



- ◆ There will be a brief Congregational Meeting to elect Elders and Deacons on Sunday, May 17th, immediately following the 10:30 AM worship service.
- ◆ Starting May 31st we will begin our summer worship Schedule. The single service will be at **10:30 AM.**

The only thing in life that is consistent is change. Being aware we are always grabbing on and letting go of life doesn't make change easy. I find the older I get the less I like it. Maryling Yu writes a blog for Forbes magazine. Her entry last November was titled *The 10 Hardest Things to Change in Life*.

As I perused the list, I found items I don't find difficult adjusting to, like #10: Time Zones. I sleep well in cars, planes, and trains and adjust rather quickly. Or #9: Brands — I have low brand loyalty. If something else works better and is more convenient, I switch without remorse. Some changes don't apply to my life solely because I benefit from male privilege, like #7: Last Names. Many women would move that lower on the most difficult list.

Number three on Yu's list is career change. She cites a Gallup study showing 70% of Americans are disengaged from their jobs yet they stay in their chosen career path because they are afraid they don't have the skills for a new career or consider themselves too old to compete with younger workers. Many more don't change because they have families to support or don't have the budget space to invest in getting additional education. I have adult children who contemplate career changes.

The second hardest change to make is "Hearts and Minds." An old neighbor told me when I was a teenager to never talk publically about sex, religion, and politics. I asked him why. He said they are "too dirty." I think we avoid these topics because questions of faith and political loyalties are deeply held and when they are challenged we tend to dig in and defend our positions. Sadly, many are not open to changing their minds. Changing Hearts and Minds is hard.

Few can argue with Yu's ranking as the most difficult thing to change in life is Yourself. Our mindsets influence our habits, our behaviors, and ultimately our outcomes in life. Changing ourselves requires self awareness and taking responsibility for our thoughts and actions. If we really desire to change and are willing to take personal responsibility, we can change and our lives can be richer and more joyful for it.

I believe change is possible if we have two resources on our side. First, we need to believe that God loves us unconditionally and values us completely. God is not only on our side; God wants the best for us and will help us shed the burdens that hold us back from being our best selves.

Secondly, we need the love and support of other people. You have heard the phrase, "he/she will do anything for love." It's true. If you feel you are loved and supported, and those who love you are patient with you and want to help you change, anything is possible. Unfortunately, sometimes those who are supposed to love you want to keep you stuck in your bad habits and toxic beliefs. They make you pay a price for changes they don't like or feel threatened by.

Seminary teacher Garrett Jones was asked by a student, "What should I look for in a life partner?" Jones thought about it for a moment and considered giving the standard answers: you need common interests, shared faith, and similar goals in life. Instead, he said that in marriage you are committing yourself to someone who will shape your character in the years ahead. Someone who will help you grow up. Jones says it this way, "Marry someone who will help you affirm and embrace the virtues you have yet to fully claim; and who will help you let go of the vices you've come to cherish."

I honestly don't mind telling people I have not finished growing up. I am thankful for a God who both affirms and refines me. I am blessed with people who support me and want the best for me. Still, changing yourself is hard.

What's on your list?

Grace and peace,

James Brassard

Worship Notes

May 17th: Jesus had a reputation as a great healer. One of his overlooked skills is to help people help themselves heal. He accomplishes this by asking the right questions. The text is Mark 10:46-52: The healing of Bartimaeus. Title: "Where does it hurt?"

May 24th: Day of Pentecost. --- the birthday of the church. Remarkable things happen and the church is born. What does this day have to say to us? The text is Acts 2:1-6, 12-13. Hal Pease will be preaching.

May 31st: Music Sunday and Trinity Sunday. The Holy Spirit is often called the shy member of the Trinity. In *John 3:1-17* and *Romans 8:12-17*, we see that one of the gifts of the Holy Spirit is the ability to understand what God is doing in a confused and conflicted world.



New Church Officers

At the Sunday, May 17th Congregational Meeting, the church officers Nominating Committee will present the following names.

They will be installed on Sunday, June 21st and will serve a three-year term.

ELDERS

Bob Brutout
Kemi Komlan
Amy Littlefield
Anita Pesses
Ryan Remley

DEACONS

Priscilla Bouic
Jan Butler (one-year unexpired term)
Deb Cooper
Trudy Neff
Sharon Youngdahl

The committee anticipates having the fifth Deacon nominee by Sunday's meeting. Kathryn McCarty is the committee chairperson.

Birth Announcement

Welcome

Ainsley Ryan Devine

Born on Sunday, May 3, 2015
at 9:50 PM

She weighed in at 9 lbs 1 oz!

Proud parents are

Justin and Mikaela Devine

Congratulations, Mikaela & Justin!



Dear James and all those caring people at CCPC,

Thanks for your calls and cards during my recovery from a bad fall in D.C. after the Cherry Blossom Parade. I lost my balance and fell backwards across two boards at the base of a sign. Badly bruised and sitting in a car now is the hardest. Standing is easy now. Family and friends took care of getting me to the hospital, doctors, groceries, and errands. Thanks for all your prayers.

Love,
Margaret Levitan



Hello Friends,

Just wanted to let you know we have finally moved into our new condo.
We have a new phone number as well:

190 Arroyo Terrace, Apt. 302
Pasadena, CA 91103

Home: 626-486-2176
Kate's Cell: 626-644-0006
Rex's Cell: 626-644-7776

CCPC *Kids*

presents:



Home Town Nazareth Vacation Bible School

June 22nd through 25th from 5:30 PM to 8:30 PM

Ages 3 — Entering the 6th Grade

Dinner will be served!

Come join us for four nights of Fun, Music, Games, Food, and Bible Stories. Students will be able to interact and purchase items in the marketplace, enjoy stories about the young Jesus from his mother Mary. They will sing, dance, and worship through music and most of all have fun in the name of Jesus!

CCPC

Youth Fundraiser

Scrip Advantage – Gift Cards

Spring is here – and so is the next opportunity to purchase Gift Cards to support our 2015 CCPC Youth Program fundraiser. This is a terrific program that you won't want to miss out on. These gift cards can be used at local area or nationwide merchants – the places you normally shop or dine. It operates like the ongoing Giant Food Card program the Youth sponsor monthly – only this is for other merchandise, and the companies give us a percentage of the card sales to keep as a fundraiser.

While you can certainly buy the cards to use for yourself, think of it as paying in advance for your next dinner out or next trip to the department store; these cards also make great gifts. With birthdays, graduations, and weddings coming up, you might think about giving some gift cards. Consider your upcoming summer vacations.

Gift cards can be purchased for hotels, airline tickets, cruises, etc. They make good gifts for the neighbor who takes care of your animals or brings in your mail when you are away.

Maybe you don't see the specific company you would like to purchase a gift card from on our order form, or perhaps you would like a card in a different denomination? Well, the "scrip" website includes additional vendors and card amounts not on our preprinted attached order listing. Please feel free to check out their website at www.glscrip.com — and you can then add any additional card orders at the bottom of the form.

Timeline – to get the cards by June 14th, and in order to allow for the processing of the cards by the "Scrip" company, we will take orders from Sunday May 17th through Sunday, May 31st. This will allow us to distribute the cards on Sunday, June 14th (there is a possibility that we could get the cards as early as June 7th – but that can't be guaranteed). You can bring completed order forms to church on Sunday, May 17th through Sunday, May 31st. Youth will be in Dodds Hall to collect them or drop off completed forms in the Youth Director's mail slot in the church office .

Questions, please contact Justin Devine or Kristen Zacheis or
e-mail ccpcyouth15@gmail.com.

Thank you for your continued support of the CCPC Youth!



FREE YOGA

SUNDAY, MAY 31st at 4pm

Imagine Yoga & Wellness Center

believes in giving back to those who give so much to others, and would like to start in our own front yard. Beginners, Intermediate, Advanced, All Levels, All Ages, No Experience Necessary. You do not have to be a CCPC church member or Imagine session holder to take this class. All are welcome!

**Class will be held at
CCPC in Dodds Hall**

See what yoga is all about without investing a dime. Feel free to bring your own mat, blanket, cushion, we'll have some there too.
Dress comfy!



Friendly Reminders!

May 17th at 9:30 AM — Adult Education
A Christian Woman in a Muslim World

May 17th at 11:30 AM — Congregational Meeting in the
Sanctuary after 10:30 worship

May 17th — Free Yoga for Veterans at Noon in the
CE Building at Imagine Yoga

May 23rd at 11 AM — Bowie Memorial Day
Parade! Belair Drive in front of church will be blocked off for
about two hours.

May 25th — Memorial Day!
CCPC Office is Closed

May 31st is Music Sunday! There will be only one service at
10:30 AM starting today and going forward until the two service
schedule will start back up on September 13th

May 31st — Free Yoga for All at
4 PM in Dodds Hall



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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.

