



THE PULSE

A Monthly Look Into Ministry at CPC

Ministry Moments

It was a great start to a new year of ministry at CPC's Kickoff Party on Aug. 23! After kids moved up to their new grades in Sunday School earlier on Sunday morning, hundreds gathered at The Commons after the second service for lunch, fellowship and lots of fun activities for kids.

Tim Loyd and his team of "Cinder Block Smokers" provided hot dogs and hamburgers to feed the large crowd. Food also included pulled pork, deli sandwiches, pizzas, sides, and desserts. Large inflatables in the Banquet Room kept younger children entertained, while older kids enjoyed playing basketball in the gym and video and table games in the youth room.

As always, the highlight of this annual celebration is community with church family, including those who have been a part of CPC for years and many who started attending as recently as last month - and everyone in between. "It's so encouraging to see the connection that happens at events like this," said Pastor Tony Howard.



Men's Ministry Provides Deeper Connection

by Lynn Norfleet

CPC's Men's Ministry consistently provides opportunities for men to engage in Bible studies and activities that promote spiritual growth, friendship and service, and build connection beyond Sunday morning worship.

Currently, men are studying the gospel of John on Monday mornings and the book of 1 John on Tuesday mornings and evenings. New to the Tuesday study this year is an effort to have all of the pastoral staff involved teaching a brief scriptural lesson before men break into small groups. "We are grateful to have each pastor's perspective on the Word every week to guide our discussions," said Tim Witzig, Men's Ministry co-coordinator, along with Andy Fairlamb. "In this time of growing challenges to Christians, we need encouragement to walk in the light of God's truth, righteousness and love."

Men are also encouraged to grow in Christ through service to others. One Saturday a month, a team of men from CPC teams up with New City Fellowship to assist with work projects for those in need in St. Louis City. Additionally, groups of men are frequently invited to help widows and others within our church with moving, yard work, house projects, or other jobs.



CPC Up Close

Zoe Vander Maas

A self-described "people person," Zoe Vander Maas is energized by her new role as an intern with the CRASH and KREW ministry teams, and getting to know middle and high school students. As the new school year continues, she looks forward to getting to know their families, as well.

The second youngest of eight homeschooled children, Zoe is used to being around activity and noise, which of course comes with youth ministry. Growing up in the Maplewood area, and moving with her family to Grand Rapids, Michigan when she was ten, she enjoyed consistently being a part of a church youth group. "Working in youth ministry has made me come to appreciate the joys and challenges that young people face and I am excited to continue that work here at CPC," she said.

A recent graduate of Covenant College, where she majored in Biblical and Theological Studies with a minor in Spanish, Zoe is beginning Masters of Divinity courses at Covenant Seminary. She is enjoying being back in St. Louis and exploring new places - especially coffee shops!

Men's Ministry Provides... (cont.)

Sports provide a great pathway to recreation and connection for men, as well, and the ministry offers several ways for men to play, exercise and build relationships through events like a cornhole tournament earlier this year and a golf scramble last month. Basketball, softball, pickleball, and fly fishing leagues, groups and classes meet at different times throughout the year.

Discipleship Journey, in which groups of three or four men get together weekly over a period of two years, most directly targets the ministry's goal of disciple making. "These ongoing groups are focused on gospel transformation, meaningful friendships and multiplication," Andy said. "But it's our hope that all of our groups lead men to mature in their faith and become disciple makers."

