



February

Heart disease is the leading cause of death for both men & women!

Powered by the Health & Cancer Support Ministries

February #HeartMonth!

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.

#Ourhearts are healthier together! Powered by the Health & Cancer Support Ministries

February #HeartMonth!

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

 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! Powered by the Health & Cancer Support Ministries

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.

#Ourhearts are healthier together! Powered by the Health & Cancer Support Ministries

February #HeartMonth!

4th Sunday

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! Powered by the Health & Cancer Support Ministries

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.

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February #HeartMonth!

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! Powered by the Health & Cancer Support Ministries

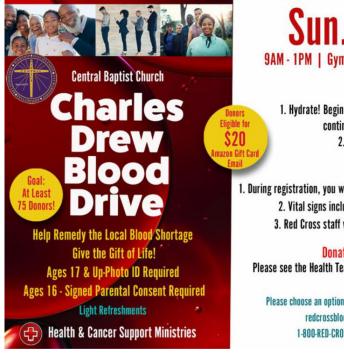
February #HeartMonth!

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.

#Ourhearts are healthier together! Powered by the Health & Cancer Support Ministries



Sun. Feb 23rd

9AM - 1PM | Gym | 2843 Washington Blvd. | 63103

HOW TO PREPARE

1. Hydrate! Begin drinking extra fluids the day before and continue the morning of donation. 2. Eat a hearty breakfast.

WHAT TO EXPECT

- 1. During registration, you will undergo health screening including medications.
 - 2. Vital signs including hemoglobin levels will be checked.
 - 3. Red Cross staff will insert a needle for the blood drawing.

Donation takes about 10 mins.

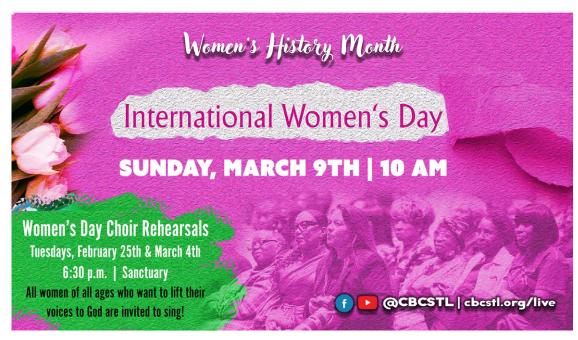
Please see the Health Team for any questions, or help with registration.

Please choose an option to schedule an appointment or walk-ins welcome: redcrossblood.org - Sponsor Code: centralbaptist 1-800-RED-CROSS (1-800-733-2767) | Welcome Center











eHRIST VICTORIOUS 1 Cor 15:57

Special Meeting, Fellowship & Food!

Middle Adults, Mature Adults, Young Adults Welcome!

Saturday, March 1st | 1:30 PM

Educational Center Rooms 105-107

Middle Adult Connection Ministru

(Ages 36-55)

RSVP by Sunday, March 2nd Middle Adult GroupMe or Disciple Chris Bartley

(cbfly30@gmail.com | 314-346-1476)

Prices vary, pay online: https://ampupactionpark.com/



Amp Up Action Park Karting and Axe Throwing

Saturday, March 8th | 3:30-8 PM for Middle Adults & Their Kids Age 10+ 13901 Manchester Road Town and Country, MO 63011





FREEDOM LINE TOUR PRESENTS

Selma, Montgomery 8 Birmingham

Black History School V.B.S Immersion

July 13-17, 2025

THE TOUR STARTS & ENDS IN ATLANT.

Travel to & from Atlanta is not included Two Payment Deadlines: \$559.99 by March 15th and \$499.99 by May 15th



Scan OR Code For Info Session Replay





July 13-17, 2025

Package Price \$999.99 (Booking Fee) \$59.99 TOTAL PRICE \$1,059.99











FREE NEW TESTAMENT POSTCARDS AT THE WELCOME CENTER.
INCLUDES A CHECKLIST TO HELP YOU IN YOUR BIBLE STUDY JOURNEY!



"Investing In Hope"

PHASE 2 | CENTRAL BAPTIST CHURCH CAPITAL CAMPAIGN



 Renovate the Educational Center to create children & youth-focused spaces

- · Replace the Warehouse roof
- Raise funds to match \$10K grant for Central Gardens
- · Tackle small ADA updates
- Start Capital Endowment

March 3, 2024 - March 30, 2025 Goal \$142,400

- · 400 cheerful givers in addition to tithes & offerings:
 - · Adults \$356 each over the next 12 months
- •\$178 in honor of our heritage + \$178 in hope for our future · Less than \$7 per week
 - · Youth \$35.60 each over the next 12 months
 - . Children \$3.56 each over the next 12 months







988 Suicide & Crisis Lifeline 988 | 800-273-TALK | 988 lifeline.org

National Domestic Violence Hotline 800-799-SAFE | Text START to 88788 | thehotline.org

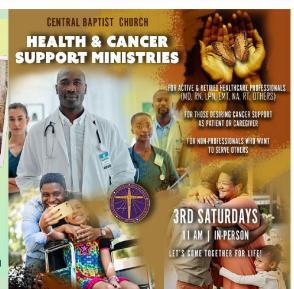
National Sexual Assault Hotline | 800-656-HOPE | rainn.org

CrisisTextLine.org | Text HOME to 741741

ChildHelp.org National Child Abuse Hotline | 800-4-A-CHILD

National Human Trafficking Hotline

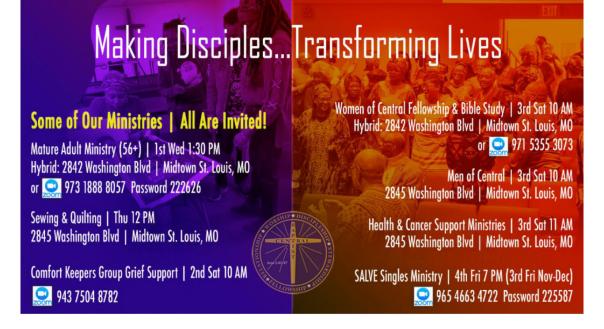
888-3737-888 | Text 233733 (BeFree) | humantraffickinghotline.org











CONNECT WITH CENTRAL BAPTIST CHURCH



NEW WEBSITE LAUNCHED





Get Connected Today!

Why Should I Connect?



- Update your personal info
- Give via Realm & Central is not charged a fee
- Manage your giving
- Communicate with Central ministries
 & teams
- · Connect with other Central disciples
- Join Central events
- Keep up with Central news



How Do I Connect?

- Search for Feb 2024 email "Central Baptist Church: Join our online community!"
- Don't see it? Request a new Realm email from Leah Nolden: lnolden@ebestl.org | 314-533-0747
- Click the email link and create a password.
- Update your profile and privacy settings to what you would like visible to others.
- Download the Realm Connect app and/or just visit online and explore!









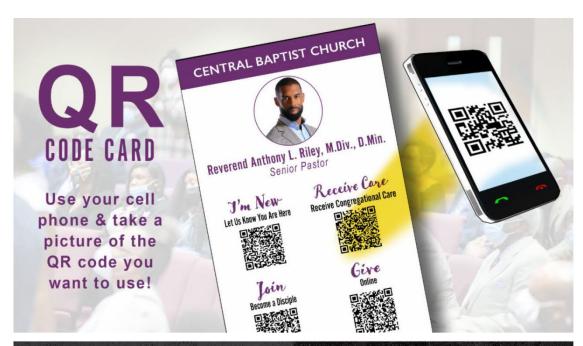
CBFLY30@GMAIL.COM | 314-346-1476

Let's be the church...together.













CENTRAL STAFF

CORE TEAM

OFFICE OF THE PASTOR



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



Executive Assistant to the Pastor
Ms. Kyla Williams
executive assistant@cbcstl.org
Responsibilities: Disciple Meetings
with the Pastor, Pastoral
Appointments



Minister of Discipleship
Rev. Natasha Nedrick Adzudzor
discipleship@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



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

Receptionist Vacant

officeassistant@cbcstl.org Responsibilies: Bereavement/ Funeral Support, Church Calendar, Receptionist, Registration and Jotform

Management.

FACILITIES Church Office 314.533.0747

Facility Manager/Custodian Vacant

Responsibilities: Facilities and Ground Maintenance, Event Management, Warehouse Management



DISCIPLESHIP TEAM

Director of Worship

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

Bessie Bush | 501-602-0917 | bessie.bush@att.net

Emma Daniels | 314-650-7127 | emmapsalms34@gmail.com

Claudine Fleming | 314-276-5472 | deltadol71@aol.com

Sandra Ginger | 314-973-7760 | skginger1124@gmail.com

Emem Ituen | 314-346-8833 | eituen2006@yahoo.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 | 314-332-0944 | wb1243@swbell.net
Anthony Franks | 314-539-3995 | ayefranks@sbcglobal.net
Vernon Grandberry | 314-660-0916 | v.grandberry@att.net
Natalie Hill | 314-537-6640 | hillnatalie10@gmail.com
Marilyn Holmes | 314-608-5424 | merlntwomusic@gmail.com

HOSPITALS:

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

WEST/WEST COUNTY

Tracie Chisom | 314-413-4958 | traciehope@outlook.com
James Clark | 314-550-7897 | jeclarkcbcstl@gmail.com
Paulette Clark | 314-974-6037 | paclark@sbcglobal.net
Sylvester Dunn | 314-800-7154 | sylvesterdunn776@yahoo.com
Gloria Givens | 314-229-1110 | gggivens@swbell.net
Varon Johnson | 314-780-2081 | varondj1@gmail.com
Bryant Kirby | 314-882-0441 | bryantkkirby@gmail.com
Diana Redden | 314-488-4763 | dianaredden0629@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

Diane Dean | 618-628-0193 | dean.diane4@gmail.com

Debra Cleveland | 618-530-5190 | debcleveland3@gmail.com

Robert Henson | 314-809-6173 | 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

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

Candiss Heidbrier | 314-884-8855 | chbrier@gmail.com

Earnest Jackson | 314-229-2871 | NA

Hope Jackson | 314-267-6260 | hope.jackson43@yahoo.com

Zakiyyah Marshall | 314-305-1720 | zmarshall263@gmail.com

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

SICK & SHUT-IN

Names in <u>bold</u> are most recent added or updated info.

"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 Jean Shanks

Disciple Randle Smith

At Home

Deacon Dr. Katherine Bailey

Disciple Pete Barber

Disciple Paula Bush

Disciple Temekka Cannon

Disciple Joshua Carrawell

Deacon Dr. Claudine Fleming

Disciple Garrett Franks

Disciple Andrea Hairston

Disciple Andrea Howard

Disciple Martha Hurley

Disciple Bianca Jackson

Disciple Leonora Nunley

Disciple Linda Oshuporu

Disciple Geneva Palmer-Hamilton

Disciple Brenda Rodgers

Disciple Herman Smith, Jr.

Disciple Paula Washington

Disciple Clara Wilder

Disciple Pamela Wood

BEREAVEMENT

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

- Disciple Barbara Clay in the passing of her father, and retired Central Baptist Church assistant sexton, Disciple Alonzo Hicks.
- Disciples Ajita Thomas (daughter), Loretta and Anthony Thomas (grandparents), and Bettie Jean Bailey (cousin), in the passing of their loved one, Disciple Wynette Thomas.
- Disciple Cherokee Bodell in the passing of her grandmother, Beth Risinger.
- Disciple Pamela Jones in the passing of her mother, Disciple Dorothy Jean Rhodes.
- The family of Disciple Cheryl McCarty.
- Disciples Deacon Varon (Patricia)
 Johnson and family in the passing of his cousin, Devin Smart.

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 the Fuller and Lewis Families
- Disciple Cynthia Cross and Family
- · Disciple Arthur Culbert
- Sister Gina G (friend of Deacon Bryant Kirby)
- · Deacon Gloria Givens
- Disciple John Howard (son of Disciple Andrea Howard)
- Ms. Kathryn Johnson (sister of Disciple Betty Winger)
- · Deaconess Ernestine Jones-Gordon

- Sister Yvonne Kirby (mother of Deacon Bryant Kirby)
- · Disciple Joshua D. Jones
- · Disciple Mary Veda Moorehead
- · Sandra Newis, Smith & Nesbit family
- · Disciple Folasadé Oshuporu
- Baby Autumn (Disciple Vickey Pettiford)
- · Disciple Cecelia Polford
- Disciple Terry Rodgers (no calls at this time)
- · Deacon Alfred Steward
- Disciple Rosalind Sykes
- Disciple Artavious Williams (great-nephew of Disciple Cecelia Polford)
- · Disciple Keith Williams
- · Disciple Christine Winfield
- Bryan Young (Brother of Disciple Elaine Young & Disciple Sylvia Weaver)





💂 DIAL-IN: 312-626-6799

COMMUNITY BULLETIN BOARD

Please note: Some Ads have links to the associated web page, just click on link.

Faith and Health: Purple Sundays Offer Education and **Support for Memory Loss**

Learn how to access free care and support services, engage in research and educate members of the faith community about Alzheimer's and other dementias.



FEBRUARY 26, 2025

11:30 a.m. - 12:30 p.m. Click here to register or scan the QR code



ALZHEIMER'S RALZHEIMEN ASSOCIATION



Feb 28

Fri 7:30pm · Stifel Theatre

Kevin McBeth, conductor Donald Lawrence, vocalist IN UNISON Chorus

Grammy Award®-winning guest artist Donald Lawrence joins the St. Louis Symphony Orchestra and the IN UNISON Chorus for this joyful celebration of Black History Month.

Supported by Bayer Fund

Black **History Month** Celebration

GROUP SEATS HAVE ENDED PURCHASE YOUR SEATS DIRECTLY

FOR CENTRAL'S DISCOUNT, USE PROMO CODE: CBCSTL QUESTIONS? MILTON KENDRICK III MKENDRICK@CBCSTL.ORG



Groups Save up to 20% off slso.org/groups 314-534-1700

314-761-6199





Student Membership

Founded in 1942, the League of American Orchestras champions the vitality of music and the orchestral experience, supports the orchestra community, and leads change boldly. Join the League to become an orchestra insider and make personal connections in this national network of 1,600 organizations and individuals.

Student membership is best suited for those currently enrolled in college (including both undergraduate and advanced degree programs) and is also open to those who recently graduated

Student Membership - FREE!

Receive all the benefits of Individual Membership at a discounted price, including access to:

- Free early bird registration* for the League's National Conference in June. Member savings on all events, including webinars and seminars.

- Member savings on all events, including <u>weblinars and seminars</u>.
 Online programming throughout the year on topics specially tailored to students.

 <u>League360</u> online member forums, including a group just for student members.

 Bi-weekly roundup of orchestra news from <u>Symphony</u>.
 Part of a League member organization? Upgrade your inherited benefits with a 50% discount on a Professional Membership.

 "Free registration is limited and first-come, first-served. After we run out, students can attend at a deeply discounted rate.

Student Professional Membership - \$80

If you are interested in developing your career in the orchestra field, Student Professional Membership is designed for you. You will receive all of the benefits of Student Membership plus:

• Access to the League's Job Listings website with listings and notifications of available positions. You can post your resume where it is available to member orchestras looking for new employees.

• A copy of the annual print edition of Symphony magazine.

americanorchestras.org/students

Photos of students performing and speaking at the 2023 League National Conference by Jason Cohn.







St. Louis Society for the Blind and Visually Impaired

Since 1911 the Society has been enhancing independence, empowering individuals and enriching the lives of people who are visually impaired or blind.

It is our goal to reach diverse and underserved populations of the blind and visually impaired.

To increase awareness of products and services to the minority blind community.

To ensure equity and inclusion for all ethnicities.



Come see how we can help!

8770 Manchester Road Brentwood, Missouri 63144 314-968-9000 | www.slsbvi.org



Visit our website





Play your part with the Symphony Volunteer Association

Volunteer for the SLSO! There are many fulfilling activities our volunteers enjoy.

Concert day opportunities*

- · Greet guests arriving to concerts
- Share donuts, hot coffee, and warm smiles prior to Coffee Concerts
- Assist with Youth Orchestra and special event activities

 White the special compliance and tickets for concepts when volunteering.

Education opportunities

- Welcome up to 2,000 children at imaginative education concerts
- Create links between music and art for students across the region with Picture the Music
- · Assist with pre-concert activities before Concerts for Kids







Online and at-home opportunities

- Socialize with SLSO musicians and staff through unique virtual/online experiences
- Serve as an advocate for the arts by contacting legislators to secure arts funding
- Help thank fellow supporters of the SLSO
- · Assist with communications and more!

Visit slso.org/sva to learn more and join the SVA today! Volunteer benefits include occasional complimentary concert tickets, meeting musicians, special programs, social events, and best of all, the joy of giving back!



St. Louis Symphony Orchestra



Computer Giveaway



Register for your chance to receive a FREE COMPUTER

Hello St. Louis families!

Don't have a working computer at home? We're here to help!

Compudopt's goal is to make sure all families

have the access they need to thrive in today's digital world. That's why we are a non-profit organization dedicated to providing computers and free or low cost internet solutions to families who need them.

To qualify for the computer giveaway, you must not currently own a working computer at home. Computers come with a 2-year warranty and free tech support!

Scan the QR code or visit compudopt.org/st.louis to register! Families are randomly selected and will be notified via text and email if selected.

today! Questions? Call:

855-532-5060.

Power. Learn. Thrive.

Empowering youth through technology



NOW HIRINGPackage Handlers

DE, including disability/vets Compensation may vary depending on location Visit our Careers website for more information

9000 Premier Parkway, St. Peters, MO 63376

MAINTENANCE TECHNICIAN OPPORTUNITIES

FedEx Locations

Up to \$40.50 /hr

PACKAGE HANDLER OPPORTUNITIES

1525 Woodson Road, MO 63114

Preload Sort start time 3AM, \$17.35 Outbound Sort start time 4PM, \$16.35

Up to \$ 17.35 /hr*

9000 Premier Parkway, St. Peters, MO 63376

Up to \$ 20.70 /hr*

1602 Sauget Business BLVD, East St. Louis, IL

Up to \$ 18.40 /hr*

QUALIFICATIONS:

- Must be at least 18 years of age
 Must be able to load, unload and sort packages, as well as perform other related duties

- Tuition reimbursement program
 Career advancement opportunities
 Weekly pay/direct deposit
 Benefits available upon reaching eligibility
- requirements



To apply:
Scan the QR code to text FedEx to 288000 or visit careers.fedex.com





