



THE PULSE

A Monthly Look Into Ministry at CPC

Ministry Moments

Many families and individuals gathered at CPC the evening of February 18 to observe the beginning of Lent at CPC's Ash Wednesday service. Begun last year, the service provides time for reflection and prayer that encourages contemplation on our mortality and sin, even as we celebrate God's promise of salvation from the midst of those "ashes."

"Ash Wednesday is such a unique and fascinating day in the church year," noted Worship Director Heather Kaemingk. "Placed at the start of the Lenten season and the 40-day journey to the cross, our worship on this night is born of the reality that our bodies are frail, our health fleeting, and our longevity limited. Yet we serve a God who breathes life into the driest dust and causes the dead to rise."

Ashes symbolically crossed the foreheads of those who attended as a reminder that even in the dead ache of sin and death, the cross has given us new life. The Ash Wednesday service is a somber moment, yet filled with joyful hope.



Crossfire "Bridges The Gap" For 4th & 5th Graders

by Lynn Norfleet

CPC launched Crossfire in the early 2000s to reach 4th and 5th grade students with the gospel. Previously, students in this age group had not had a dedicated ministry within the church, despite having outgrown activities designed for their younger peers. Crossfire bridges this gap, helping students deepen their understanding of God's word while preparing them for the next seven years of youth ministry in CRASH and KREW.

In Crossfire, students have time for play, whether outside on the playground or basketball courts, or inside with four-square or board games, before coming together for a Biblical lesson. Then they break out into small groups by grade and gender, giving them more time to process and ask questions. Leaders guide students in discussion and engage them in conversation about their past week and their activities.

CrossfirePM on Sunday nights in the fall and spring offers a similar structure, but with more time for activities and play and a shorter object lesson. Many students attend while their parents participate in Lifelines, and have siblings involved in other Sunday PM activities at the church. They often invite friends to join them.





CPC Up Close

Allie Vining

For more than a decade, Allie Vining has served as CPC's Women's Ministry Coordinator, however, her connection to the church began long before she served in that role.

A student at Parkway West High School in the early 2000's, Allie was invited by a good friend who attended CPC to come to KREW. While school and sports commitments kept her from participating in weekly meetings, she was able to go on the senior mission trip the summer after graduation. The trip proved to be life-changing, as she became a Christian while serving in Mexico. Allie then volunteered as a KREW leader during summers while a student at Mizzou, and worked as a KREW intern when she returned to St. Louis for her first job as a teacher at The Fulton School.

After earning a degree in educational ministries from Covenant Seminary, Allie continued to nurture her love of teaching at CPC. "I really enjoy seeing women grow and mature in their faith," Allie said. "And I especially love hearing stories of women being encouraged to share their faith with friends and neighbors." Allie and her husband, Drew, will celebrate their 10th anniversary this year, and are parents of three young children.

Crossfire "Bridges The Gap" (cont.)

"All of our ministry activities center around Christ, community and service," explained Crossfire Director Justin Blizard. "Kids learn about Jesus and His word every Sunday morning and evening. In doing so, I always try to use playful illustrations that connect Biblical topics to the students' everyday lives." Crossfire also provides times of unstructured play at the beginning and end of gatherings to help students build friendships and simply enjoy being together.

Beyond Sundays, Justin has started hosting routine weekend hang-outs to deepen students' connections with one another, and schedules regular opportunities for them to reach out to CPC and the community through various service projects. "Students at this age are naturally curious about Scripture and truly love Jesus," Justin added. "They make insightful connections that either I haven't thought of myself or wish older students would make."

