

**A**s part of this year's Ash Wednesday Services, I asked participants to share the spiritual practices that have helped them feel closer to God and to become more spiritually centered. I was pleased with the various disciplines being used. Thank you for your insight and may this Lenten journey draw you ever closer to God. Knowing I was going to be jetlagged from my vacation in Hawaii, I asked my tennis partner and friend, Bruce Jonas, to share his journey to spiritual and emotion health. Here is Bruce's "guest column" titled, "Religion and Mental Health."

While I only have a limited knowledge of the New Testament, I do know that two central themes are to love God with all your heart and mind and to love your neighbor as yourself. Both of these make the assumption that you love yourself. If you do not love yourself, you should, hopefully, like yourself or at least not actively dislike yourself. If one falls into the latter category, I think it would be hard to be as effective in satisfying these two central themes. For many years, I have studied Recovery, a mental self-help method that teaches people strategies to approach emotions more rationally. This method comes from "Mental Health through Will Training" by Abraham Low.

I can best introduce this approach by example. I am recently retired after working in the federal government for 34 years. I spent the bulk of that time at the Centers for Disease Control in Epidemiological Research. About 10 years ago, our agency went through a re-organization. Even though I was told I was needed in my new assignment, I was not happy with my placement. I began to have negative thoughts (referred to as "sabotage"). I indulged in the four negative selves (self-blame, self-disgust, self-importance and self-pity). How could they put me in this new group? Maybe I am not as good as I thought I was. I can't believe this is happening to ME. Poor me. I was in temper. Fearful temper that I may not be able to do the kind of work I wanted. Angry temper that they were out to get me. Then, I began to think rationally about my situation (referred to as "spotlighting"). I can drop the four negative selves, particularly self-pity. I can drop the temper. I can be self-led. Ultimately, it is up to me to accept this new assignment or move on. I can have an attitude of gratitude. I have a great wife and a great family. I can be group minded towards them by minimizing my moodiness. I can practice humility. It is vanity of knowing better to be sure my supervisors are to blame and that this is unfair. It is undesirable exceptionality to think that everyone gets to do exactly what they want to do all the time in their career.

For me, the beauty of this approach is that you don't have to believe it for it to work to some degree. You just need to practice it. After re-orienting my thinking to a more positive frame, in time I began to feel better about myself. As that happened, I was able to get out of my own head a bit more. In turn, I was able to love my neighbor better and love God with more of my heart and mind.

What I have described above is a small sample of the specific spotlighting thoughts and techniques that are available. I thank God that we have been given brains to learn and the knowledge from books and authors to absorb these truths.

Blessings, Bruce Jonas

**Note:** Bruce was raised in Baltimore in a Jewish home. Bruce and his wife, Astrid, moved to Bowie in 1990. Their three adult daughters, Jessica, Elizabeth, and Rebecca, were raised in CCPC. Bruce and Astrid sing in the choir. Bruce is trying to embrace retirement and enjoys the privilege of caring for his granddaughter, Madeleine, two days a week while his daughter Jessica works on her writing projects.

# *Worship Notes*

**March 19:** Third Sunday in Lent. The Pharisees and Scribes again complain that Jesus spends too much time with the wrong sort of people. Jesus responds by telling three parables known as the Parables of the Lost: The lost sheep, the lost coin, and the lost (Prodigal) son. Each time, when the lost as been found, the finder rejoices and throws a celebration. The sermon is titled, "Are You Coming to Celebration?" Luke 15:1-32

**March 26:** Fourth Sunday in Lent: Jesus tells a story about the different paths taken by an unnamed rich man and a beggar named Lazarus. Are we listening? Luke 16:19-31

**April 2:** Fifth Sunday in Lent: Communion Service. When Jesus' growing entourage come into his hometown, the diminutive and wealthy tax collector, Zacchaeus, is spotted sitting up in a sycamore tree. Jesus boldly invites himself to lunch. Amazing things happen. Luke 19:1-10.

## *CCPC Session Highlights* **February 2017**

### **New Members**

- ◆ The Session approved the membership of Mercy Arney and Mabel Windham

### **Library Repurposing Task Force (Emelie Rubin):**

- ◆ The Bowie Pride Theme won a congregational vote.
- ◆ The Session approved the theme and the committee's suggested name for the room as the *Belair Room*
- ◆ An Open House will be held on Palm Sunday
- ◆ The Grand Opening will be on May 21 (last day of Sunday School and Music Sunday)

### **Director of Christian Education (Justin Devine)**

- ◆ Justin reported that they had excellent participation from the youth in MLK Day and Warm Nights
- ◆ 17 students went to the retreat at Rhode's Grove in January
- ◆ Wednesday Night Live attendance has been 63 and 50 for the first two. It will combine with PWOC Annual Sue Cobb Scholarship Pancake Dinner on February 28 (Shrove Tuesday). An email reminder will be sent out
- ◆ Book Sale has netted \$440 so far
- ◆ Souper Bowl made \$300
- ◆ Parent's Night Out had 14 kids
- ◆ Sunday School showed a decline in January
- ◆ Adult Ed is continuing its hymn series
- ◆ 3 Lenten lunches will be from the Youth, Choir and Deacons
- ◆ On May 17, the Session will sponsor Wednesday Night Live

### **Projectors and Screens**

- ◆ The Session thanked Bob Brutout and Dennis Evans for all of their work on the new projector and screens.

# *Lenten Luncheons*

All Lenten Luncheons will be after the 10:30 AM worship service in Dodds Hall and everything will be provided. All you have to do is show up!



**Sunday, March 26, 2017**

*Deacon's Potato Bash!*

**What is a Potato Bash?**

The Deacons will prepare baked potatoes for you to top with favorites such as cheese, chili, broccoli, salsa/hot sauce, and sour cream.

Dessert also will be provided!

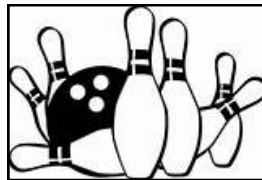
**Sunday, April 9, 2017**

*Children & Youth Ministries*

*Pasta Palooza!*



Children and Youth Ministries will host a pasta dinner with all the fixings!



# *Bowling Day*

Join us at the Crofton Bowling Center (2115 Priest Bridge Drive, Crofton. 301-261-6670) on  
Sunday, March 19th at Noon

for a fun-filled day of bowling. Cost of \$15 will cover pizza and bowling for the whole family.

RSVP to Justin Devine at [ccpcdirced@verizon.net](mailto:ccpcdirced@verizon.net).



**CCPC**

# *Work Day*

When: 8:30 AM on Saturday April 8, 2017

What: Church grounds spring cleanup and mulch spreading. We will have the bagged mulch from the Boy Scouts. Lunch will be provided around 11:30. Bring rakes, wheel borrows, gloves, and a willingness to work. Many hands will make this go fast.

Where: CCPC

**Saturday April 8th starting at 8:00AM.**

**All hands are needed!**

**Please join us!**



**Many Hands Make *LIGHT* Work**

# *Adult Education Classes!*

The *Great Christian Hymns* series is almost over. But, you still have time to catch the last two presentations! Please feel free to join us in the Adult Education Conference room at 9:30 am on the following Sundays:

**March 19: Marshall Saylor**  
Hymns We Shouldn't Sing

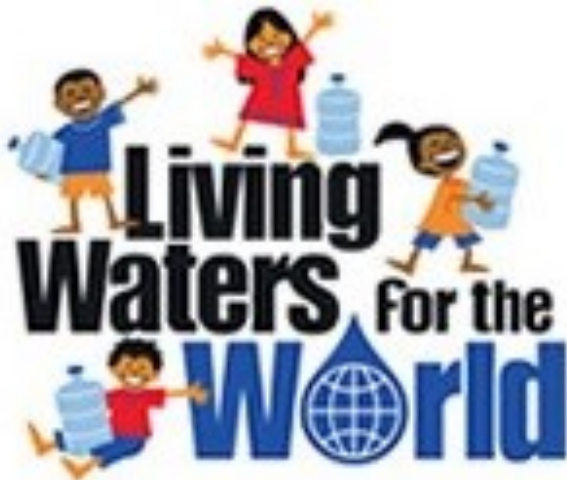
**March 26: Kevin Clemence**  
Contemporary Worship Songs

## *Nominating Committee Meeting*

There will be a meeting of the Nominating Committee on Tuesday March 21 at 7:30 pm. We will be meeting in the parlor. Please plan to attend. Thank you!

## *Tiger Lilies*

The Tiger Lilies are reading "A People's History of Christianity" by Diana Butler Bass. Our next meeting will be April 10th at 7:30 pm. Contact Andrea Brassard at [andreabrassard@verizon.net](mailto:andreabrassard@verizon.net) or 301-352-0075 with any questions.



## *LWW Team* *2017 Trip to Honduras*

### **A Report to the Congregation**

On **Sunday, 19 March**, immediately after the 10:30 church service, the CCPC Living Waters for the World team will present to the congregation a report on their most recent installation trip to

Honduras. There will be no meal associated with the presentation, but we hope to serve Honduran coffee that morning, beginning between services, and extending through the presentation. We hope you will stay after church to hear the stories of our visits to past, present, and possible future sites of water purification systems in Honduras. This year's trip was full of adventure and blessings and success, and we hope that this report will help make all CCPC members feel a part of this wonderful international mission project supported so enthusiastically by our church!



# *Christmas in April*

Christmas in April, in partnership with local communities, rehabilitates the houses of low-income homeowners, particularly the elderly and people with disabilities, so that they may continue to live in warmth, safety, and independence. Founded in 1988 and headquartered in Washington DC, Christmas in April is a nonprofit organization with affiliates throughout the country. The local affiliates identify homes for rehabilitation and volunteer house captains assess the level and type of work required and prepare lists of chores to be completed. The event culminates on the last Saturday in April when volunteers report to their assigned home to complete the various chores.

This year, CCPC is partnering with All Saints Lutheran Church to rehabilitate a home for an elderly woman in Pointer Ridge. The chores include a bit of yard work, power washing the house, removing a shed, and a bunch of painting inside.

The work will start at

**7:30 AM on Saturday, April 29th**  
**and lunch will be provided.**

We are looking for about 6 to 8 volunteers from CCPC. Youth ages 14 and up are welcome, especially if they need to earn some service hours. If you are interested in volunteering, please see the signup sheet in the Atrium. If you have any questions, please see Paul or Debbie Sell.

Here is the link to the local PG County Christmas in April affiliate,  
if you would like additional information.

<http://christmasinaprilpg.org/>



# Imagine Yoga & Wellness Center

## **Gentle Stretch with Sheree Ruhl is expanding:**

Join Sheree Ruhl every Tuesday and Thursday at 7:00 p.m. for her Gentle Stretch class at Imagine Yoga and Wellness Center. Sheree's peaceful, loving spirit will guide you through a flow of gentle yoga poses that will increase your flexibility, build strength and calm the mind.  
Need based scholarships available.

## **Karma Yoga/Peaceful Kids every Sunday at 4:00**

Imagine Yoga and Wellness Center believes in giving back to the community with the gift of yoga taught by Imagine yoga instructors who are donating their time. This weekly class is FREE, with a suggested \$5 love offering which is used to fund scholarships and special community missions.

Got kids ages 3 - 12? Bring them along and have them join our Peaceful Kids yoga class while you are enjoying Karma Yoga across the hall. Just \$10 per child (10% discount for each additional sibling). They'll enjoy an active yoga flow, arts & crafts, music, dance and meditation. It's an hour of mindfulness for the whole family.

Questions, please go to their website at:  
<http://www.imaginetheplace.com/wp/contact/>  
or call (443) 510-6308



# Christian Community Presbyterian Church



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CCPC, the first Protestant church in Levitt Bowie, was born from a passion for Christian mission in the local community, and this focus continues.

*Our Mission: To worship God, to grow in faith and community,  
and to place our gifts in the service of Jesus Christ.*



## Belair Cooperative Nursery School

The school is a non-profit, non-sectarian, and non-partisan organization. It's located in the CE Building of Christian Community Presbyterian Church.

Call 301-464-5782 or Email [info@belaircoop.org](mailto:info@belaircoop.org)  
[www.belaircoop.org](http://www.belaircoop.org)



## Imagine - Yoga & Wellness Center



Located in the CE building, offers yoga and a variety of wellness programs to CCPC members and the community. For more information, visit [www.ImagineThePlace.com](http://www.ImagineThePlace.com), call 443-510-6308, or e-mail [info@ImagineThePlace.com](mailto:info@ImagineThePlace.com). Scholarships available.

