

CENTRAL CHIMES

Thank you to our August Guest Preachers and Musicians



Brian Lamb



Praise Band: Mark Beckler, Alex Timm, Todd Ringenbach, Kyra Merrill, and Jacob Williams.



Rev. Michelle Holmes Chaney



Rev. Joanna Dietz



Hands On Drums: Kweku Owusu and Kristen Arant

PASTOR'S PAGE

"Let the wise hear and increase in learning, and the one who understands obtain guidance." - Proverbs 1:5

On September 2, our congregation will celebrate a momentous milestone: the first day of school for Kinhaven in our new building! This final piece of our building project completes our long-held dream becoming reality.

In 2017, Kinhaven temporarily relocated while we worked on transforming our property. Their director spent countless hours meeting with our Building Committee to intentionally design spaces where Kinhaven could serve more children, including those as young as six months old. This space represents our community's commitment to supporting a safe, nurturing place where young children can grow into the incredible humans God created them to be.

Last month, I celebrated my own "first day of school" moment! On August 11, I began a Doctor of Ministry program at Boston University School of Theology. Much has changed since my first day of seminary over twenty years ago: many beloved faculty and staff have retired or passed away, many campus buildings are new or in the process of being remodeled, and the use of technology is significantly different! My fall class will be entirely online. Yet the school's core values, academic rigor, and students committed to transforming the world through their unique ministry settings remain unchanged.

Similarly, Central has undergone a tremendous transformation this past decade: our building looks different, some beloved community pillars have moved away or joined the great cloud of witnesses, and our technology has evolved. But what hasn't changed is our commitment to Worship God, Serve Others, and Embrace All.

As guests join us for worship, we have the joy of sharing God's faithfulness and inviting them into our unfolding story. Our new worship series, "A Story Worth Sharing" begins September 7. Whether you've been part of Central for years or are just discovering us, this series will remind you that your story matters and that God is still writing the next chapter. Bring a friend, neighbor, or family member who could use some encouragement!

Blessings,
Pastor Sarah

KINHAVEN'S FIRST DAY AT CUMC: WHAT TO EXPECT WITH DROP-OFF & PICK-UP

We're so excited that Kinhaven can officially start school at CUMC next week!

Their transportation plan relies primarily on the drop-off and pick-up spots along the driveway on the ground floor, so CUMC folks should utilize the garage spaces to keep those drop-off and pick-up spots clear.

Some Kinhaven parents will use the garage so they can fob up to the second floor using the elevator, but most will be entering and exiting through the gates on the first floor playground.

There will be a lot of in and out vehicular traffic during their peak drop off and pick up times which will be: 8:30-9:15am, 1-1:15pm and 3-3:15pm.

Note for CUMC members: Please be aware that your fobs do not work on the Kinhaven/choir door during the week. They only work on Sundays.

A MUSIC MINUTE: **HYMNAL SCAVENGER HUNT**

This month, we're inviting everyone—kids, parents, grandparents, and anyone who loves to sing—to take part in a Hymnal Scavenger Hunt! It's a playful way to explore the red hymnal we use each Sunday and discover treasures you may not have noticed before.

Here are your challenges:

- Find a hymn that mentions **light**.
- Find a hymn written by **Charles Wesley**.
- Find a hymn that mentions a **number**.
- Find a hymn with a **tune you recognize from outside church**.

See how many you can solve on your own, or make it a family game. Once you've found them, try singing a verse together—you might be surprised what joy you uncover when you flip through the pages!

Find the answers at the last page of the newsletter.

Jacob Williams
Worship Coordinator and Accompanist

MEMBER SPOTLIGHT: SHARON LOVERING

I am a native Arlingtonian, old enough to have “Arlington Hospital” on my birth certificate. I was raised in Wilson Boulevard Christian Church, where I attended Sunday school with some terrific teachers: Margaret Fisher, Carol King, Jay Jarvis (who taught me some basic photography and darkroom skills), and Zara Shepard.

Mrs. Shepard's husband was occasionally called upon to assist with preparing items for her class. The most memorable for me was the hand-crafted Advent wreaths. They were made of wood, with holes for the candles; we went out and gathered evergreen and holly branches from the trees that grew around the church.

When we came back inside, we nailed them on with small nails and a hammer. On one attempt to tack down the holly branch, I ended up hammering my thumbnail instead. Ouch!

I spent many years in Girl Scouts, from Brownies and Juniors all the way up to Seniors. My Gold Award project was writing a book of games and activities for Daisy Girl Scouts. As far as I know, it's still available today. I got some of my craft ideas for Sunday school from my experiences in scouting.

In 2007, when I decided to leave the church I grew up in, I began to look around for a new church home. I dropped in here at Central several times. I had come to Saturday Night Alive in the '90s, and thoroughly enjoyed it. I checked out several different churches. One of my friends from martial arts class invited me to his church.

When it came time for communion, I wasn't sure whether I should partake. Mother Linda Harrison and Father Stan Dubowski made it clear that I was welcome to take communion. So I did – and was shocked to find wine, not grape juice, in the communion glass!

I also checked out Christ Church Arlington, which in my childhood was known as Pershing Drive Christian Church. I was surprised to run into one of the guys who played drums in the W-L band playing there in the praise band – and even more surprised that he remembered me. I liked it there, but it didn't feel quite right.

So I came back to Central. I liked the people, I loved the choir, and the variety of activities that happened at church. Chocolate Sunday and Pi Day were among my favorites. I began working in the Sunday school program sometime in 2008.

While we were sharing space with First Vietnamese-American UMC, I agreed to combine our Sunday school class with their elementary class. It took a while for the kids to get comfortable with me. I'd bring in snacks and cold drinks, and crafts that nobody had ever done with them.

Eventually they begged me to tell them what we would do the following week! So I'd give them a sneak preview of what the Bible lesson would be about, and how messy the craft would be. On our last Sunday, that same young lady told me, "Miss Sharon, I love you." And many of the others came for one last hug.

God works in mysterious ways. I'm glad he worked his magic through me to reach one of the toughest groups of Sunday school kids I've ever worked with.

CROP WALK | OCTOBER 18, 9:00 AM

Mark your calendar for the 48th annual Arlington CROP Hunger Walk on Saturday, October 18. The walk covers 3–6 miles through Arlington and is part of a nationwide effort organized by Church World Service (CWS) to fight hunger both locally and globally.

This year is especially critical. Until recently, more than 88% of CWS's funding came from federal sources. Because of major federal cuts to food aid programs and refugee support, CWS has been forced to reduce services, lay off staff, and in some cases close offices. Locally, the Arlington Food Assistance Center is also facing a serious budget shortfall due to increased demand.

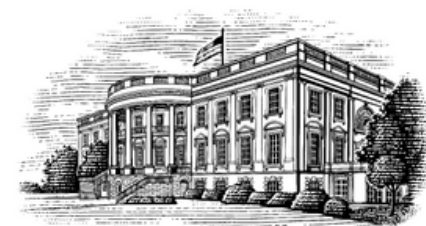
CROP Hunger Walks cannot make up all the difference, but they remain a major source of support. We walk to help hungry people — and sadly, we walk because our leaders have cut off food for starving children. A percentage of funds raised will stay right here in Arlington to help our neighbors.

Steve Barham, who has faithfully participated for many years, will be walking again this year. If you would like to support this effort, you can:

- Make checks payable to CWS/CROP with "CROP Walk" in the memo line.
- Give your donation directly to Steve.
- Mail donations to the church office (marked for the CROP Walk).
- All funds will be turned in on the day of the walk.

Thank you for helping our hungry neighbors, near and far.

2025 WHITE HOUSE CHRISTMAS ORNAMENTS FOR SALE



*THE WHITE HOUSE
HISTORICAL ASSOCIATION*

Central UMC will again be offering the official White House Christmas ornament this fall. This year's ornament celebrates the 150th anniversary of State Dinners at the Executive Mansion.

Cut from delicate brass, etched and printed with enamel ink, and finished with 23-karat gold, the ornament features two highly recognizable plates from the White House State china collection. A red and gold twist cord makes it easy to hang on your tree.

Ornaments are \$24 each. Orders will be taken October 1–19. Please make checks payable to Central UMC and note “ornaments” in the memo line.

Checks may be turned in to the church office or given directly to Pat Barham, who is coordinating the project. All proceeds will support Missions for health kits.

Questions? Contact the church office at office@cumcballston.org or 703-527-8844.

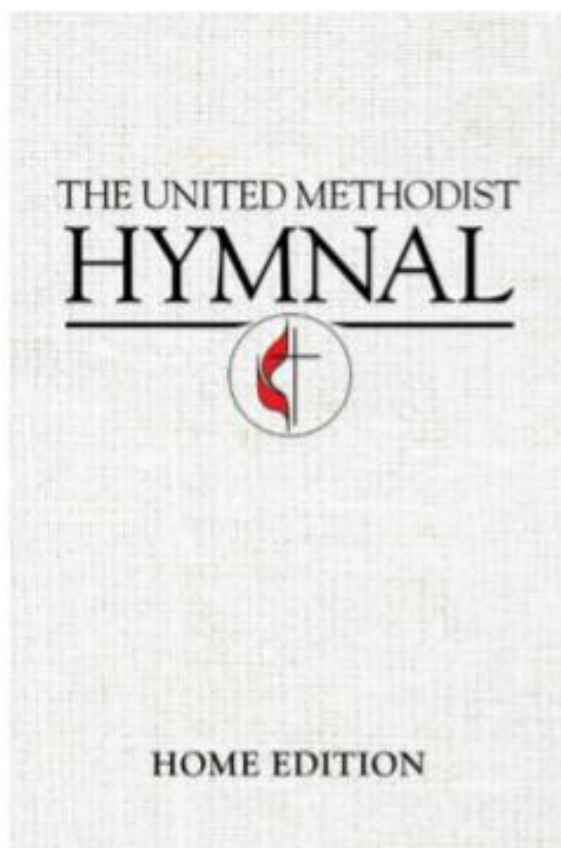


BRING WORSHIP HOME: **THE UNITED METHODIST HYMNAL, HOME EDITION**

Looking for a new way to worship God throughout the week?

The new United Methodist Hymnal: Home Edition (paperback) is now available! It includes all the beloved hymns from the red hymnals we use in worship at church, now in a beautifully made edition for your home.

The print is set in a clear, easy-to-read 10-point font, making it comfortable for daily use. You can purchase your copy through Cokesbury, the Methodist publishing house, at the link below. I've had the chance to use it myself and can say it's uplifting, high-quality, and a wonderful resource for daily worship. I highly recommend it.



To purchase the hymn book:

- Type this link into your internet browser: <https://tinyurl.com/UMH-Home>
- Or, if you have a smartphone, open the camera and point it at the QR code.



CURIOUS ABOUT CHOIR? COME TO OUR RETREAT!



Are you curious about joining Central UMC's adult choir but unclear how to get started? You're welcome to join in the Choir Retreat here at the church on Saturday, September 6th from 12:30 to 3:30pm.

Besides getting our voices revved up from our summer vacation, we will rehearse music for upcoming Sundays and try out some pieces for the Advent and Christmas Seasons. (No, says Greg our Conductor, it's NOT too early!)

We'll also have time to get caught up socially and to enjoy some snacks and refreshments. No prior experience is required, and we'll find a robe that fits you. If you're interested, please contact Greg Capaldini by email, conductor@cumcballston.org, or leave a message with the Church Office at 703-527-8844.

We hope you'll join us for an afternoon of music, fellowship, and fun!



2026 Commitment Card

United Methodist membership vows include promising to participate in the ministries of the church by our prayers, our presence, our gifts, our service, and our witness. This card is intended to be a way to offer these promises to God in specific ways in 2026.

Name _____

Address _____

City _____

State _____ Zip Code _____

Email _____ Phone # _____

Prayers

In 2026 I will pray for Central UMC at least once every: (circle one) day, week, or month.
_____ I would like to join the prayer chain to get the weekly prayer requests.

Presence

I will be physically present in worship _____ time(s) monthly.

I will be virtually present in worship _____ time(s) monthly.

Service

_____ I am interested in serving in a feeding ministry.

_____ I am interested in serving as a Reader of the Word during worship.

_____ I am interested in serving as a Greeter on Sundays.

_____ I am interested in serving on the Tech team during worship.

_____ I am interested in helping to start a new Sunday school class.

_____ I am interested in helping create new service opportunities.

Witness

_____ I am interested in helping to organize outreach opportunities.

_____ I am interested in being part of the communications team.

_____ I am interested in sharing my testimony.

I will invite _____ people to worship, Bible Study, or a church event.

I will share a story of God's presence in my life in conversation with _____ friends.

How I will be intentional about showing love, compassion, and grace to my neighbors:

Gifts

GIVING CHART

To calculate your **weekly** gift, find your income on the left, and read across to the percentage of income you feel called to give.

Annual Income	Monthly Income	Weekly Income	2%	4%	6%	8%	10%	15%
\$15,000	\$1,250	\$288	\$6	\$12	\$17	\$23	\$29	\$43
25,000	2,083	481	10	19	29	38	48	72
35,000	2,917	673	13	27	40	54	67	101
45,000	3,750	865	17	35	52	69	87	130
50,000	4,167	962	19	38	58	77	96	144
60,000	5,000	1,154	23	46	69	92	115	173
75,000	6,250	1,442	29	58	87	115	144	216
100,000	8,333	1,923	38	77	115	154	192	288
125,000	10,417	2,404	48	96	144	192	240	361

I/We plan to give \$ _____ each ☐ week ☐ month

for an annual total of \$ _____ towards 2025 ministry.

I/We understand that this pledge can be changed at any time.

Signature _____ Date _____

Signature _____ Date _____

Please bring this card to worship with you on Sunday, October 12, 2025 or mail it to the church at 4201 Fairfax Drive, Suite 1, Arlington, VA, 22203.

LEADERSHIP BOARD UPDATE

The Leadership Board met on August 10, 2025. Kinhaven will start school on September 2, 2025, Praise God! We're exploring our options for a staff position to include maintenance oversight. Bella Voce singing group will perform a Christmas concert on December 13 at 4:00 PM with donation supporting our community cafe.

The board finished revising and unanimously approved an updated "Safe Sanctuary policy." We will need to schedule a training for all staff and all volunteers who work with children to make sure everyone is updated on this policy.

The board reviewed and approved signing a Preventive Maintenance Contract for our kitchen appliances. The Investment Committee and the Parsonage Committee will meet in September.

Upcoming CUMC Leadership Board Meetings:

7 September (Sunday), 12 noon.
5 October (Sunday), 12 noon.
2 November (Sunday) 12, noon.
7 December (Sunday) 12, noon.

HYMNAL SCAVENGER HUNT – ANSWER KEY

A hymn that mentions light: Christ, Whose Glory Fills the Skies (UMH 173) or I Want to Walk as a Child of the Light (UMH 206).

A hymn written by Charles Wesley: O for a Thousand Tongues to Sing (UMH 57) or Love Divine, All Loves Excelling (UMH 384).

A hymn that mentions a number: O For a Thousand Tongues to Sing (UMH 57)

A hymn with a tune from outside church: Joyful, Joyful, We Adore Thee (UMH 89), which uses Beethoven's Ode to Joy.

God is everywhere. We can be, too.

Since we moved to our new building we have enhanced our online experience and are now live streaming our Service directly on our website at <https://www.cumcballston.org>. This change aims to provide you with a more user-friendly and integrated way to join us from the comfort of your home.

We appreciate your continued support and flexibility as we make this transition. Should you encounter any difficulties or have questions during this process, please feel free to reach out to us.

We look forward to welcoming you to our new online platform and creating an even more engaging virtual community.

Thank you for being a valued part of Central United Methodist Church.



Facebook Live

Visit

www.facebook.com/cumcballston



Instagram

Visit

<https://www.instagram.com/cumcballston/>



Youtube

Visit

<https://www.youtube.com/@CUMCBallstonVA>

If you encounter any difficulties accessing the website, you can livestream the event from our YouTube (YT) or Facebook (FB) accounts.



- Donations can be made to Central United Methodist Church as follows:
- PayPal by using the QR code on the left.
- Checks or cash donations can also be dropped in the offering box at the in-person, 10:30-11:30 a.m. worship services on Sunday mornings.
- Checks can be mailed to:
Central United Methodist Church
4201 Fairfax Drive, Suite 1
Arlington, VA 22203