

Some of you might remember that last year, in 2019, we hosted VocalPoint concerts in our sanctuary called *Holding Space* . This phrase was a new concept for some of us – the idea is that oftentimes, the best gift that we can give to someone is to simply let them 'be' exactly how they feel in that moment of time – without attempting to fix their problem, or to talk them out of their sadness, or to try to change how they feel. I say "simply", but in fact, holding space is tremendously difficult. In our best of intentions, we want to be helpers – we want to say something poignant or meaningful that lifts our friend out of the sadness that they are feeling. Perhaps with less good intentions we want to somehow suggest that they don't have it as bad they think – that others struggle too.

If you and I are similar, we might be feeling all sorts of things in this time of sheltering – in fact, each hour might bring different emotions. Rollercoaster seems cliché, but it sure also seems apropos. All of these emotions are legitimate: worry and frustration and anger and sadness - all of those are real. As we listen to each other express these emotions, I would encourage us to employ this concept of holding space. It is offering kindness in the most holy way: it is honoring the sacredness of the moment and the person.

During our VocalPoint season in which we sang about holding space, we partnered with Walk In Counseling Center, which offers free,

anonymous mental health care. They are still open during this pandemic and are offering services via phone and on-line. If you, or someone you care about, would benefit from professional mental health services, please visit their website at www.walkin.org. To all who sang at, attended, or donated at our concerts, thank you. You are making this crucial work possible right now.

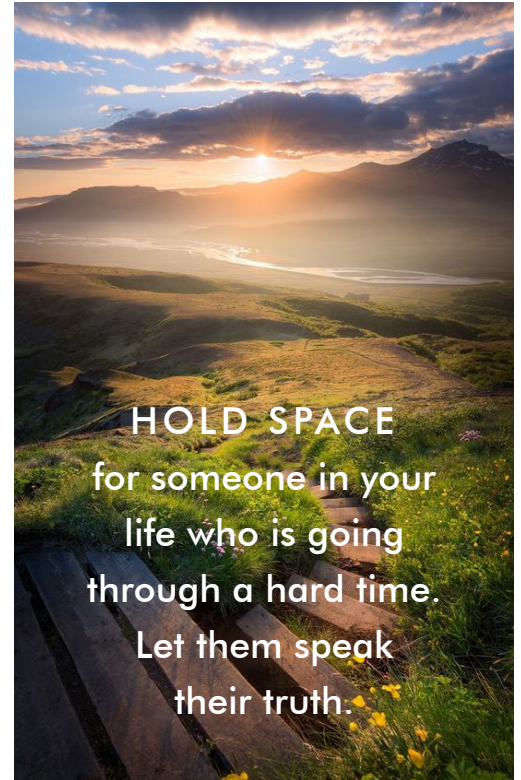
To hear one of the songs from that concert, sung at the end of a rehearsal that was dedicated to one of our founding members (thus the very raw emotions and tears), go to visit Central's Exchange at www.centralforgood.org/exchange.

*Deep peace of the
rolling waves to you
Deep peace of the silent stars
Deep peace of the
blowing air to you
Deep peace of the quiet earth
Let peace, let peace
Let peace fill your soul
May peace, may peace
May peace keep you whole*

Deep peace to you friends.



[PAINTING BY LUCY HIESTAND]



HOLD SPACE
for someone in your
life who is going
through a hard time.
Let them speak
their truth.

REST AND RITUAL

[CONTINUED FROM PAGE 7]

Connecting with Creation

This is a very literal way to ground ourselves, but maybe you take some time to feel the sun on your face, to feel the ground under your feet, to listen to the sounds outside your home, or to notice yourself as a part of creation and how your body feels that day.

There are endless practices that you could add to your day, so as you try things be gentle and trust yourself. You know what works for yourself and your context, so try to find a way to honor the beautiful part of God's creation that you are by taking care of yourself.



CRAFTING FOOD MEMORIES

[BY BARB WESTMAN, CHEF & FOODS MANAGER]

When Christie contacted me about sharing a favorite recipe and maybe a story to go with it, my husband suggested I reach out to my family to ask them about their favorite food memories. I did, and their answers were delightful, and a reminder to me why I love to cook.

McLain, my middle son said "I loved rice pudding. You guys probably didn't get to eat much of the pudding because I probably ate it all before it cooled down." Youngest son Nick reminded me that I taught him to eat grilled cheese with ketchup - that is still how we all eat it today. All of them mentioned the favorite, pork chops and potatoes, something I never make anymore because it contains the dreaded, canned cream of mushroom soup!

I used to make Spam, with Velveeta cheese (please don't judge me) and

pineapple, a recipe I learned as a girl scout. My oldest son Justin, still counts that as a favorite. Husband Tom loves the potica we make at Christmas. We discovered this lovely Yugoslavian Christmas bread while attending a wedding on the Iron Range, during the first year of our marriage. Still with us, 47 years later. Justin, summed it up by saying, "Thanks for all the good, good memories, there are a lot of them!"

If we are lucky, we get to participate in the sharing of food with others, where memories are made, and love is given. And I thank the people of Central Presbyterian Church for the love shared with me through the ministry of food all of these years. I miss everyone and look forward to being there in person again, to make some new memories.



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WHAT'S HAPPENING AT CENTRAL

[BY ANNA SANCHEZ, CHURCH ADMINISTRATOR]

Onsite activities, worship services, and meetings have been cancelled in the building at Central since mid-March, and it's much quieter than usual in the office, with most of the core staff working from the safety of their homes and very few visitors buzzing at the door. As the Church Administrator, I've been going into the office one-two days a week to collect the mail, deposit your mailed contributions, print materials for mailing, and do a plethora of other tasks that just cannot be done from home. It's strange to chat with the mail carrier from behind our masks (mine is bright pink, sewn with care by Elder Sally Mortenson!), and not have a bulletin to print each week. There was a small disruption to office business early in April, when a squirrel chewed through the main phone line, and cut off all internet and phone service (all have been restored, though the culprit is still at-large in the neighborhood). The online worship services are an amazing way to "go to church," and we are mailing paper copies of each week's sermon, prayers, and other highlights to church family and friends who might not be able to access things online.

Despite there being a state-wide stay-at-home order, some essential functions must carry on inside the building, and having fewer people around created an opportunity to catch up on facility maintenance. Central's custodian Lavar Jones has worked on building upkeep a few days a week. From shampooing

carpet in the sanctuary and Sunday School classrooms and polishing brass railings, to washing baseboards and painting hallways, the tasks that often get pushed to the end of his task list are now able to get accomplished. He is also keeping up on the normal chores of dusting, sweeping, humidifying the pianos, and now, making sure all the faucets and toilets in the building get flushed once a week. Central volunteer Laurel Severson comes in once a week to water plants in the lower level entrance. The kitchen staff worked on some appliance-maintenance chores (for example, de-liming the dish machine) and cleaned out the refrigerator.

There have also been two facilities projects during the shutdown. First, the old, striped carpet in the orange Sunday school room has been replaced with new commercial-grade blue carpet squares. It looks great! Second, Central has upgraded most of the old fluorescent light fixtures in the building to LED bulbs, through a loan program with Excel Energy and MJ Electric, and added a new fixture in a dark area on the upper level. This is a big improvement for some areas, and will hopefully save some money on electric bills.

We are looking forward to, and planning for, when Central can again hold onsite worship services and events, and in the mean time, keeping the building clean and ready to go!

CENTRAL STAFF

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FOOD INITIATIVE

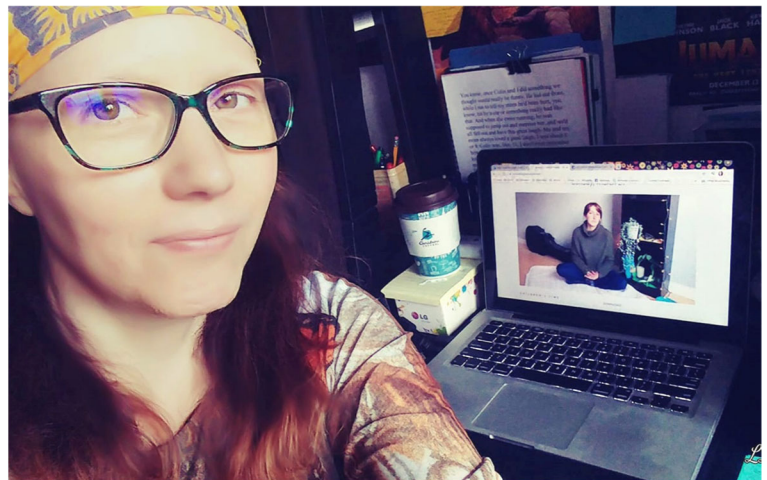
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#CPCWORSHIPSTOGETHER

Check in with us on Facebook and share what your worship looks like as we share services together... apart! (www.facebook.com/centralforgood) Not currently on Facebook? This might be a good time to join! Want to share on Instagram or twitter, use the hashtag #cpcworshipstogether.



A PRAYER TO A LOVING GOD

[BY MAUREEN SMITH]

Jesus told us not to be afraid, and still we are fearful, and sad, and unsure of what the future will hold. Give us strength to get through this time, and give us peace.

We pray for our church, and thank you for the ways we have been able to stay connected, and pray for the day when we can worship together again. We ask you to protect the health of all of our members.

We pray for our leaders, all the leaders at the national and state and local level. Give them wisdom and courage to make good decisions.

We lift up the helpers, all the people who are putting their lives at risk to help the rest of us. We think of doctors and nurses and other health professionals, law enforcement officers and first responders, grocery

clerks and truck drivers, mail carriers and bus drivers, and many more. Give them strength and keep them safe. Be with teachers and students as they are teaching and learning in new ways.

We pray for people who are living alone and feeling lonely, people who have all their family at home and are feeling overwhelmed, grandparents who are sad that they can't hug their grandchildren, adult children who are worried about their parents, people in nursing homes who can't have visitors, people who are dying alone and families who can't come together to grieve. Hold them all in your heart.

We pray for people who are working harder than they ever have before, people who are out of work and don't have money to pay their bills, people who put everything they

had into building a business and now have lost their business. We ask that people who have enough money will be generous, and that you will guide those of us who want to be generous in knowing where our money would do the most good.

We pray for our country and ask you to work in our hearts, in all of our hearts, and guide us as we learn from this time. Don't let us just return to the old normal, which was built too much on greed and inequity and divisiveness and disconnection. We have an opportunity to stitch a new garment. Help us to stitch it well.

Draw us closer to you. In these difficult days, and in the days to come when the crisis is over, help us always to be faithful followers of Jesus.

In his name we pray. Amen.

When you go out and see the empty streets, the empty stadiums, the empty train platforms, don't say to yourself, "It looks like the end of the world."

What you're seeing is love in action. What you're seeing, in that negative space, is how much we do care for each other, for our grandparents, for our immunocompromised brothers and sisters, for people we will never meet.

People will lose jobs over this. Some will lose their businesses. And some will lose their lives. All the more reason to take a moment, when you're out on your walk, or on your way to the shop, or just watching the news, to look into the emptiness and marvel at all of that love. Let it fill you and sustain you.

This isn't the end of the world. It is the most remarkable act of global solidarity we may ever witness in our lifetimes.

- Unknown



As we did not distribute an April newsletter, we wanted to include both April and May birthdays here so that we can wish a Happy Birthday to not only those coming up, but also those we may have missed!

- Per Greibrok 4/1
- Samantha Johnson 4/7
- Deborah Rioux 4/8
- Benjamin Amarteifio 4/9
- Pam Larson 4/11
- Walker Bergman 4/12
- Dede Amagli 4/13
- Charles Barklind 4/13
- Fluryanne Leach 4/15
- Isabella Varanasi 4/15
- Jon Engeswick 4/19
- Mel Leach 4/19
- Grace Tester..... 4/19
- Jennifer Anderson..... 4/20
- Macaran Baird 4/21
- Katelyn Morris 4/21
- James Benike 4/22
- Andrew Kovach 4/22
- Edmond Williamson..... 4/23
- Bim Juhnke 4/25
- John Sanchez Sandberg 4/26
- Mila Sanchez Sandberg 4/30
- Cort Peterson 5/1
- Leif Greibrok 5/2

- Richard Swanson 5/2
- Julianna Johnson 5/3
- Elizabeth Brzoska..... 5/5
- Paul Gulsvig 5/8
- Charlene Fleck 5/10
- Susan Hoffman..... 5/11
- Marlyss Wolf 5/11
- Dorothy Canfield 5/15
- Jon Pearce 5/15
- William Zopfi-Jordan 5/15
- Audrey Rath 5/16
- Mark Vance..... 5/19
- Jessica Jones 5/21
- Braylen Lawson 5/21
- Kathie Pate..... 5/22
- Josh Voelker..... 5/22
- Richard Kinde..... 5/23
- Christine McCarten..... 5/23
- Gavia Endres 5/27
- Murphy Pyan 5/27
- Catheryne Turner..... 5/28
- Audrey Amarteifio..... 5/29
- Michele Patton..... 5/29
- Sebastian Rich 5/29

If we missed your name, please send us a note to office@cpctspaul.org so that we can correct our records.

Children & Youth Program News

[BY KATIE MORRIS]

ZOOM GATHERINGS

While we have not been able to physically gather in this last month, our children, youth, Sunday school teachers, and families have been gathering together on platforms like Zoom to connect and check in. If you're interested in joining one of these meetings, reach out to our Children and Youth Ministry Coordinator Katie Morris at katiem@centralforgood.org for more information!

ILLUSTRATED MINISTRY

Looking for activities and resources? Illustrated Ministry is offering weekly free faith formation resources for all ages via email. Simply sign up on their website at www.illustratedministry.com/weekly-resources.

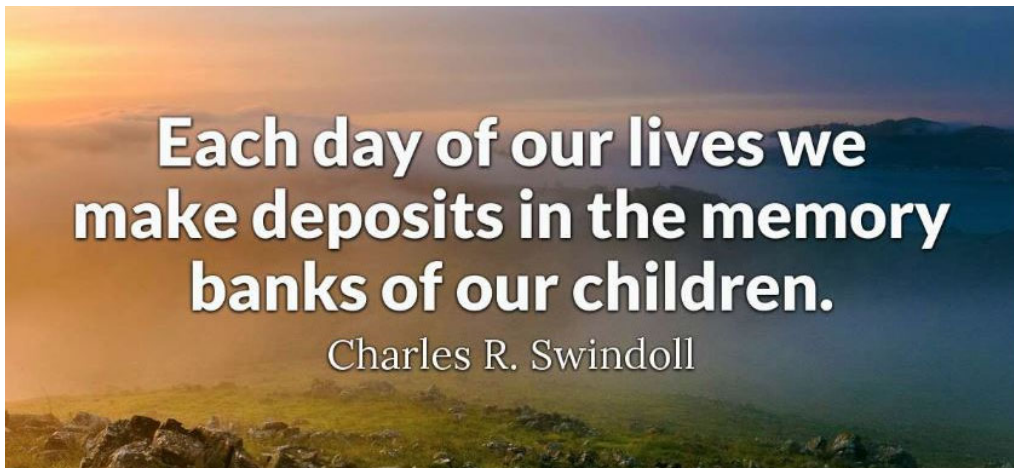
2020 GRADUATES

We want to celebrate all those graduating from high school, college, and apprenticeship programs! We know many 2020 graduates are feeling the loss of this last part of their program - an end that they likely never expected. We would like to continue our ritual at Central of honoring those graduating and celebrating their work and dedication. If you know of a graduate who would like to be recognized, email Katie Morris at katiem@centralforgood.org by May 10th.

LITTLE BITS OF Good News!

On April 19, we shared a fun feature video celebrating good news from throughout our community. Many of you submitted photos, videos and stories and it was delighting to see it all come together at the hands of videographer Kiera Faye.

There were a few that didn't fit in the lengthy video, so we wanted to do that here. On this page, enjoy more *Little Bits of Good News* and a few highlights from the video for those who may not have had a chance to view it. (It is still available to watch on our website on the Exchange page at www.centralgood.org/exchange.)



"Since the virus took a hold of our lives, I have painted happy rocks, hid them in gardens at friends houses for their children to find (sometimes for the adults to find also). It makes me happy and also others.

- Joan Kelly



“Since we can’t see our nieces and nephews right now, Casey and I have been sending videos of ourselves playing and singing their favorite songs - and then my brothers send us videos of the kids singing and dancing along and asking for more! We might not be able to gather in person, but the connections still feel as real as ever.”

- Steve Swanson



The Peace of Wild Things
[BY WENDELL BERRY]

When despair for the world grows in me and I wake in the night at the least sound in fear of what my life and my children’s lives may be, I go and lie down where the wood drake rests in his beauty on the water, and the great heron feeds.

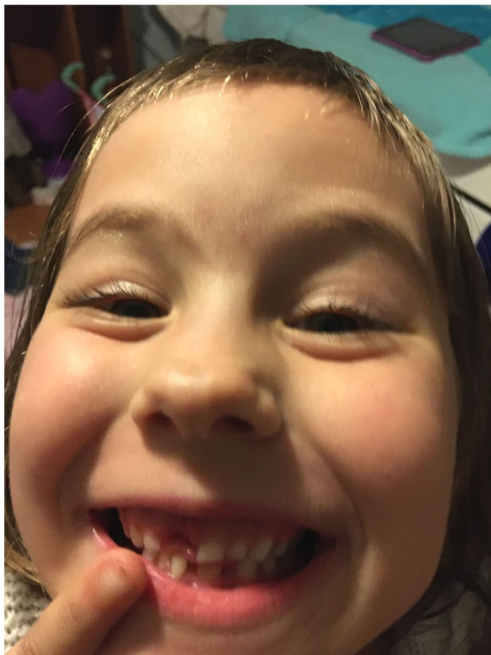
I come into the peace of wild things who do not tax their lives with forethought of grief. I come into the presence of still water. And I feel above me the day - blind stars waiting with their light. For a time I rest in the grace of the world, and am free.

- Submitted by Margaret Cellette



“Lunch prep at Catholic Charities Opportunity Center downtown St. Paul. Good vibes, friendly staff, and a beautiful commercial kitchen. Many shifts available and it is easy to sign up on their website at cctwincities.volunteerhub.com.”

- Peggy Hanson & Frank Wright



“There’s always the classic of Caitlyn cutting her own bangs on the same day she lost a tooth. Tooth fairies still come during pandemics!”

- Phyllis Brashler

Relevant Humor
[BY JIM GAFFIGAN]

Kids: “What are we doing today?”

Parent: “Well, I was hoping to nap.”

Kids: “Can we go outside?”

Parent: “It’s closed.”

- Submitted by Lucy Hiestand



“Getting outdoors is getting us through this time. SPRING! Well, at least until this last week anyway.”

- Phyllis Brashler



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CENTRAL IS *in the city for good!*

Thank you to our March volunteers who served lunch at Catholic Charities' St. Paul Opportunity Center!