

CENTRAL CHIMES

Celebrating the Gifts of Music

PAGE 1

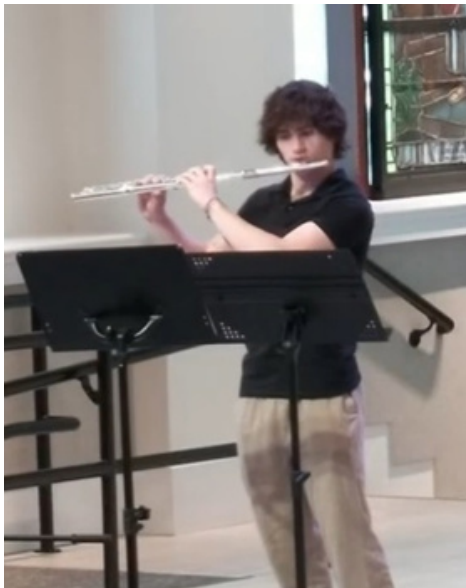
SEPTEMBER 2026



Dave Van Patten, James Armstrong, Sharon Lovering, and Greg Capaldini



Alex Timm



Faby Rosado



Gene and Jeanie Cross



PASTOR PAGE

"The Sabbath was created for humans; humans weren't created for the Sabbath."
(Mark 2:27, CEB)

It's often said that we preach the sermons we need to hear. That was very true for me this August! A few months ago at our worship design meeting, Lane suggested "Sabbath" as a topic for a future worship series. When I sat down to outline the six-week series that will conclude on September 6, I felt convicted by the Holy Spirit that I was no longer observing a Sabbath day!

Since pastors work on Sundays, we usually select another day for our sabbath day. When I started at Central in 2014, we had ministry events every day but Tuesdays, so I selected Tuesday as my Sabbath day. Earlier this year, when I returned from my medical leave, I had to start by working partial days because I didn't have the stamina for a full day. So, I worked a little bit every day of the week. As my energy has improved, I started working longer hours every day. Without paying much attention, I let go of nearly every sabbath practice I had cultivated over the last two decades of ministry! The rhythms that once grounded and sustained me had slipped away, and this worship series gave me the opportunity to reflect and reset.

Sabbath isn't just a day off. It's a practice, a discipline, and truly a gift. And like many gifts, it requires our attention and intention to actually receive it.

So I'm making a change. After Labor Day, I'll be shifting my sabbath day from Tuesdays to Fridays. It's a small adjustment on the outside, but it represents something bigger on the inside: a recommitment to the practices that remind me I am more than what I produce.

My hope is that this series has stirred something in you, too. Maybe it's a full day of rest. Maybe it's a quiet morning, a walk, or a meal without a screen. Whatever it looks like for you, I encourage you to begin by following the nudge of the Holy Spirit.

The Sabbath was made for us. Let's receive it.

Blessings, Pastor Sarah

CHURCH FAMILY SPOTLIGHT: YAFET DEFERESU



Favorite Bible Verse: Romans 10:17

Favorite Gospel Blues: "When I Look at Heaven..."
from B.B. King's World

Something I am thankful for: For every single day

How long a part of Central: Member since 11/09/25

One of my favorite things to do: Spend time at the gym

Church family participation: Volunteer with Manna Ministries

MINISTRY FAIR

Join us after worship on Sunday, October 18, for our Ministry Fair! This is your chance to connect with ministry leaders and discover how your gifts and talents can glorify God. Whether you're interested in supporting our Community Café, helping with children's ministry, joining the Men's Group, or serving on Sundays as a Reader, Liturgist, or tech volunteer, there's a place for you here. Tables will be set up in the fellowship hall following worship so that you can browse at your own pace, ask questions, and find the right fit for you.

MEN'S GROUP – SUNDAY, SEPTEMBER 20

All men of Central are invited to our monthly Men's Group gathering. This is a relaxed time to share laughs, build friendships, and strengthen one another in faith. We'll enjoy board and card games together and good fellowship. Bring yourself, invite a friend, and feel free to bring a snack to share.

These gatherings are a great way to grow in community with other men of the church, encouraging each other as we live out our faith in daily life. Join us Sunday, September 20 from 3–5 pm in the Fellowship Hall.

CHURCH FELLOWSHIP KARAOKE NIGHT

Come join us on **Friday, September 18, from 5:30–7:30 PM** for an evening of singing, laughter, and fellowship!

Sing along to your favorite songs with lyrics on the screen, making it easy for everyone to join in the fun. Everyone is welcome—bring your voice, your joy, and, if you'd like, a dish to share. We can't wait to see you there!

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

LOVE ONE ANOTHER WORSHIP SERIES

Starting Sunday, September 13, we'll begin a new worship series called "Love One Another." Over the course of the series, we'll be exploring what it really means to love our neighbors, not just as a feeling or a concept, but as an action.

It's easy to feel overwhelmed when we look at the big picture of a divided world. But Jesus didn't point his friends toward a grand strategy. At the last meal he shared with them, he showed them something simpler and more powerful: that love in action, a shared meal, a listening ear, the sharing of resources, is what sustains community. Small, concrete acts of kindness have always been humanity's most reliable tools for finding common ground across difference.

This series will challenge us to focus on the question: what can I actually do, right here, for the people right around me? We hope you'll join us each Sunday at 10:30 a.m. as we explore this question together. The series wraps up on Sunday, October 4, with a special Homecoming Potluck following worship.

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.

THE LIGHTER SIDE: A LITTLE CHURCH HUMOR

A man was visiting a church for the first time. The pastor preached for nearly an hour. As the man was leaving, he shook the pastor's hand and said, "Pastor, that was a wonderful sermon."

The pastor smiled and thanked him.

The man continued, "It reminded me of the peace and love of God."

The pastor was touched. "That's wonderful. What part of the sermon reminded you of that?"

The man replied, "The part when it finally ended." 😊

COME HOME TO THE TABLE: **HOMECOMING POTLUCK ON OCTOBER 4**

As we close out our "Love One Another" worship series, we want to gather exactly the way Jesus modeled for his closest friends: around a table, sharing a meal, and checking in with each other.

Join us on Sunday, October 4, following worship for a Homecoming Potluck! October 4 also happens to be World Communion Sunday, when Christians around the globe celebrate God's invitation to the heavenly feast. It feels like exactly the right day to pull up extra chairs to our lunch tables in the fellowship hall.

We're extending a special welcome to longtime Central UMC members who want to reconnect, and to our new friends from Arlington Temple UMC, whether you've been worshipping with us for a few weeks or this is your very first visit. This is your church home if you'd like it to be, and we want to be able to welcome you at the table.

Bring a dish to share. We will have warming space available in the kitchen and a cooler for anything that needs to stay cool until after worship.

Please bring the recipe, too! We'll be compiling everyone's contributions into a hospitality guide for anyone who wants to host a neighbor for a meal, which is one of the most tangible ways to put the "love one another" teaching into practice right in your own neighborhood.

Recipe instructions: Please either email your recipe to Brian at office@cumcballston.org by October 4, or bring a printed copy with you that Sunday. We hope to see you there.

WANT TO JOIN THE CUMC CHOIR?

We'd love to have you join the Choir, and here are some upcoming dates:

- Saturday September 12th - A three-hour (no more!) Choir Retreat beginning at midday in the Choir Room upstairs. We will look at prospective anthems and the Christmas cantata.
- Sunday September 13th - The first Sunday worship with choir. We rehearse at 9am in the Choir Room, then come down towards 10am for a run-through and sound check. Then we get a break until 10:30.
- Sunday December 13th - We will offer our yearly Christmas cantata. If the choir chooses to, we can hold an extra rehearsal the day before.

For more information, write to Greg Capaldini at conductor@cumcballston.org or leave a message at the church office.

2026 WHITE HOUSE CHRISTMAS ORNAMENTS FOR SALE



Central UMC will again be offering the official 2026 White House Christmas Ornament, celebrating the **250th anniversary of our nation's founding**. This elegant keepsake is fashioned in brass with enamel detailing and a refined **24-karat gold finish**. The front displays the text of the Declaration of Independence, while the reverse features the **Betsy Ross flag and the contemporary Stars and Stripes**, with "America's 250th" beneath them. A red, white, and blue ribbon is attached, and the ornament comes in a beautiful keepsake gift box.

Ornaments are \$24 each, with orders taken from **September 13 through October 11**. Checks should be made payable to Central UMC with "ornaments" in the memo line and given to the church office or Pat Barham, who will be taking orders. **All proceeds support our annual Health Kit mission**. Questions? Contact the church office at office@cumcballston.org or 703-527-8844

CARDS FOR THE TROOPS

With creativity and care, members and friends of Central have once again been busy preparing Christmas cards for Making Cards for Our Troops, Inc. Bonni Bonneville, Rose Freeman, and Kay Bond prepared 170 handmade cards this year. These cards will be sent overseas so service members can share them with their loved ones during the holidays.

Making Cards for Our Troops, Inc. works year-round to ensure deployed troops have cards to send home, with early deadlines to make sure they arrive in time for Christmas. This effort reminds our troops that they are remembered and appreciated, especially during a season when separation from family can be hardest.

We give thanks to Bonni, Rose, and Kay for sharing their time and talents in such a meaningful ministry!

LEADERSHIP BOARD UPDATE: AUGUST MEETING

Our Leadership Board recently met to handle important church business, review events for this fall, and begin plans for the budget process. Here are some key highlights:

- **Homecoming Potluck:** On **Sunday, October 4** (see separate announcement)
- **Fall Ministry Fair:** On **Sunday, October 18** (see separate announcement)
- **Parsonage Updates:** The Parsonage Committee presented their recommendation to the leadership board for discussion. The board will vote on their recommendation at the September meeting. Vivian Joel volunteered to work with Al Robinson to create a cash-flow analysis that will help inform this decision.
- **Investment Committee:** The investment committee recommended moving our invested fund from the Virginia United Methodist Development Company to Wespath, the non-profit pension agency affiliated with the United Methodist Church. The Leadership Board approved opening an account with Wespath, with a combination of short-term, liquid assets and long-term investments.
- **Landscaping Repairs:** The Church Board voted to approve a free volunteer plan led by Gene Cross to repair the erosion in the cemetery grounds that will save us \$2,700 while following Arlington County's strict historic guidelines.
- **New AA group:** A new community AA group began meeting in our Fellowship Hall on Tuesdays from 10-11 am. They have a consistent turnout and we're glad to support this new 12-step group.
- **Safe Sanctuary Policy:** Modifications to this policy were approved, including codifying our current practices around online images of children / youth and adding a new section related to the Protection and Integration of Known Sexual Offenders. A written covenant for the latter will be brought to the September meeting for review and approval.

Upcoming Leadership Board Sunday Meeting Schedule:

September 27, October 25, and November 22

We thank you for your continued prayers, presence, and financial giving that make these ministries possible!

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

