



Much has been written about the declining participation rate of 18-29 year olds — the Millennial Generation. They don't seem interested in politics or religion. They have doubts about all traditional commitments in life, including marriage. The common complaint they have about churches is that they are too focused on sexual issues and too preoccupied with institutional concerns. The frequently heard phrase is "Christianity no longer looks like Jesus." Religious seekers in this group admit that they want to know and feel that God is alive and calling them to live like Jesus. They like to volunteer if they can see that what they are giving their precious time and money to is making a real difference.

If you find yourself in an airport in Latin America or the Caribbean on a Saturday morning, you will notice that many of the people in the terminal are church mission groups arriving for or returning from a short-term mission trip. They are easily identified by their T-shirts that tout their group's name and the good work they are doing. Often they are Habitat for Humanity teams or a medical team doing work with groups like those we are associated with in Honduras: *Friends of Barnabas* and *Salt and Light*. They love Jesus and they are passionate about doing God's work.

On Sunday you will hear from our Living Waters Team that installed another clean water filtration system in the small Honduran town of La Union Suyapa this past January. The Living Waters for the World organization has provided over 60 clean water systems in Honduras alone. We work with a local group committed to maintaining the system and encouraging people to use safe drinking water. We teach the children about God and about the importance of clean water and good health. Community leaders come together to learn about hygiene and good health practices. It is a wonderful experience. It feels like what Jesus would have us be doing.

The Christian church in America is still doing great work both locally and internationally. This story is not well known. I believe that if you can get disillusioned young people to participate in well-organized and locally connected groups such as LWW they will once again fall in love with Jesus. A side benefit is they will stop obsessing about their petty First World concerns. I know the week sure inspired this aging Boomer. Come and hear. Did I mention how good the food will be?

Grace and peace,

James Brassard





Worship Notes

March 16: Jesus meets a Samaritan woman at the well in John 4. In their impromptu exchange, we find a beautiful example of how the message of Jesus can and does remake broken lives. The sermon is titled, "Living Water in Contested Ground." Following the service, the Living Waters for the World Mission team will talk about their recent work in Honduras. The food and the fellowship will be wonderful.

March 23: Psalms 121 and 122 are songs written by pilgrims leaving on the journey home after visiting a holy site. On the way, inevitably for each pilgrim, questions surface. Who am I? Where am I within the larger framework of the universe? Am I alone? Do I have to rely on my own wisdom and strength to pilgrim through this weary land? Or are there other resources available to me? "Where does my help come?" Sermon is titled, "Who Is Your Keeper?"



Birth Correction

Please note that the middle name for Oliver Sippel was incorrect. It should have been

William NOT Wendell. So . . . Please welcome *Oliver William Sippel*.

And, Oliver William, please forgive us!

Bobbie Ardan Update

Bobbie has entered rehab at Bethesda Health and Rehabilitation Center at 5721 Grosvenor Lane, Bethesda, MD 20814 * 301-530-1600 * Room 140-B
If you call, you have to ask for Rena Ardan. She would welcome visitors.

Directory Update

Please update your directory for Irene and Ryan Remley's new address:
12408 Rambling Lane, Bowie, Maryland 20715

Health & Healing

Health & Healing will **not** be meeting on Tuesday, March 18.
We apologize in advance for any inconvenience.
The next meeting will be on Tuesday, March 25.
We hope to see you there!

DEACON'S CORNER

This is the 37th in a series of articles about living well by considering the host of things we can change in our lives, our homes and our surroundings that can make our lives healthier, happier, and safer. Special thanks to Joy Bible, former Moderator of the Board of Deacons, for sharing her wisdom and expertise through the Deacon's Corner. We will be preparing a complete set of Deacon's Corner articles to share with CCPC.

We have talked about change and one of the most important areas we need to evaluate is our own health and how we treat our bodies. I tend to be one of those people who says, "Do as I say not as I do," or "I'll do it, starting tomorrow." Every day we get bombarded with words of wisdom about what to eat, what is good for us, how much exercise we need, or what is NOT good for us. Talk about confusing!

This quest for the right formula to living healthy started back thousands of years ago and we are still trying to get it right. Hippocrates was a Greek physician in the time of the third and fourth century BC. He is considered to be the father of Western medicine. He was one of the first physicians to convey the importance of "health rules." It is very surprising and remarkable that even today his observations and recommendations are accurate and still hold true. Take notice! Here are some of them: Walking is man's best medicine. Let food be thy medicine and medicine be thy food. First do no harm. Declare the past, diagnose the present, foretell the future. It is far more important to know what person the disease has than what disease the person has. Everything in excess is opposed to nature. And, to do nothing is also a good remedy.

Hippocrates also made two other very important observations that hold very true for us today. "If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health." And "A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses." We are still working on getting these ancient truths right.

For us today, it seems that prevention of health problems is a hard sell. We tend to ignore doing some of the things that would promote good health until we are faced with a problem. It is astonishing to think that we live in a high-tech world with access to a vast array of knowledge about how to stay healthy, and yet preventable non-communicable diseases now account for more deaths worldwide than all other causes combined. Since we are overwhelmed daily with health information, we find the work of being healthy has gotten complicated. The solution? We need to observe, tap into and listen to our own bodies and consider what's good or bad for us. In this age of scientific knowledge, we need to not only take advantage of that knowledge, but use the information to make informed decisions for ourselves by discerning what is best for us and what is questionable.

You have the power of choice. When necessary this power to choose should guide you to pathways of healing since you are in charge of you. Learn how to have a productive conversation with yourself and your physician. *Remember what you do today, **does** affect your health tomorrow!*

Health information is a moving target. Recommendations of "healthy things to do today" may change tomorrow. Be wise, be aware, and be in tune with your body. Hippocrates also said: "There are in fact two things, science and opinion; the former begets knowledge, the latter ignorance." There is great power in prevention and awareness. Be wise: Stop, Look and Listen to your body. Prevention is the key. It is never too late to change course.



Lenten Lectionary

"Thy word is a lamp unto my feet, and a light unto my path."

Looking for a different Lenten discipline this year?

Join us in the Sanctuary each morning (except Sundays) during Lent (March 6 through April 19) at 7:15 AM for the reading of the daily lectionary and a brief prayer.

We are usually finished by 7:30 AM.

Lenten Lunches

After the Second Worship Service in Dodds Hall

March 16—Living Waters for the World (from Chuck Tanner)

Authentic Honduran food will be prepared for us by our Honduran friends who work for the Cleaning Authority, and the CCPC Living Waters for the World team, which made a system installation in January, will be reporting to the congregation on their experiences. Come hear 'Becca tell about the construction of the water purification system, hear Judyann tell about the classes she and Marjorie taught to increase awareness of the need for clean water, and how to best use it, hear Pastor James tell us about the pastor's conference he lead, and hear Sara tell about over a hundred of her BFF's in Honduras. Sheree, Jim, and Marjorie will also relate a few of their experiences, and we will be showing hundreds of pictures we all took while in Honduras.

There is no charge for the lunch, but we suggest a donation of at least \$5 to cover the costs of the food and the food preparation. Any excess donations over and above the costs of the meal will be contributed to the LWW Honduran mission fund of CCPC, and will go toward future expenses associated with the installation of new clean water systems in Honduras. We still have some bags of premium coffee we brought back from Honduras, and these will be on sale for \$15 per pound, with all proceeds earmarked for tools and equipment for our LWW Honduran Technician Olvin.

Providing clean water to some of the villages in Honduras is a mission project of CCPC, so come and hear what your LWW team has been doing in Honduras on your behalf, and on the behalf of this congregation. See you there, and bring a friend!

March 30—Annual Choir Chili Cook Off

Join members of the CCPC choirs in sampling — and voting on — several different kinds of chili. The choirs will provide the chili and toppings. You are encouraged to bring a side or dessert to share. If you are interested in entering your favorite chili recipe in the competition, please let Susan Ricci Rogel know!

April 13—Old Fashioned Church Pot Luck Lunch

Children's Ministry will provide delicious fried chicken! Please bring "picnic food" sides and desserts to share.



ShareShop

Time to Get Ready for the Spring Share Shop!

**Saturday Morning, April 26 from
7:30 AM until 10:30 AM in Dodds Hall.**

This is a good time to clean out your closets — and to find some new items for yourself! If you no longer want clothing, household items, books, records, toys, etc, AND they are in good enough shape to give to a friend, then bring them to the church during the week of April 20th and leave them in the corner of Dodds Hall.

On Saturday morning, come and see if there are any items you'd like to take home. We open the doors to the general public at 9:00 AM, so come early for the best selections.

Questions? Ask Margaret Hallau.

CCPC *Spring* **Cleaning**

It's that time of year again!

CCPC will be doing their annual
Spring cleanup on

**Saturday, April 5th
9 AM to Noon**

We will be weeding, mulching, and cleaning up the outside grounds of the church. If you can't make it that day and want to participate, you can come in earlier that week and do some weeding — that would be a big help in preparing for the mulching.

We really need your help,
so we hope you will join us!



CCPC Theater Bus Trip!

Moses

Come join us for a charter bus trip to Sight & Sound Millennium Theatre in Strasburg, PA to see this new Biblical production *Moses!* The cost is \$100 per person, which includes transportation, cold drinks and snacks on the bus, reserved seats for the show, smorgas-

bord lunch, all taxes and tips including the driver.
(Fewer than 52 people, the cost will be slightly higher.)

A deposit of \$40 a person is due when reservations are made and the \$60 balance is due no later than June 15.

All checks should be made payable to Marge Clark. Checks may be left in her mailbox in the church office or mailed to her home at: 1732 Tedbury Street, Crofton, MD 21114.

Contact Marge (410-451-0833 or
mhclark@verizon.net) to make your reservations or if



One *Great* Hour Of *Sharing*

Since 1949, Presbyterians have joined with millions of other Christians through One Great Hour of Sharing (OGHS) to share God's love with people experiencing need. Your gifts support ministries of disaster response, refugee assistance and resettlement, and community development that help people find safe refuge, start new lives, and work together to strengthen their families and communities. Recognizing that the hope we have in Christ is lived out in our hope for one another, we respond with gifts that help our sisters and brothers around the world find the hope for a brighter future.

**CCPC will be joining the efforts of OGHS during worship services on
April 13 and April 20.**

Thank you for your support!

Presbyterian Disaster Assistance (PDA)

PDA is the emergency and refugee program of the Presbyterian Church U.S.A. that cares for communities adversely affected by crisis and catastrophic events.

Presbyterian Hunger Program (PHP)

The PHP is a ministry of the Presbyterian Church (USA) working with congregations and partners around the globe to alleviate hunger and eliminate its causes. PHP is able to support projects in five program areas: Direct food relief; Development assistance; Influencing public policy; Lifestyle integrity; Education and interpretation.

Self-Development of People (SDOP)

SDOP participates in the empowerment of economically poor, oppressed, and disadvantaged people seeking to change the structures that perpetuate poverty, oppression, and injustice. In SDOP projects, low-income people determine the problem, organize themselves to do something about their condition, and are the direct beneficiaries of the project.

Your gifts to OGHS mean that you too are present, bringing healing and hope to some of the world's most desperate situations. Never underestimate what a difference you can make. Let us thank God for giving us the opportunity to share our gifts so generously.





Reflections

Imagine Yoga & Wellness Center invites you to join us in a free weekly meditation practice on Sundays at 4pm in the CE building. Each service includes the reading of a sacred or inspirational text, 30 minutes of silent meditation, and an opportunity to share joys and concerns.

For more information, contact ann@imaginetheplace.com or call 443-510-6308.



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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

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, call 443-510-6308, or e-mail Ann@ImagineThePlace.com. Scholarships available.

