



February 2026

# THE PULSE

## A Monthly Look Into Ministry at CPC



### Ministry Moments

Songs from the 60s and 70s filled The Commons on January 17, as the JOY Ministry to retired adults hosted their annual Oldies Night. Around 70 people rocked the night away to the music of a band led by CRASH (middle school ministry) Director Adam Delaplane, and featuring some familiar musicians and vocalists.

Songs by The Beatles, Herman's Hermits and more were mixed with surprise visits from Johnny Cash, Elvis, and Frank Sinatra. Participants also enjoyed retro boxes of popcorn, nostalgic candy and sodas, dancing, and trivia questions.

JOY Ministry Director Anne Bucaro reported that the event made good on its promise to be "even more fun" than last year's Oldies Night, and that it will do so again next year. "This has continued to be one of our favorite events of the year," Anne said. "It was a thrill to see so many clapping, dancing, and singing along with a truly great band!"



### Kairos Ministers Year-Round to Age Group in Transition

by Lynn Norfleet

College ministry used to follow the schedules of most universities - that is, gatherings and activities were planned during the summer and over Christmas breaks. But with more and more high school graduates choosing to stay home and work or attend local colleges, CPC's Kairos is now a ministry to college-age young adults year-round.

"We don't call those who come to Kairos just 'college students' any longer," said ministry leader Tony Howard. "While the majority of them are still studying at schools outside of St. Louis, a growing number are choosing to take some time to work, save money and consider what the next steps in life are for them."

Kairos girls and guys meet for Bible study and discipleship weekly on Monday and Wednesday evenings. There are about 10-15 individuals participating now, but during the holidays and over the summer, that number grows to 25-40. The summer ministry meets weekly for volleyball, games and group discussion. Kairos also hosts gatherings for holidays and special events like cookouts, Cardinals games, and watching movies or sports.





## CPC Up Close

Scott Highmark

St. Louis native Scott Highmark and his family began attending CPC in 2019, but were familiar with the church before that, having grown up in the area and the PCA community. "We were drawn to CPC because of the warmth of its people, the quality of teaching, and the fellowship that we were able to be part of fairly quickly," he explained.

Last month, Scott was ordained as an elder after serving as a deacon for the past year. "Having been a deacon for more than 15 years at other PCA churches," Scott said, "I felt called to continue to serve the church, as I connect deeply with CPC's motto, 'Living for Christ, so others may live'."

Scott and his wife, Linsey, have been married for 29 years and have three daughters. A former basketball player for Parkway West High School and St. Louis University, Scott was inspired by the vision to purchase and expand the property that is now The Commons in the community in which he was raised. "We are amazed at the way the Lord has already used it to impact and multiply the reach of CPC."

## Kairos Ministers Year-Round (cont.)

"This age group is in a place of transition," Tony continued, "often-times discerning who they really are, while also contemplating the truth claims of Jesus and the wider culture." While this can be an exciting time, it can be marked by confusion, anxiety and depression, as well. Influenced by peers and media, many are tempted to base beliefs on cultural norms around them rather than on Christian foundations.

Participants in the group often say that it can be hard to find community, especially if they don't go away to college where there are lots of choices of groups to join. Kairos provides that community, along with encouragement to stay connected to God and His Word.

