

CENTRAL CHIMES



PASTOR PAGE

“They said to each other, ‘Weren’t our hearts on fire when [Jesus] spoke to us along the road and when he explained the scriptures for us?’” Luke 24:32 (CEB)

Dear members and friends of Central CMC,

On Sunday, May 24, two remarkable anniversaries converge, and we will celebrate them both in worship.

May 24 is Aldersgate Day. On this date in 1738, John Wesley sat in a small meeting on Aldersgate Street in London and listened as someone read aloud from Luther's preface to Romans. Wesley later wrote in his journal: "I felt my heart strangely warmed." That moment of grace did not make Wesley perfect. It set him on fire. He spent the rest of his life preaching in fields, crossing boundaries, and insisting that the whole world was his parish.

May 24, 2026 is also Pentecost Sunday. This is the day the church remembers the rushing wind and tongues of flame that sent the first disciples out to preach good news to all the world.

What a joy to celebrate the many ways the Holy Spirit acts in this world and sets our hearts on fire for God!

On May 24, we will also conclude our eight-week worship series, “Defying Limits,” which began on Easter Sunday. From resurrection to Pentecost, we have been asking what it means to reclaim a faith that is bold, inclusive, and willing to take risks for justice. The final sermon, “Hearts Set Afire,” will bring those threads together.

If you’re traveling that holiday weekend, remember that you can join worship online:

[YouTube: @CUMCBallstonVA](#)

[Facebook: CUMC Ballston](#)

[Church Website: Worship & Events page](#)

And, if you’re joining us in person, you’re invited to wear red to celebrate the presence of the Holy Spirit with us at Pentecost!

Blessings,

Pastor Sarah

EASTER GRATITUDE: A CELEBRATION MADE POSSIBLE BY MANY HANDS

Our Easter celebration at Central United Methodist Church was a joyful and meaningful occasion, and it would not have been possible without the many individuals who gave their time, talents, and hearts to make the day so special.

We extend our thanks to the folks who served in a special way on Easter: Dainty and Don Ignacio for creating the beautiful flower cross, Dr. Carl Tanner, our beloved Tenor, and Dr. Charles Ciorba, our guest trumpeter, for adding a vibrant and celebratory musical presence.

We also give thanks for our church choir, whose dedication to leading our weekly worship is deeply appreciated.

Beyond the sanctuary, we are grateful for the spirit of fellowship that continued at our potluck gathering. Thank you to everyone who brought food and shared in that time of community and connection.

A special word of thanks goes to Sharon Lovering for organizing and leading a wonderful Easter Egg Hunt, which was truly a smashing success. We also appreciate the help of Alex and Alison Victoria, whose support made the event even more enjoyable for our children and families.

Finally, we thank all who joined us in worship to celebrate Easter. Your presence made the day all the more meaningful as we gathered together in joy, hope, and the promise of new life.



HYGIENE KITS FOR CONFERENCE

We are happy to continue our tradition of sending **Hygiene Kits** to Conference to support those affected by tornadoes, floods, and other emergencies. You can be part of this meaningful project by donating to **Missions**—just write **“Kits”** in the memo line of your check. Your donation helps us purchase supplies in bulk and assemble complete kits, ensuring they reach those who need them most.

Donations will be collected **through May 10**. Thank you for helping our church make a real difference in the lives of those in need! For questions or more information, please see **Pat Barham** or contact the church office at office@cumcballston.org.

MEN’S GROUP – FELLOWSHIP & GAMES SUNDAY, MAY 17

All men of Central are invited to our next monthly Men’s Group gathering on Sunday, May 17 from 3:00–5:00 PM in the Fellowship Hall. This is a relaxed time to share laughs, build friendships, and strengthen one another in faith.

At our last gathering, our president Steve Barham presided over an afternoon of games, good conversation, and plenty of laughs, with Greg Harrison-McQueen taking the Gin Rummy win. We’ll continue that same spirit this month with more games and time together. Bring yourself, invite a friend, and feel free to bring a snack to share.

These gatherings are a great way to grow in fellowship with other men of the church—encouraging one another as we live out our faith in daily life.

To RSVP, please email office@cumcballston.org or call the church office at 703-527-8844.

SUNDAY BULLETIN NOW AVAILABLE ONLINE

The Sunday church bulletin is now available on our website for all who attend online. You can download it or view it during the service to stay connected with announcements, readings, and service details. Access it here: www.cumcballston.org/worship-and-events/

BELLA VOCE SPRING CONCERT – SATURDAY, JUNE 13

We are delighted to welcome back Bella Voce, an Arlington-based a cappella women's ensemble, for a Spring Concert here at our church on Saturday, June 13 at 4:00 PM.

After a wonderful Christmas concert last year, Bella Voce returns with a new seasonal program of uplifting music, continuing their tradition of sharing beautiful a cappella performances with the community. The ensemble is made up of volunteer singers who have been offering concerts for over 11 years, supporting local causes through their music.

This free concert will once again benefit our Community Café through voluntary donations. The Community Café provides free meals and a welcoming space for anyone in need every Wednesday and Thursday, serving our unhoused and food-insecure neighbors.



THE FIRST 15: EMERGENCY PREPAREDNESS

Join us on Monday, October 19 from 6:30–9:00 PM for The First 15, a free emergency preparedness and response training offered in partnership with Arlington County Emergency Management.

In today's unpredictable world, being prepared matters. This course is designed to equip individuals and communities with the skills needed to respond confidently in the critical first minutes of an emergency—before first responders arrive.

During this hands-on session, participants will learn how to:

- Create an emergency plan
- Build a basic emergency kit
- Effectively call 9-1-1
- Stay aware in crisis situations
- Offer psychological support
- Practice essential first aid skills, including bleeding control

This training is open to all and especially relevant for anyone involved in church ministries, hospitality, or community outreach.

There is no cost to attend. To register or reserve your spot, contact the church office at: 703-527-8844 or office@cumcballston.org.

CHURCH FAMILY SPOTLIGHT: SHARON LOVERING



Favorite Bible Verse: Jeremiah 29:11

Favorite Hymn: All Creatures of Our God and King

Fun Fact About You: I'm a native Arlingtonian, born and raised in the Ashton Heights neighborhood.

Something You Enjoy Doing: In my spare time, I enjoy martial arts (I am a first-degree black belt in Tang Soo Do), reading, arts and crafts—especially tie-dye—making music (singing and playing clarinet), and flowerpot gardening.

Something You're Thankful For: I'm thankful for the good news I received from my doctor two days after Easter: the radiation worked. The tumor's inner core is dead, and the outer core will continue to fade away.

How Long Have You Been Part of Our Church? Since 2008.

One Thing You Love About Our Church Family:

I love being part of the choir. It brings me a lot of joy.

LEADERSHIP BOARD UPDATE

The leadership board met on April 12, 2026. We're grateful that Greg Capaldini accepted the newly expanded job responsibilities as our Music Director.

Parsonage Building Committee: Lane Timm, Carol Cobb, Gene Cross, and Pat Barham. They will meet later in April to discuss the next steps for phase two of this project. By the end of May, both the annual parsonage review and the annual evaluation for clergy are due to the district. Wendy and Lane will tour the parsonage with Pastor Sarah, and Wendy, Jeanie, and Jen will meet with Pastor Sarah for her evaluation.

The board discussed our draft Investment Policy Statement and agreed to follow Wespath's guidance on aligning with the Book of Discipline's standards for investing. Finance reports will be shared at the next meeting. Al and Pastor Sarah are working together to resolve computer errors so our printed reports are accurate. The board also discussed additional revisions to the finance policy, which will be finalized next month.

The board discussed who should be authorized to receive a legal warrant if someone at the door presents one. Wendy and Pastor Sarah are already authorized by virtue of their positions. The board agreed to also authorize Gene Cross and Brian Mills.



CONDUCT(OR) UNBECOMING



It's no secret in the world of church music that while most conductors are kind and encouraging, some don't hesitate to lash out verbally at less-than-perfect singers, especially when they're professional. Some of these quips below are from age-old anecdotes and some are from this writer's personal experience.

After a run-through of "For Unto Us a Child is Born" (Messiah): "Sopranos, if you don't mind, we need more joy of conception and less pain of labor."

Remarking on a sloppy rendition: "Not like that, you low-life vermin!"

After some high notes were gratingly delivered: "That was from the Ugili School of Singing [i.e., ugly]. I don't pay for that."

Noting a dreary tone: "Basses, what did you take this morning, Make Me Old pills?"

Commenting on sub-par performance: "Well done, folks. I hear there wasn't a dry seat in the house."

After some men were noticeably out-of-tune: "Okay, tenors. Once more, then surgery."

To an accompanying orchestra: "Louder, please... I can still hear those dreadful singers."

At the height of exasperation: "When you all get to hell, I'll be the owner of the nightclub and I won't let any of you in!"

And then there are these memorable dialogues...

"Altos, you sound like a bunch of old ladies." "But we are." "Fine, just don't sound like it."

"I'm known for my singing at funeral services." "Do they use you to get more crying?"

"Oh, am I singing that wrong?" (Pause.) "You have resonance where you ought to have brains, don't you?"

"Thank you for letting me audition. Any advice?" "Marry into money."

"You're not following me at all." "I know." "Well, maybe I should run over there and smash your keyboard to pieces." "Well, that would sell more tickets than your singing."

STAY CONNECTED – YOUR WAY

Would you like to receive the Central Chimes right in your email inbox? It's quick, convenient, and helps us save resources—just email us at office@cumcballston.org or call 703-527-8844 to switch.

Printed copies are available for pick-up at the church anytime during Sunday services throughout the month, and of course, we're still happy to send them to your home by mail if that's easiest for you. Whichever way you choose, we're glad to keep you connected with all that's happening at Central United Methodist Church.

GOD IS EVERYWHERE. WE CAN BE, TOO.

Join Us Online!

Can't make it to church in person? Watch our Sunday service at 10:30 a.m. live on cumcballston.org, YouTube, or Facebook.

Follow us for updates and community highlights:



Facebook Live

www.facebook.com/cumcballston



Instagram

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



Youtube

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

Support Our Church

Your gifts help us serve our community and grow our ministries.

Donate via PayPal or Venmo

Every gift, large or small, makes a difference.

You may also scan the QR code below to donate.

Checks can also be mailed to:

Central United Methodist Church
4201 Fairfax Drive, Suite 1
Arlington, VA 22203

