

# CENTRAL CHIMES

## Life at Central: June Highlights



Tricia O'Hara and Vivian Joel with Rev. M.J. Kim at the Virginia Annual Conference.



Dave Van Patten and Brian Mills ham it up at Karaoke Night.



Bella Voce performing during Spring Concert at Central UMC.



Steve and Pat Barham with this years health kits.



Men's group Members enjoy fellowship at the CUMC Bowling Night



Tricia O'Hara, Pat Barham, Steve Barham, Vivian Joel, and Gene Cross at the Virginia Annual Conference.

## PASTOR PAGE

2 Corinthians 9:6-8 (CEB)

“What I mean is this: the one who sows a small number of seeds will also reap a small crop, and the one who sows a generous amount of seeds will also reap a generous crop. 7 Everyone should give whatever they have decided in their heart. They shouldn't give with hesitation or because of pressure. God loves a cheerful giver. 8 God has the power to provide you with more than enough of every kind of grace. That way, you will have everything you need always and in everything to provide more than enough for every kind of good work.”

Dear members and friends of Central UMC,

I am deeply grateful for every scholarship I received during my theological education. These gifts allowed me to answer God's call to ministry. The generosity of churches, individual scholarship funders, and a variety of community organizations helped shape my life into what it is today.

This is why the Miracle Sunday offering inspires me so profoundly. Miracle Sunday is a global denomination-wide initiative and special offering held by The United Methodist Church to permanently fund scholarships for pastoral leaders in Africa, Europe, and the Philippines

The United Methodist Church in South Congo and Zambia collected their Miracle Sunday offering, which totaled an astounding \$324,000! This amount is remarkable when you consider that the average annual household income in Zambia is the equivalent of \$190.66. Their commitment to training leaders for the church demonstrates a faith that transcends economic circumstances.

Central celebrated Miracle Sunday in worship on June 28, but the Virginia Conference will continue collecting funds through October 11. There is a \$100,000 matching grant available if our conference reaches \$200,000 in total gifts. That match helps multiple the impact of every dollar you contribute.

The Miracle Sunday fund support theological education for pastors across Europe, Africa, and the Philippines, ensuring that the next generation of leaders can receive the preparation they need to serve their congregations faithfully.

If you have not yet contributed to Miracle Sunday, I invite you to prayerfully consider making a gift. You can give in worship by marking your gift “Miracle Sunday” or give from the donation page on our website (link on the back page of this newsletter) and marking your gift “Miracle Sunday.”

Whether large or small, your generosity participates in God's work of calling and equipping leaders for ministry around the world. Together, we can ensure that no one is turned away from theological education due to a lack of resources.

Blessings, Pastor Sarah

## CHURCH FAMILY SPOTLIGHT: ALEXANDER ROBINSON



Al, pictured with his mom.

**Favorite Bible Verse:** Galatians 6:9

**Something You Enjoy Doing:** Hiking trails around Falls Church and Arlington.

**Something You're Thankful For:** I thankful for a wise God and the community at CUMC.

**How Long Have You Been Part of Our Church?** I visited the week before everything shut down before COVID and joined in 2020.

**One Thing You Love About Our Church Family:** The men's group and old basketball games are great!

## SHARE YOUR MUSICAL GIFTS THIS SUMMER

Musicians and singers of CUMC, have you ever wanted to share your gifts in Sunday worship without making a regular time commitment? Each Sunday from the July 4th weekend through Labor Day weekend, there will be opportunities to contribute by playing an instrument, singing, or even gathering an informal group.

There may be openings for preludes and postludes, accompaniment for congregational hymns, or special music as an act of worship. If you are interested, please email Greg Capaldini at [conductor@cumcballston.org](mailto:conductor@cumcballston.org) or leave a message with the church office at 703-527-8844.

## HEALTH KITS FOR CONFERENCE: THANK YOU

Thank you to everyone who supported Central UMC's Health Kits mission project this year. Through your generosity and faithful giving, 160 health kits were assembled and delivered, along with 11 boxes taken to Messiah UMC for Conference distribution. In addition, \$320 was contributed to help cover toothpaste and shipping costs.

Beyond Central's local efforts, the impact was multiplied across the Virginia Conference. In total, 14,483 hygiene kits were collected, along with 1,163 feminine hygiene kits and 1,332 cleaning buckets gathered across the eight districts.

Together, these gifts represent a total value of \$301,008, providing essential supplies and care for individuals and families in need.

We give thanks for all who donated, assembled kits, and supported this important ministry. Central UMC's participation in this work is a powerful reminder of how small acts of generosity, when joined together, become a significant expression of love and service.



## MUSICAL CONNECTIONS: VINTAGE SONGS WITH STUFFY TITLES



Quite contrarily, we've taken titles of old-school pop tunes and re-written them in a stuffy, pedantic fashion. Can you guess the original?

1. Does It Really Represent the Entirety?
  2. An Affective Capitulation Seems Unavoidable
  3. A Benediction for Wild Animals and Human Offspring
  4. Precisely the Current Condition of Your Existence
  5. The Entertainment Industry is Unique, Indeed
  6. Monarch of the Asphalt Continuum
  7. Telecommunications Technician for the Sedgwick County Seat
  8. I Myself Identify with a Multiplicity of Adult Females
  9. Typical Hours of the Urban U.S. Workday
  10. Cease and Desist for the Sake of Romantic Ardor
  11. Make Brisk Little Motions to Displace What's Unwanted
  12. My Cardiac Muscle Was Abandoned Across the Bay from Oakland
- And now these, honoring Christmas in July:
13. Our Matriarch was Trodden by a Domesticated Caribou
  14. The Socially Conscientious Bohemian Royal
  15. Please Enjoy Your Feast of the Nativity, Albeit a Modest One
  16. The Festive Period Running Through January 5th
  17. Your Presence Will Be Sufficient for Me This Holiday Season
  18. The Noel Observance Twelve Months Ago
  19. The Present Period of the Calendar is Unsurpassed in Delight
  20. Circling the Harvested and Decorated Evergreen with Upbeat Dancing
  21. Operating my Vehicle Towards the Family Domicile for the Holiday
  22. Festivities a Few Days After the Winter Solstice with Snow
  23. Nicolas, Bishop of Myra, is Headed to Our City
  24. You, Small Settlement Whose Hebrew Name Means "House of Bread"

If you need a hint, here's an alphabetized list of artists, one per song:

Andy Williams	Ethel Merman	The Carpenters
Billy Joel	George Michael	The Jackson Five
Bing Crosby	Glen Campbell	The Supremes
Brenda Lee	Judy Garland	Tony Bennett
Chris Rea	Mariah Carey	Whitney Houston
Dolly Parton	Peggy Lee	
Elmo & Patsy	Roger Miller	... and 3 traditional Xmas
Elvis Presley	Taylor Swift	tunes widely recorded

Answer key on page 7

## “CHRISTMAS IN JULY” WORSHIP SERIES

Most of us know the Christmas story only through the iconic images of Christmas Eve: the manger, the shepherds, and the angels. Then, in the culture around us, many folks take down their trees and turn off the Christmas Carols before the new year begins. The story of the incarnation of Christ doesn't end on Christmas Eve, but with the start of the new year, we often don't take the time to dwell in the scripture texts that describe the scenes in the days, weeks, and early years after the birth of Jesus. These stories are filled with the same wonder and joy that drew us to Bethlehem in the first place.



This July, we are taking a longer and slower look at the full Christmas story. The scripture texts will begin with the night of the birth itself, receiving it with fresh ears and unhurried hearts, and then we follow the story into the chapters that come after. We will meet Simeon and Anna, who faithfully waited many, many years to witness the presentation of the Christ child. We follow strangers from distant lands who left everything to chase a star. And, we'll linger with the prologue of John, who challenges us with the theological notion of the incarnation, God made flesh in Jesus Christ. Over the four weeks of our "Christmas in July worship series," you'll have the chance to savor the Good News of Jesus Christ, who came to bring peace on earth to all.

## WELCOME TO ARLINGTON TEMPLE MEMBERS

We joyfully welcome the members of Arlington Temple UMC to our Central UMC family. We know this transition brings mixed emotions. The closing of a beloved congregation is a loss, and we honor the memories, faith, and community you've built there.

The United Methodist Church connection is larger than any single building or congregation. We are connected by shared faith, mission, and our commitment to making disciples of Jesus Christ for the transformation of the world. As Arlington Temple transfers their membership rolls to Central, we're honored to welcome you into our community. Whether you join us or transfer elsewhere, you remain part of our UMC family. Welcome home.

## MEN'S GROUP FELLOWSHIP & GAMES

**SUNDAY, JULY 19 • 3:00–5:00 PM**

All men of Central are invited to our next monthly Men's Group gathering on Sunday, July 19 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 through games, conversation, and fellowship.

Bring yourself, invite a friend, and feel free to bring a snack to share. These gatherings are a great opportunity to connect with other men of the church and encourage one another in daily life and faith.

To RSVP, please email [office@cumcballston.org](mailto:office@cumcballston.org) or call the church office at 703-527-8844.

## LEADERSHIP BOARD UPDATE

May 31, 2026 Leadership Board Meeting Summary

### Financial & Administrative Decisions

- The board approved a preventive maintenance agreement for building equipment and established cost management protocols for ongoing repairs. Brian has been given approval authority for building maintenance repairs up to \$1,000 per month, with board notification required for expenses of \$700 or more.
- In an effort to manage costs, the board voted to increase the parsonage insurance deductible from \$2,500 to \$10,000, resulting in annual savings of \$410.
- The board also voted to contribute \$4,000 toward pressure washing the exterior of the building facing our neighbors at SummerWalk East, to alleviate their concern about dirt from our construction project.

### Policy & Planning

- The board decided our investment policy will reference the Book of Discipline (§ 717: Sustainable and Socially Responsible Investments) rather than creating a separate local policy. This ensures our investment practices stay aligned with Methodist standards without requiring updates if denominational policy changes. The Investment Committee will continue working on implementation details.
- Staff evaluations are due in August 2026 (before the 2027 budget process) for Appolinaire, Brian, Greg, and Chony. The board completed Pastor Sarah's annual evaluation which was due to the district by June 1, 2026.
- The annual Parsonage inspection has been completed and submitted to the district.
- The sanctuary Playground will be updated by a Girl Scout working on a special project.
- The next Leadership Board meeting will be on July 19, 2026.

## 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. This hands-on course equips participants with practical skills to respond confidently during the critical first minutes of an emergency before first responders arrive.

Participants will learn how to create an emergency plan, build a basic emergency kit, call 9-1-1 effectively, stay aware during crisis situations, provide psychological support, and practice essential first aid skills, including bleeding control.

This training is open to all and especially helpful for those involved in church ministries, hospitality, or community outreach. To register, contact the church office at 703-527-8844 or [office@cumcballston.org](mailto:office@cumcballston.org).

## PASTOR SARAH OUT OF TOWN: JULY 22–28

Pastor Sarah will be out of town July 22–28. Please see the July 19 worship bulletin for the phone number of the pastor on call for emergencies.

## 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/](http://www.cumcballston.org/worship-and-events/)

### Answer Key

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| 1. Is that All There Is? – Peggy Lee                     | 14. Good King Wenceslaus - traditional                       |
| 2. Can't Help Falling in Love – Elvis Presley            | 15. Have Yourself a Merry Little Christmas – Judy Garland    |
| 3. Bless the Beasts and the Children – The Carpenters    | 16. The Twelve Days of Christmas - traditional               |
| 4. Just the Way You Are – Billy Joel                     | 17. All I Want for Christmas is You – Mariah Carey           |
| 5. There's No Business Like Show Business – Ethel Merman | 18. Last Christmas – George Michael                          |
| 6. King of the Road – Roger Miller                       | 19. It's the Most Wonderful Time of the Year – Andy Williams |
| 7. Wichita Lineman – Glen Campbell                       | 20. Rockin' Around the Christmas Tree- Brenda Lee            |
| 8. I'm Every Woman – Whitney Houston                     | 21. Driving Home for Christmas – Chris Rea                   |
| 9. 9 to 5 – Dolly Parton                                 | 22. White Christmas - Bing Crosby                            |
| 10. Stop! In the Name of Love – The Supremes             | 23. Santa Claus is Coming to Town – The Jackson Five         |
| 11. Shake It Off – Taylor Swift                          | 24. O Little Town of Bethlehem - traditional                 |
| 12. I Left My Heart in San Francisco – Tony Bennett      |  |
| 13. Grandma Got Run Over by a Reindeer – Elmo & Patsy    |  |

## 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](mailto: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](http://cumcballston.org), YouTube, or Facebook.

### Follow us for updates and community highlights:



Facebook Live

[www.facebook.com/cumcballston](http://www.facebook.com/cumcballston)



Instagram

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



Youtube

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

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## 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

