



# The Central Connection

*A newsletter of Central  
Christian Church Nocona, TX*

July 20, 2020



## *Pastor's Ponderings*

### **This Week at CCC**

**Tuesday, July 21<sup>st</sup>**

**10am – Funeral for Patti Pounds**

**Wednesday, July 22<sup>nd</sup>**

**10am – Quilting Group**

**7pm – Bible Study on Zoom**

**Sunday, July 26<sup>th</sup>**

**11am – Worship in person and  
on Zoom**

**Wednesday, July 29<sup>th</sup>**

**10am – Coffee Crew**

Christians have utilized many forms and methods of prayer over the centuries. One form that has become very meaningful to me is contemplative prayer. I was introduced to it during seminary. We had a whole semester with various types of contemplative prayer.

A favorite prayer used is the “Jesus Prayer.” The idea is to repeat the phrase/prayer over and over and let the words really sink into your heart and mind. It can be hard to settle into this kind of prayer. Our minds often wander and are filled with random thoughts that try to pull us away from prayer and back to our surroundings. When the prayer becomes as natural as breathing and when you no longer have to focus on the words to say them, you will find that your mind is able to simply “be” and experience God.

Try using the Jesus Prayer (below) this week during your prayer time. Find a comfortable place and plan to spend several minutes praying. Take a minute to breath deeply before you begin to pray. Then, pray – repeating one phrase as you inhale and the next phrase as you exhale. See if you can pray for a set amount of time (like 3-5 minutes) or a set number of times (like 10 or 20).

***“Lord Jesus Christ, Son of God / have mercy on me a sinner.”***

Or use a shortened version: ***“Lord, have mercy.”***

*Praying,  
Pastor Lory*



Be sure to send Pastor Lory your sermon ideas and suggestions this week! Our U-Pick series begins July 26<sup>th</sup>. I still need a couple of topics!!



Bring your bottle back this next week and Barbara will take it to Clear Choice PRC. Cash, checks and coins are welcome!

As we transition back to in-person worship, we will continue to utilize Zoom (full worship) and Facebook Live (sermon only) for those who are not ready to return to the building just yet. The link will be included in the weekly email (same link every week).



Patti Pounds' funeral will be tomorrow (Tuesday, July 21<sup>st</sup>) at 10am at Central Christian Church with Pastor Ron Wilson officiating.

*So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.*

**2 Corinthians 4:18**

Sunday, July 19:

In person: 9

Zoom:

FB Live: 50 views

(As of Mon AM)

## Prayer Concerns

Tammy Brockman, Zach Kabisch, Nancy Atkison, Kendra McCracken, Sarah Grow, Logan Barnes, Billie St. Germaine, Kolton Bell, Angela Hagemier, Trish Goolsby, Peggy Benton, Terry Don Robertson, Freddie Duran, WR Tucker, Tom Parish, Joe Benton, Elizabeth Reed, Madison Wardell, victims of Covid-19, Claire McWilliams, Roger Russell, Laquita Hewitt, Saunders' kids/grands, June Moss, Yancy Bell, National unrest, Karen Billet, Chris Saunders, Kristi Hopf, Meagan Kirk, Dakota's Aunt Martha

Families of Duncan Henderson and Patti Pounds

## Worship This Week



**Scripture:**  
1 Peter 5:7

**Sermon:**  
*When anxiety comes knocking...*  
(Submitted by Abby Seay)

**Rev. Lory Hunt**  
Minister

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**Church Office Hours:**  
Mon-Thurs 8:30am - 12pm