



THE PULSE

A Monthly Look Into Ministry at CPC

Ministry Moments

One of the ways CPC is making a difference in our community is by joining with one of Restore St. Louis' seven ministries, Workday, to provide critical building and repair work to city residents. Workdays occur monthly on the second Saturday of the month from September to May.

For eight years, Mike Dwyer has coordinated a team of volunteers ranging in size from six to 14 that provide drywall and plumbing repair, flooring installation, interior painting, shed building, and more for those in need in St. Louis. "The need for support increased significantly over the past year after the May 2025 tornado caused so much damage and displacement," he said.

Workday is a great opportunity for families, Lifelines, Bible study groups, and others to work together and serve others. Jobs are prearranged and equipment and tools are provided; and no special skills are required. Details will be provided later this summer about the next Workday in September.



Discovery Classes Offer Insight to Adults

by Lynn Norfleet

While many know about CPC's Sunday School offerings for children and youth, they may not be aware that there are also classes for adults during the 9:00 hour on Sunday mornings. Covering a wide range of topics ranging from books of the Bible and theological concepts, to marriage and parenting, to Christian perspectives on popular culture, Discovery Classes typically meet in the Cafe and Fireside Cafe.

While only one class is offered during the summer months, two eight to ten-week classes are scheduled in the fall and spring, often accompanied by a "Welcome to CPC" class for those interested in learning more about or pursuing membership in the church. All classes are led by pastors, counselors, and ministry or seminary staff. Pastor Tony Howard coordinates and often leads these classes.

This year's summer class is Everyday Theology. Taught by CPC ministry leaders, the class will explore how our knowledge of God and scripture inform our everyday lives and decisions, and how we apply what we know about God to our hearts and actions.



CPC Up Close

Travis & Emily Ulmer

When Travis and Emily Ulmer moved to the Claymont area in 2015, they wanted to get involved in a church in their community where they would see other members at school events, the grocery store, and in their neighborhood. Friends invited them to CPC, and the couple, along with children Owen, Molly, Jack, and Lucy, have been here ever since.

The Ulmers, who met in college ministry while students at Mizzou, will celebrate their 22nd anniversary next month. A teacher for the past nine years at CPC's preschool, Emily was recently hired as director of the Claymont Preschool. Travis, the chief creative officer of Cannonball, a St. Louis-based advertising agency, serves as a deacon.

"We believe strongly in investing in our church community," Travis said. Among the many ways they have done just that are volunteering in VBS and other children's ministries (Emily); as a deacon, helping church leadership consider missional messaging (Travis); and together, leading a Lifeline small group and encouraging their children's involvement in church activities.

Discovery Classes (cont.)

"Opportunities for adults to learn and grow in their faith are vital to the church because we can open the Word of God and connect it to everyday life and to questions they have now," Tony said. "So when we plan the classes we offer, we look for books of the Bible and topics that can offer insights and challenges to adults at all stages of their walk with Christ."

Tony continued, "As adult Christians, we are called to be salt and light to those around us. We work, vote, and have a voice in the governments, schools, corporations, and other institutions of our society. We are also called to disciple our families and decide the church's priorities. So we believe having classes for adults is vital to Christian ministry and spreading the gospel."



THE WAY OF WISDOM
A STUDY OF THE BOOK OF PROVERBS

WOMEN'S MINISTRY SUMMER STUDY
TUESDAYS, JUNE 2, 9, 16, 23, & 30
7 PM | THE COMMONS

CPC 

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