



What Church is That?

By Dennis Moore, member of Central Presbyterian

A **c**aring church that

Clearly communicates God's Word to all;

An **e**ngaging church that

Enthusiastically serves the community and the world;

A **n**eighborhood church that

Nurtures the mind, body, and spirit with God's Word;

A **t**hinking church that

Thoughtfully engages in meaningful programs;

A **r**elevant church that

Rejuvenates the soul through prayer;

An **a**ctive church that

Always will be here for you.

A **l**oving church that

Laughs when you laugh and grieves when you grieve.

A church that is

Central Presbyterian.



Directory Update

Did you know that Central has an online directory? It's called Engage and it is an easy-to-use tool that Central uses for both online giving and as a member directory with pictures, contact information, and a simple, searchable database that allows you to connect with other members.

As a 2024 initiative, Central wants to update this directory so there is current information and photographs for each household at Central. We will be offering three opportunities for families and individuals to have their photos taken after the Sunday worship services on **January 21, January 28 and February 4**, in the sanctuary. These photos will be added to the online directory and can be digitally available to households as well.

Alternatively, if you would like to submit a photo to update the directory. Please send it to bpatzlaff@dmcpcc.org.

Along with this, Central's Communications Director, Ben Patzlaff, will be offering an instructional walkthrough on how to access and use this online directory. This will coincide on the same Sundays as the photography offerings and will take place in Fellowship Hall. Contact Ben with any questions at bpatzlaff@dmcpcc.org.

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Worship Schedule

Sundays, 10:15 AM

January 14, 2024

The Second Sunday

After Epiphany

Scripture: I Samuel 3:1-10,
John 1:43-51

Liturgist: **David Boyd**

Music: **Chancel Choir**

Hosts: **Mary Alice Baker,
Lynn & Linda Bridie and
Ted Brown**

Audio: **Kevin Klimowski**

Video: **Matt Van Winkle**

January 21, 2024

The Third Sunday

after Epiphany

Scripture: Jonah 3:1-5, 10,
Mark 1:14-20

Liturgist: **Lynn Bridie**

Music: **Chancel Choir**

Hosts: **Karen Henderson,
John Fisher, Laura Kutz
and Brian Kramer**

Audio: **Marvin Minor**

Video: **Matt Van Winkle**

January 28, 2024

The Fourth Sunday

after Epiphany

Guest Preacher:

Ian McMullen

Liturgist: **Joan Middleton**

Music: **Chancel Choir,
Children's Chorus**

Hosts: **Kevin Klimowski,
Ray & Barb Getting and
Bill Green**

Audio: **Ben Patzlaff**

Video: **Matt Van Winkle**

Pastor out of Town

Wallace Bubar will be out of town from January 22-28. For pastoral care needs during this time, please notify the church office and contact The Rev. Don Elly at 515-419-1527 or donnelly@outlook.com.

Our guest preacher on January 28 will be **The Rev. Ian McMullen**, who serves the Presbytery of Des Moines as Pastor to the Presbytery.



In Memoriam



Jana Cowan, 86, formerly of Sioux City, Iowa, passed away December 20, 2023 in Fort Worth, Texas surrounded by her loving family.

Jana was born January 20, 1937, the last of four children, to parents LaVern and Kenneth Cotton in Sioux City where she spent much of her life. She was a member of The Youngsters Teen Board and participated in synchronized swimming. Jana graduated from "The Castle on the Hill", Central High School, in Sioux City, where she was a cheerleader. She went on to the University of South Dakota where she was a member of Pi Beta Phi. During the summer before

her sophomore year, she met the love of her life and husband of nearly 66 years, Robert E. Cowan III. After some time "going steady" long distance, the two moved on to the University of Iowa where she became an enthusiastic Iowa Hawkeyes fan.

Marrying on December 26, 1957, together they raised three children in Sioux City, a daughter named Cynthia and twin sons, Robert IV and Kenneth. While in Sioux City, she was a member of the First Presbyterian Church and a member of the Junior League. Jana was a loving homemaker, competitive tennis player, golfer, and enjoyed spending her infrequent leisure hours with her many friends and at the Sioux City Boat Club with family.

In 1983, the family moved to West Des Moines and later Clive, where Jana and Bob were again active members of the Central Presbyterian Church as well as members of the Des Moines Golf and Country Club where her love of tennis grew and she became an avid tennis player, playing until she was 79 years old. She and Bob, who she lovingly called "B", were especially competitive, winning many mixed doubles trophies and forging couple rivalries which invariably converted to close friends off the court. When not playing tennis, she could often be found playing a mean game of bridge.

The other loves of her life were her family. She cherished her time with her children, nieces and nephews, grandchildren, and great grandchildren. She took the loving name "Grammy" or "Great Grammy" (lovingly shortened to G.G.). She passed onto them an appreciation for knitting, needlepoint, tennis, gardening, and a humor that was both kind and feisty.

Continued...

She is preceded in death by her mother and father, LaVern and Kenneth Cotton, sisters Dorothy Taplett and Ruth Lester, and brother Richard Cotton. She is survived by her husband, Robert E. Cowan III, sister-in-law Claire Lobb (Jim) of Scottsdale, AZ, daughter Cynthia Noonan (Pat) of Arlington, TX, and sons Robert E. Cowan IV and Kenneth Cowan of Phoenix, AZ, many nieces and nephews, as well as six grandchildren and eight great-grandchildren.

Though grieving the loss of her presence, her family finds hope in the promises of Christ and her Christian faith and will cling to memories until we meet again.

In lieu of flowers, memorials can be given to: First Presbyterian Church, 608 Nebraska Street, Sioux City, IA or Central Presbyterian Church, 3829 Grand Avenue, Des Moines, IA 50312 or The Mast Cell Disease Society at www.tmsforacure.org.



Don Fors, 92, passed away Thursday, December 21, 2023, at Edgewater Retirement Community in West Des Moines, IA. Services were held on Wednesday, January 3, at Central Presbyterian Church. A private burial took place at Highland Memory Gardens.

Don was born February 4, 1931, in Des Moines, IA, to Bernard and Esther (Wesson) Fors. He grew up in Des Moines and graduated from East High School in 1949. He enlisted into the Marine Corps in 1951, and proudly served our country for three years. His rank at the time of discharge was Sergeant.

He then began his career as a teacher and administrator, ultimately serving 30 years with the Des Moines Public School System before retiring in 1992. Don met his loving wife Barbara while teaching at Roosevelt High School, and they were married on April 6, 1968. They made their home in Des Moines.

Don was a longtime member of Central Presbyterian Church. His faith and love of his family were the cornerstone of his life. He spent many happy summers with family at his cabin on Deer Yard Lake in Minnesota. Later in life, he enjoyed traveling to Europe with Barb. Don and Barb shared their love of travel with their granddaughter Laura, making wonderful memories while on Elderhostel adventures. Throughout his life, Don enjoyed gardening and reading. He coached track and field, and was proud to serve as an official at the Drake Relays for many years. His love, hard work, and good example enriched many lives and he will be greatly missed.

Those left to cherish Don's memory include his wife, Barbara Fors of West Des Moines, daughter Valerie (David) Sondag of West Des Moines, granddaughter Laura (Tom) Peterson of Indianola, great-grandchildren Max, Ellie, and Ivy Peterson of Indianola, sister Janet (Jerry) Card of Ankeny, brother-in-law Larry Clark of Ankeny, and many nieces, nephews, and friends.

He was preceded in death by his parents Bernard and Esther Fors, brothers Bill and Jim Fors, and sister Linda Clark. In lieu of flowers, contributions may be made to Central Presbyterian Church.

In the Congregation

On Sunday, December 24, **Ava Suzanne Merwine**, daughter of **Brice and Sarah Merwine**, received the sacrament of baptism. Ava's grandparents are **Brad & Linda Jermeland**.

On Saturday, January 6, **Emily Jermeland** and **Vaughn Brasseaux** were united in marriage in a wedding held at Central. Emily's parents are **Brad & Linda Jermeland**.

Knitting into the Mystery

*Wednesdays, 6:30 PM,
Room 112*

Central's knitting group is now meeting on a weekly basis for 2024. Knitters of all skill level and type are welcome and choir members are welcome to join before their rehearsal at 7:30 PM.

Vacation Bible School 2024

This summer, Central Presbyterian Church will offer Vacation Bible School from July 8-12. Our theme will be "Seekers in Sneakers: Discover Jesus!" This is an interactive Vacation Bible School where children use their investigative skills to discover Jesus. Geocaching activities will challenge children to dig into the Bible to find the way to Jesus. This journey of discovery has many twists and turns, so children will learn to ask questions, work together, shine their light in the world, gain insight from the Bible, and trust Jesus. Through worship and drama, Bible study, art and science explorations, and active games, children are invited to follow the example and teachings of Jesus in every place and every part of life. So grab your water bottle, your Bible, and your friends, because this is going to be a great adventure!

Youth Ski Trip

Saturday, January 27, 9:30 AM—5:00 PM, Seven Oaks

The Middle and High School Youth Groups will be taking a trip up to Seven Oaks near Boone, Iowa to go skiing. No prior skiing knowledge is necessary as Seven Oaks offers free beginner mini lessons and equipment is available. There is no cost for the day, but please send \$20 with your student for lunch and snacks, as well as a signed Seven Oaks waiver. If your student is interested in joining please email Medea Saunders at msaunders@dmcpcc.org to reserve their spot. Students will meet at Central at 9:30 AM that morning and return by 5:00 PM.

Youth Mission Trip 2024

St. Louis, Missouri is a beautiful city on the Mississippi River, often called the Gateway to the West and marked by the Gateway Arch. It is a city blessed with a population that reflects the beauty and diversity of God's people. Sadly, St. Louis is also a city marked by a history and present-day reality of racism and its impact on all who live there. A significant marker in the city is known at the Delmar Divide. The Delmar Divide refers to Delmar Boulevard and is a socio-economic and racial dividing line, originating with racial segregation laws, housing covenants, and redlining.

Our youth group will learn about the "Delmar Divide" and how such historic divides may exist in our home communities. Our group will connect and work with Delmar DivINE and other not-for-profits, including churches who serve and advocate for people who experience the poverty, barriers, and challenges created by this history and present-day reality of a racial divide. Out of these experiences, we will have the opportunity to imagine and plan ways to address issues of racism and poverty in our own community.

This trip will happen **June 16-22**. We will tour the city on Saturday before driving home. Transportation will be by 15 passenger van. We will stay at the Urban Mission Inn at Union Avenue Christian Church.

Cost is \$375 per participant and includes:

- Meals, transportation, t-shirt, fun outings (Cardinals vs Pirates at Busch Stadium, the Arch)
- Lodging at Urban Mission Inn at Union Avenue Church
- A dedicated Site-Coordinator & trained young adult staff to facilitate our week.
- Fully planned service and educational experiences.
- Online training for your adult leaders in late May or early June.

To sign-up, please contact Medea Saunders ASAP at msaunders@dmcpcc.org or (515)-279-3658. Initial deposit of \$100 is needed and remaining balance due by 6/1/2024. **We are in need of an additional adult chaperone.** Contact Medea if you are interested in more information.



January Children & Youth Activities Schedule:

<i>Saturday, January 13</i>	<i>4:00-7:00 PM</i>	Central Youth serve the Central Iowa Shelter and Services Meal
<i>Wednesday, January 17</i>	<i>5:15-7:15 PM</i>	Central Kids & Youth
<i>Sunday, January 21</i>	<i>6:00-7:30 PM</i>	Confirmation
<i>Wednesday, January 24</i>	<i>5:15-7:15 PM</i>	Central Kids & Youth
<i>Saturday, January 27</i>	<i>9:30-5:00 PM</i>	Youth Ski Trip to Seven Oaks
<i>Sunday, January 28</i>	<i>9:40 AM</i>	Children's Chorus sings in Worship
<i>Wednesday, January 31</i>	<i>5:15-7:15 PM</i>	Central Kids & Youth

Adult Forum

Who Is My Neighbor?

Sundays, 9:00 to 10:00 AM, Room 201

In the Gospel of Luke, Jesus tells the disciples to "love your neighbor as yourself." Someone asks, "Who is my neighbor?" And Jesus tells the story of the Good Samaritan in response.

This coming winter and spring, we're asking, "Who is my neighbor?" in Adult Forum. Because we can't love our neighbors if we don't know who they are. So we have invited fifteen of our church's immediate neighbors in the Grand/Ingersoll Avenues corridor to come to speak and share with us. These include arts organizations, schools, businesses, nonprofits, retirement centers, media, and government entities.

They will be sharing with us who they are and how they enrich life in our neighborhood. And hopefully we can learn how to be better neighbors ourselves.



January 14, 2024

North of Grand Neighborhood Association

Marshall James
Board Member



January 21, 2024

Ingersoll Theater

Connor Delaney
Owner & Developer



January 28, 2024

City Voices

Mary Ann Sims
Executive Director

Adult Education Opportunities

Bible Study: The Book of Acts

Wednesdays, 10:00 AM, Room 201

The Bible Study group is beginning a new study on the Book of Acts, led by Don Elly. Come and discover with us God's Word to us for today. You can join us in person or on Zoom: <https://us02web.zoom.us/j/81369903809>, Meeting ID: 813 6990 3809.

Spirituality of Grief

*Thursday, February 18
11:30—1:00 PM*

This lunch program will be led by Don Elly. You can RSVP to the church office at office@dmcpc.org or 515-279 3658



Community Conversations

*Tuesday, February 20,
11:30 AM,
Fellowship Hall*

Mark your calendars for February 20, for our next session of Community Conversations. Our featured guest in February will be Des Moines Mayor and Central member Connie Boesen. You won't want to miss this!



Volunteers Needed for Wednesday Night Central Kids

Contact Medea Saunders for more information at msaunders@dmcp.org or 515-279-3658.



Let Us Cross to the Other Side

Sunday, February 11, 11:30 AM, Fellowship Hall

In November, Central's own David Boyd went on a Presbytery-led mission delegation to the US-Mexico border, in partnership with Fronteras de Cristo, one of five Presbyterian Borderlands Ministries. David will share a slideshow and presentation about his recent experiences. His theme is "Let Us Cross to the Other Side" (Mark 4:35). The World & Community Concerns Committee is sponsoring the event. Lunch will be provided.



Deacons Angel Tree Project

A big thank you to everyone who helped with this year's Deacons Angel Tree Project. You were able to put smiles on the faces of many Calvin Community residents and they greatly appreciated it. We are grateful to have this shared tradition and thankful to you all who make it possible!



January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 10:00am Bible Study 5:00pm Morgen Bells Rehearsal 6:30pm Knitting into the Mystery 7:30pm Chancel Choir	4 5:30pm World & Community Concerns Committee	5 Noon: Office closes	6
7 9:00am Adult Forum 10:15am Worship 11:15am Fellowship Time 11:30am Nominating Committee 6:00pm Confirmation	8 6:00pm Deacons Meeting	9 7:30am Business and Finance Committee Meeting 10:00am Staff Meeting 5:00pm Communications Committee Meeting	10 10:00am Bible Study 5:00pm Morgen Bells Rehearsal 5:15pm Building and Grounds Committee Meeting 5:15pm Central Kids 5:15pm Youth 7:30pm Chancel Choir	11 7:30am Business and Finance Committee Meeting	12 Noon: Office closes	13 4:00-7:00pm Youth to serve Shelter Meal (CISS)
14 9:00am Adult Forum 10:15am Worship 11:15am Fellowship Time	15 Martin Luther King Jr. Day — Office Closed 5:00pm Session Meeting	16 10:00am Staff Meeting	17 10:00am Bible Study 5:00pm Morgen Bells Rehearsal 5:15pm Central Kids 5:15pm Youth 6:30pm Knitting into the Mystery 7:30pm Chancel Choir	18	19 Noon: Office closes	20
21 9:00am Adult Forum 10:15am Worship 11:15am Fellowship Time 11:30am Nominating Committee 6:00pm Confirmation	22	23 10:00am Staff Meeting	24 10:00am Bible Study 11:30am Christian Education Committee Meeting 5:00pm Morgen Bells Rehearsal 5:15pm Central Kids 5:15pm Youth 6:30pm Knitting into the Mystery 7:30pm Chancel Choir	25	26 Noon: Office closes	27 9:30am-5:00pm Youth Ski Trip to Seven Oaks
28 9:00am Adult Forum 9:40am Children's Chorus 10:15am Worship 11:15am Fellowship Time	29	30 10:00am Staff Meeting	31 10:00am Bible Study 5:00pm Morgen Bells Rehearsal 5:15pm Central Kids 5:15pm Youth 6:30pm Knitting into the Mystery 7:30pm Chancel Choir			



The Centinel
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The Rev. Wallace W. Bubar, pastor
Tim Clark, resident caretaker
Rich Dewein, music director
The Rev. Don Elly, parish associate
Lois Harms, organist
Lynn Mankins, wedding coordinator
Katrin Nayak, finance director
Ben Patzlaff, communications director
Leslea Phelps, nursery coordinator
**Mary Pohlmann, children's
music director**
Kimberly Sanford, office manager
**The Rev. Medea Saunders, children's,
family and youth director**
Maria Sharpe, custodian
Beth Triebel, RingTones director

Upcoming Events

MLK Jr. Holiday — Office Closed	Monday, January 15
Central Directory Update	Sundays, January 21, 28, February 4
Spirituality of Grief Lunch & Program	Thursday, February 8
Lunch & Mission Presentation	Sunday, February 11
Annual Congregational Meeting	Sunday, February 25

Fellowship Time Hosts

January 14	Mary Alice Baker, John Lowe and Joan Middleton
January 21	Randy & Mary Gordon
January 28	Ashley and Lynda Pitts