



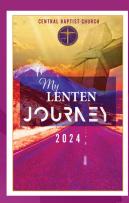


The Rules of Engagement for Overcoming Your Past: Breaking Free from Guilt, Rejection, Abuse and Betrayal

Wednesdays, February 14th-March 27th

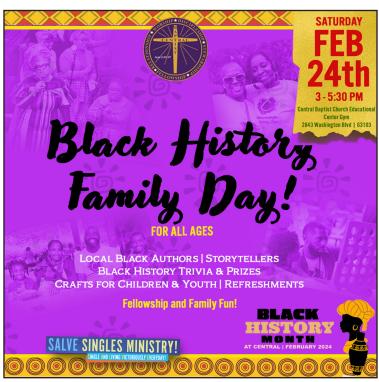
12 PM | In-Person 7 PM | 🤜 964 4322 7626

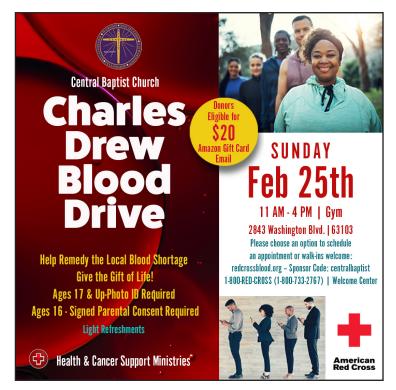


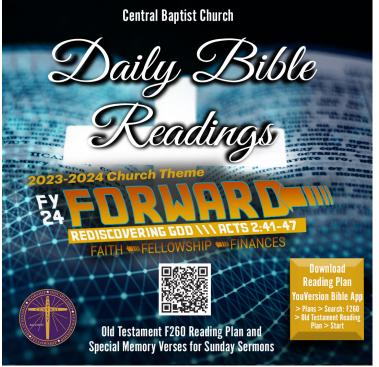


My Lenten Journey Journal 2024

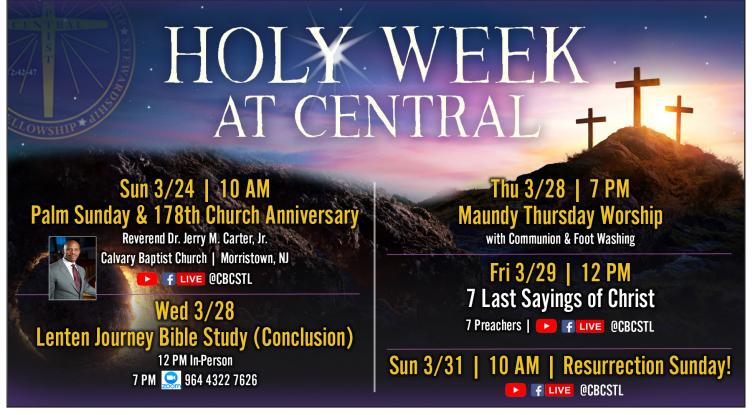














Bible Study Series

MAKE IT PLAIN: JESUS, SECTS & WORLD RELIGIONS

SPECIAL PASTOR RILEY'S BIRTHDAY EDITION

Let's Talk about Writing

April 10th

Books, Family History, Our Stories, What God Has Placed Inside of Us

UNDERGRADUATE COLLEGE SCHOLARSHIPS FOR CENTRAL DISCIPLES

ONE SCHOLARSHIP TO BE AWARDED TO A NON-CENTRAL MEMBER ACTIVE IN ANOTHER CHURCH



High School Graduates

Financial Aid & Continuing Education (FACE)
Central Baptist Scholarship*

Men of Central
Jesse Selvey-James Johnson Memorial Scholarship

Women of Central
Martha J. Christmas Scholarship
Reverend Dr. Alice C. Price Educational Scholarship

Current College Undergraduates FACE Book Stipend*

*FACE awards are funded by Sunday scholarship offerings & events.



3RD SUNDAY

HEART HEALTH IN THE BLACK COMMUNITY!



Heart disease was the #1 killer for all Americans prior to COVID-19.

The risk of developing heart disease is even higher for African Americans.

Reduce the risks & improve the odds of beating heart disease.

1. Check your blood pressure regularly.

If you have high blood pressure, make dietary changes, be physically active and take meds as prescribed.

#Ourhearts are healthier together! #HeartMonth #CBCHealthMinistry

February #HeartMonth!

2. If overweight, focus on the quality of your diet and again be physically active.

Avoid empty calories & unhealthy snacking.

Eat whole grains, decrease carb-heavy portions & drink lots of water.

3. Type 2 Diabetes is treatable and preventable if early warning signs are recognized.

Again, regular exercise, diet and taking meds as prescribed are key.

4th Sunday

7 STEPS TO A HEALTHY HEART

Try these tips each day this week and again next week. Develop a routine tailored to your preferences and keep it up!



#Ourhearts are healthier together! #HeartMonth #CBCHealthMinistry

February #HeartMonth!

Step 1: Walk for 15 min. Do strength exercises for 15 min.

Step 2: Make today a salt-free day. Use herbs for flavor. Have fruit instead of sweets for dessert.

Step 3: Check or get your blood pressure checked.

Use a relaxation technique to reduce stress. Get 8 hours of sleep.

Step 4: March in place during commercials at home, or at work break time, do a stair run up and down 2-3 times.

Step 5: Fill half your lunch & dinner plates with vegetables or have a vegetarian day.



#Ourhearts are healthier together! #HeartMonth #CBCHealthMinistry

February #HeartMonth!

Step 6: Add another 15 min to your walk or dance for 15 min.



Step 7: Schedule your annual physical.

Discuss your heart health
plan with your doctor.

Share the importance of heart health
with a friend or family member.

Let's Get Connected.

Download our Connect App today!





- Updated Your personal Information
- •Communicate with groups & teams
- Follow Church Announcements
- Look up Members
- Manage Giving
- Create and Join Events

Let's be the church...together.







Creating a Realm Connect login is easy:

- 1) Check your email for an invitation to join Realm Connect. If you haven't received one, please reach out to the Church office via phone or email (314-533-0747 or askcentral@cbcstl.org). It is possible that we do not have your most current email address.
- 2) Click the link contained in the email.
- 3) Follow the instructions to create a password.
- 4) Update your profile privacy setting as to what data you want visible to Central's Realm Connect community.

Welcome and feel free to explore!

QR Codes for Mobile Apps



Android App





CONNECT WITH CENTRAL BAPTIST CHURCH

I'm New Let Us Know You Are Here



Join



Who We Are Ministries & More...



Receive Care **Receive Congregational Care**



Give



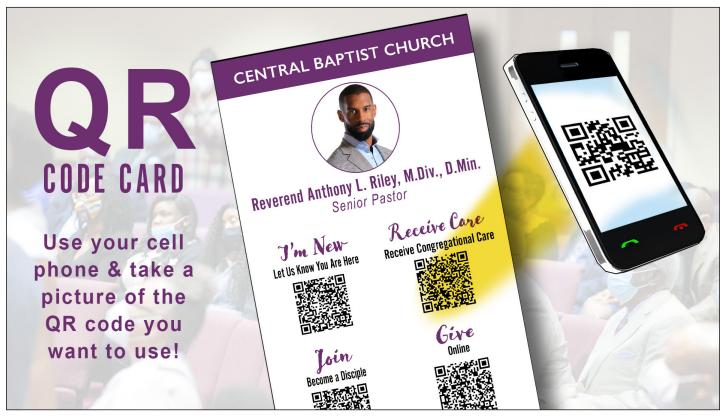
Central Shop





























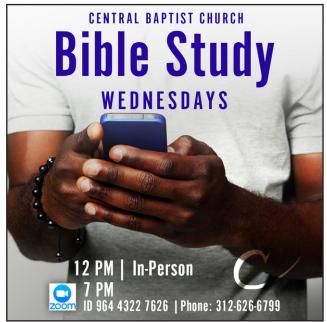








DIAL-IN: 312-626-6799

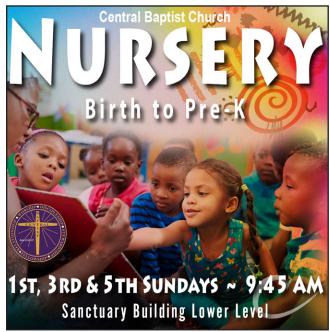












2023-24 Church Theme

Forward: Rediscovering God Faith | Fellowship | Finances

Old Testament F260 Reading Plan and **Special Memory Verses for Sunday Sermons**

To Download Reading Plan: Download YouVersion Bible App > Plans > Search: F260 > Old Testament Reading Plan > Start

MEMORY VERSE FOR SUNDAY SERMON

☐ February 18 | Jeremiah 29:11

- February 18 | Jeremiar
 WEEK 25 READINGS
 Monday, February 19 Judges 15 | Psalm 119:49-64
 - ☐ Tuesday, February 20 Judges 16 | Psalm 119:65-88
 - □ Wednesday, February 21 Ruth 1 | Psalm 119:89-112
 - ☐ Thursday, February 22 Ruth 2 | Psalm 119:113-136
 - ☐ Friday, February 23 Ruth 3 | Psalm 119:137-152

MEMORY VERSE FOR SUNDAY SERMON

☐ February 25 | Lamentations 3:22-24

WEEK 26 READINGS

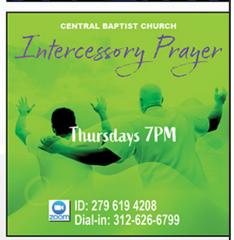
- ☐ Monday, February 26 Ruth 4 | Psalm 119:153-176
- ☐ Tuesday, February 27 1 Samuel 1 | Psalm 120
- □ Wednesday, February 28 1 Samuel 2 | Psalm 121
- ☐ Thursday, February 29 1 Samuel 3 | Psalm 122
- ☐ Friday, March 1 1 Samuel 8 | Psalm 123

MEMORY VERSE FOR SUNDAY SERMON

■ March 3 | Ezekiel 36:26-28







BEREAVEMENT

"Therefore encourage one another and build each other up, just as in fact you are doing."

— I Thessalonians 5:11

Send a card, note or letter of encouragement with postage to:

Disciple's Name | c/o Central Baptist Church - We will forward them each week.

Updates or Questions: 314-533-0747 | AskCentral@cbcstl.org

In Hospitals & Nursing Homes

Disciple Charles Adams

Disciple Gary Cole

Brother David Gilyard (Brother of

Disciple Stephanie Royal)

Disciple Willie Mae Glenn

Disciple Norman Green

Disciple Carolyn Hoyle

Disciple Aurhree (Arthur) Jacobs

Disciple Charles Maston

Disciple Cheryl McCarty

Disciple Sandra McNeal-Toole

Disciple Dorothy Rhodes

Disciple Jean Shanks

At Home

Deacon Dr. Katherine Bailey

Disciple Pete Barber

Deaconess Emeritus Delores Brown

Disciple Paula Bush

Disciple Temekka Cannon

Disciple Joshua Carrawell

Deacon Dr. Claudine Fleming

Disciple Garrett Franks

Disciple Andrea Hairston

Disciple Martha Hurley

Disciple Bianca Jackson

Disciple Leonora Nunley

Disciple Linda Oshuporu

Disciple Geneva Palmer-Hamilton

Disciple Brenda Rodgers

Disciple Herman Smith

Disciple Paula Washington

Disciple Clara Wilder

Disciple Pamela Wood



Please keep the following disciples and their families in your thoughts and prayers:

- Disciple Terry Rodgers in the loss of his niece, Meintwone Sherrelle Lee.
- The family of Disciple Elverse A. Pearson.
- The family of Disciple Elbert Dorsey.
- Disciples Stephanie (Clifford)
 Royal in the loss of her brother-in-law, Willie Lewis.
- Disciples Andrea Howard and son John Howard in the loss of their aunt, Wehlemania Rocket, and cousin, Ronyelle Armstead.

SPECIAL PRAYER REQUESTS

Please continue to pray for:

- Reverend Anthony L. Riley, Senior Pastor
- Victims in Israel & Palestine
- Victims of Mass Shootings
- · Victims of the Wildfire in Maui, Hawaii
- Federal Republic of Nigeria
- · Disciple Medoria Austin and family
- · Disciple Cynthia Cross and Family
- Sister Gina G (friend of Deacon Bryant Kirby)
- · Deacon Gloria Givens
- Disciple John Howard (son of Disciple Andrea Howard)
- Deaconess Ernestine Jones-Gordon
- Sister Yvonne Kirby (mother of Deacon Bryant Kirby)
- Disciple Joshua D. Jones

- · Disciple Mary Veda Moorehead
- Disciple Betty Murray-Lee
- · Disciple Christine Murray
- · Sandra Newis, Smith & Nesbit family
- · Disciple Folasadé Oshuporu
- Baby Autumn (Disciple Vickey Pettiford)
- Disciple Cecelia Polford
- Disciple Terry Rodgers (no calls at this time)
- · Disciple Rosalind Sykes
- Disciple Artavious Williams (great-nephew of Disciple Cecelia Polford)
- · Disciple Keith Williams
- · Disciple Christine Winfield

CENTRAL STAFF

CORE TEAM

OFFICE OF THE SENIOR PASTOR



Rev. Anthony L. Riley, M.Div., D. Min. Senior Pastor Pastor@cbcstl.org

Executive Administrator to the Senior Pastor

executiveassistant@cbcstl.org Responsibilities: Disciple Meetings with the Pastor, Pastoral Appointments Office Hours: M. Tu & Th 8am-5pm



Minister of Discipleship
Rev. Natasha Nedrick Adzudzor
nnedrick@cbcstl.org
314.710.0003
Responsibilities: Classes/Sunday
School, Ministries, New Members,
Student Ministries, Volunteers



Mrs. Jennifer L. Kelley worship@cbcstl.org 314.710.1220 Responsibilities: Choirs, Band, Creative Arts, Experience Team, Creativity

Director of Worship

ADMINISTRATIVE TEAM

Church Office: 314.533.0747



Administrative Assistant
Ms. Leah Nolden
Inolden@cbcstl.org
Responsibilies: Accounts Payable,
Contribution Statements, Contact Info
Update for Text Messages, Emails and
Voice Messaging



Staff Accountant
Ms. Dawn Wallace
dwallace@cbstl.org
Responsibilies: Accounting and
Budgeting



Office Assistant
Ms. Kyla Williams
officeassistant@cbcstl.org
Responsibilies: Bereavement/Funeral
Support, Church Calendar, Receptionist,
Registration and Jotform Management





Mr. Kevin Banks | Sexton Responsibilities: Facilities and Ground Maintenance, Event Management, Warehouse Management

DISCIPLESHIP TEAM



Minister of Youth
Rev. Tracey Watkins
cbcyouthmin@cbcstl.org



Children's Ministry Coordinator
Ms. Marjorie Patton
mpatton@cbcstl.org

Office Hours: Monday - Thursday 8:00am-5:00pm.

NORTH/NORTH COUNTY

Emma Daniels | (314) 650-7127 | emmapsalms34@gmail.com Claudine Fleming | (314) 831-8668 | deltadol71@aol.com Sandra Ginger | (314) 973-7760 | skginger1124@gmail.com Jimmy Kellom | (314) 363-6877 | jimmykellom@aol.com Willie Nobles | (314) 477-7914 | wanobles@hotmail.com

HOSPITALS:

Christian | SSM Health DePaul | Northwest HealthCare

SOUTH/SOUTH COUNTY

Willie Bennett | (314) 603-6083 | wb1243@swbell.net
Anthony Franks | (314) 865-1096 | ayefranks@sbcglobal.net
Vernon Grandberry | (314) 660-0916 | v.grandberry@att.net

HOSPITALS:

St. Louis - St. Anthony's | Mercy | St. Luke's Des Peres Hospital

WEST/WEST COUNTY

Sylvester Dunn | (314) 645-2507 | sylvesterdunn776@yahoo.com Gloria Givens | (314) 229-1110 | gggivens@swbell.net Bryant Kirby | (314) 882-0441 | bryantkkirby@gmail.com

HOSPITALS:

SSM Health-St. Mary's | Barnes-Jewish West County and Pediatrics

Mercy St. Louis | Missouri Baptist Medical Center (MoBap)

St. Luke's | Mercy, Mercy Rehabilitation and Mercy Children's



ILLINOIS

James Clark | (314) 680-2376 | jeclark@sbcglobal.net

Robert Henson | (618) 622-9418 | roberthenson5@charter.net

HOSPITALS:

Southern IL Healthcare Foundation | Touchette Regional

Alton Memorial | St. Clare's | OSF Saint Anthony's Health Center

HSHS St. Elizabeth's

Memorial East and Memorial Belleville

ST. LOUIS CITY

Edwin Bailey | (314) 229-3146 | cbcomega0163@gmail.com

Katherine Bailey | (314) 960-0535 | baileymkatherine@gmail.com

Paulette Clark | (314) 974-6037 | paclark@sbcglobal.net

Earnest Jackson | (314) 229-2871 | no email

Ernestine Jones-Gordon | (314) 882-5646 | treble2@swbell.net

HOSPITALS:

Barnes-Jewish | St. Louis Children's

VA St. Louis Health Care System and John Cochran Division

SSM Health Saint Louis University

SSM Health Cardinal Glennon Children's

Kindred | Shriners Hospitals for Children | St. Alexius

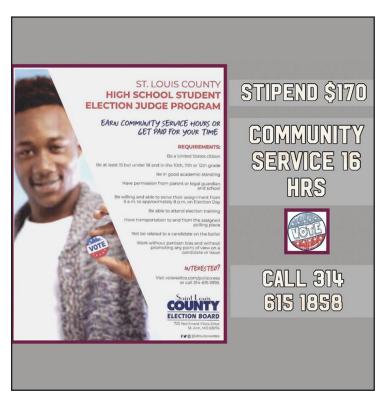
Church Office: 314.533.0747

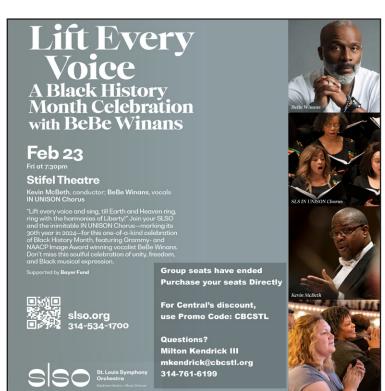


SCAN FOR CARE REQUEST FORM

OR VISIT: form.jotform.com/220795283753161

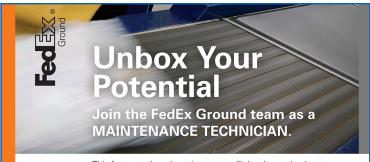
COMMUNITY BULLETIN







GroundWarehouseJobs.fedex.com.



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Is being a MAINTENANCE TECHNICIAN the right job for you?

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- Always see room for improvement
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- Basic troubleshooting of moto controls
- Verifiable electrical and mechanical experience
- Some welding, cutting, and/or fabrication abilities
- Understand basic electrical/ mechanical diagrams/prints

LOCATION:

9000 Premier PKWY
Saint Peters, Missouri 63376
Based on education and experience.
\$19.45 to \$36.05
Hiring Maint Tech Level I-IV
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Other conditions apply.*

Shift times: 6am - 6:30pm & 6pm - 6:30am.

Schedules for this position vary. Come see why FedEx ranks among America's "best places to work."

For more information, go to **GroundCareers.fedex.com** or text **FXGMaintenance** to **33011**.

FedEx Ground is an equal opportunity/affirmative acti employer (Minorities/Females/Disability/Veterans) Message and data rates may apply. 1 message per request. Text HELP to 33011 for help. Text STOP to 33011 to cancel.





February 18 - February 25, 2024 THIS WEEK AT CENTRAL

| Sunday, February 18 | HBCU Sunday |
|---------------------------|---|
| | 8:00 AM Adult Sunday School Zoom ID: 279 619 4208 Dial-in: 312-626-6799 TE Huntley Chapel 9:20 AM Nurseau Senetura Journal |
| | 9:30 AM Nursery Sanctuary lower level 40:00 AM Marriag Warship facebook com/about Lyoutube com/about L7com ID: 270 610 4208 LDiel |
| | 10:00 AM Morning Worship facebook.com/cbcstl youtube.com/cbcstl Zoom ID: 279 619 4208 Dialin:312-626-6799 Sanctuary |
| | 10:00 AM Children's Church Zoom ID: 853 3278 0260 Password: Kids Education Center Gym |
| | 10:00 AM Youth Worship Zoom ID: contact cbcyouthmin@gmail.com |
| | 1:30 PM Young Adult Ministry Meeting Zoom ID: 845 5282 5090 Password: 173090 |
| | 6:00 PM Health Ministry Zoom ID: 979 6631 0713 Password: Health |
| Monday, February 19 | • 6:30 AM Prayer Call Zoom ID: 964 4322 7626 Dial-in: 312-626-6799 |
| | 4:30 PM Trustee Ministry Meeting |
| Tuesday, February 20 | 7:00 PM Middle School (Kilalo Rites of Passage Ministry) Zoom ID: 952 2490 1056 Password: Kilalo 11:45 Community Meal Education Center Gym |
| | 6:00 PM Dance Rehearsal Sanctuary |
| | 6:30 PM Music/Worship: Children's Choir, Harvest, Psalms of Victory, Voices of Central Sanctuary |
| | 7:00 PM Justice League Zoom ID: 927 5938 31354 Password: Justice |
| | 8:00 PM Advisory Council |
| Wednesday, February 21 | 11:00 AM Prayer Team Education Center Gym |
| | 12:00 PM Midday Bible Study Education Center Gym |
| | 6:00 PM Media Ministry IMAG Sanctuary |
| | 7:00 PM Bible Study Zoom ID: 964 4322 7626 Dial-in: 312-626-6799 |
| Thursday, February 22 | 12:00 PM Sewing and Quilting Ministry Education Center Classrooms 105-107 |
| | • 7:00 PM Intercessory Prayer Zoom ID: 279 619 4208 Dial-in: 312-626-6799 |
| February, February 23 | 7:00 PM SALVE Ministry Meeting Zoom ID: 965 4663 4722 Password: 225587 |
| Saturday, February 24 | 9:00 AM MCTC Tax Prep |
| | 10:00 AM New Member Orientation Part 1 Education Center Classroom 105-107 |
| | 10:00 AM Deacon's Ministry Meeting |
| | 10:00 AM Men of Central George B. Vashon Museum Outing 2223 St. Louis Avenue, St. Louis MO 63106 |
| | 12:00 PM Kilalo Rites of Passage Career Fair |
| | 1:00 PM Kilalo Girls Rites of Passage Ministry Meeting Education Center Classroom 105-107 |
| | 3:00 PM Singles Ministry Black History Event Education Center Gym |
| Sunday, February 25 | Baptism and Cultural Heritage Sunday |
| | • 8:00 AM Adult Sunday School Zoom ID: 279 619 4208 Dial-in: 312-626-6799 TE Huntley Chapel |
| | 10:00 AM Morning Worship facebook.com/cbcstl youtube.com/cbcstl Zoom ID: 279 619 4208 Dial- in:312-626-6799 Sanctuary |
| | 10:00 AM Children's Church Zoom ID: 853 3278 0260 Password: Kids Education Center Gym |
| | 10:00 AM Youth Worship Sanctuary |
| | 11:00 AM Health and Cancer Support Ministries Blood Drive Education Center Gym |
| | 1:00 PM Kilalo Girls Rites of Passage Sanctuary |
| | |





February 25 - March 3, 2024 THIS WEEK AT CENTRAL

| Sunday, | Baptism and Cultural Heritage Sunday |
|-------------------------|--|
| February 25 | 8:00 AM Adult Sunday School Zoom ID: 279 619 4208 Dial-in: 312-626-6799 TE Huntley Chapel |
| | 10:00 AM Morning Worship facebook.com/cbcstl youtube.com/cbcstl Zoom ID: 279 619 4208 Dial-in:312-626-6799 Sanctuary |
| | • 10:00 AM Children's Church Zoom ID: 853 3278 0260 Password: Kids Education Center Gym |
| | 10:00 AM Youth Worship Sanctuary |
| | • 11:00 AM Health and Cancer Support Ministries Blood Drive Education Center Gym |
| | 1:00 PM Kilalo Girls Rites of Passage Sanctuary |
| Monday, February 26 | • 7:00 AM Prayer Call Zoom ID: 964 4322 7626 Dial-in: 312-626-6799 |
| | 4:30 PM Trustee Ministry Meeting |
| Tuesday, February 27 | 11:45 AM Community Meal – Hot Meal Education Center Gym |
| | 6:00 PM Dance Rehearsal Sanctuary |
| | 6:00PM Children's Ministry Meeting Zoom ID: 925 7176 0613 Password: Children |
| | 6:30 PM Music/Worship: Children's Choir, Harvest, Psalms of Victory, Voices of Central Sanctuary |
| Wednesday, | 11:00 AM Prayer Team Education Center Gym |
| February 28 | 12:00 PM Midday Bible Study Education Center Gym |
| | 6:00 PM Media Ministry IMAG Sanctuary |
| | • 7:00 PM Bible Study Zoom ID: 964 4322 7626 Dial-in: 312-626-6799 |
| Thursday, | 12:00 PM Sewing and Quilting Ministry Education Center Classrooms 105-107 |
| February 29 | • 7:00 PM Intercessory Prayer Zoom ID: 279 619 4208 Dial-in: 312-626-6799 |
| Friday, March 1 | No Events Today! |
| Saturday, March 2 | Church Campus Closed |
| Sunday, | 9:00 AM MCTC Tax Prep Education Center Gym Holy Communion |
| March 3 | 8:00 AM Adult Sunday School Zoom ID: 279 619 4208 Dial-in: 312-626-6799 Education |
| | Center Gym |
| | 9:30 AM Nursery Sanctuary Lower Level |
| | 10:00 AM Morning Worship facebook.com/cbcstl youtube.com/cbcstl Zoom ID: 279 619 4208 Dial-in: 312-626-6799 Sanctuary |
| | 10:00 AM Children's Church Zoom ID: 853 3278 0260 Password: Kids Education Center Gym |
| | 10:00 AM Youth Worship Zoom ID: Contact cbcyouthmin@gmail.com |
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