

March 1, 2013



The Caller

I am reading the best seller by Gretchen Rubin, "The Happiness Project." The author devotes a year trying to change her life to become happier by making resolutions and following them. She has many good ideas. It is a very helpful book and I would recommend it. Rubin has obviously read the best material on the topics of her twelve chapters. Here are a few tidbits. "To feel good: be good." "There is an 'I' in 'happiness'" (as opposed to the Pat Riley's famous "There is no 'I' in 'team.'"). So, "by being happy myself, I am better able to try to make others happy."

The month of February is devoted to love. Valentine's Day? I want to pick up on two of her comments. First, Rubin says: "The more readily you respond to a spouse's bid for attention, the stronger your marriage." Underlying every marital exchange and every marital challenge is some version of the basic question: Are you there for me? There are several versions to the question: Do you approve of me? Do you have my back? Will you come when I call?

When spouses behave in ways that sound like yes to these core questions, they stand shoulder to shoulder, hand in hand, and are better able to handle the stresses of life, including the inevitable challenges that being in relationship brings. But, when the answers to those core questions sounds like a no — unease, suspicion, and uncertainty set in.

I think this applies to other close relationships. Singles, widows, or divorced folks can also enjoy lives that are happy and fulfilling if they build secure and reliable connections with others including family and friends. If you want strong bonds, you must pay attention.

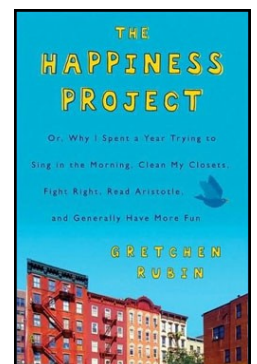
Secondly, Rubin says she has always followed the biblical adage, "Don't let the sun go down on your anger," in such a way that she always scrupulously aired every annoyance as soon as possible, to make sure she had her chance to vent her bad feelings before bedtime. Rubin's says she was surprised to learn from her research that this well known notion of anger catharsis is poppycock. There is no evidence for the belief that letting off emotional steam is healthy or constructive. Aggressively expressing anger doesn't relieve it, but amplifies it. On the other hand, not expressing anger often allows it to disappear without leaving ugly traces.

Rubin concludes the chapter with this piece of wisdom. "When thinking about happiness in marriage, you may have an almost irresistible impulse to focus on your spouse, to emphasize how he or she should change to boast your happiness. But the fact is you can't change anyone but yourself."

Good stuff to think about.

Grace and peace,

James Brassard





Children of Eden

CCPC Theater Troupe Auditions!

Prepare sixteen bars of any song, a short monologue, and be dressed for movement. Multi-generational cast, ages 12 and up. A few spots for younger kids, priority will be given to siblings of the cast.

Auditions: March 24th from 11:30 to 2:30 PM

Call Backs: 3 to 5 PM

Show Dates are June 27th—30th in Dodds Hall

*A beautiful story of
the hardest part of
love . . . letting go.*

Now Enrolling! Belair Cooperative Nursery School

The Belair Cooperative Nursery School (BCNS) is now enrolling for the 2013-2014 school year. BCNS is a cooperative program where families become actively involved in their child's education and do small jobs for the school in exchange for a low monthly tuition.

BCNS offers classes for 3, 4, and 5 year olds, and boasts low monthly tuitions of \$105 for the 3's class (T/TH from 9 am to Noon) and \$125 for the 4's & 4/5's classes (M/W/F 9 am to Noon). We are also offering a five morning a week program for 4 and 5 year olds.

Our school offers an enjoyable age appropriate curriculum as well as instruction in music, Spanish, and even yoga. An enrichment program that focuses on science and math is also available for students in the 4's & 4/5's classes on Tuesday and Thursday morning.

Right now, the 4s, 4/5s, and Enrichment classes are accepting applications for the school year beginning in the fall of 2013. The 3's class is accepting wait list applications only.

For more information please visit our website at www.belaircoop.org.



ADULT EDUCATION FORUMS

The Adult Education committee is hosting two forums that deal with important issues of our day. Please join us for informative presentations and a chance to ask questions of the presenters. For more information regarding either of these forums, please contact Jim Woods.

Gun Violence Prevention

Vincent DeMarco, a renowned advocate for public health causes like reducing teen smoking, restraining gun violence, and expanding health care access will speak about preventing Gun Violence as it relates to public health on Sunday, April 7th at 11:30 AM in Dodds Hall.

As National Coordinator of Faith United Against Tobacco, he is working to mobilize faith leaders in the country to help reduce smoking. As president of the Maryland Citizens' Health Initiative, he is working to guarantee quality, affordable health care for all Marylanders.

And, as an Adjunct Assistant Professor at the Johns Hopkins Bloomberg School of Public Health, he is working to educate public health students from around the world on effective methods of advocating for public health policies.

Vincent DeMarco has been recognized for his work by organizations such as the Baltimore Sun, which declared him "Marylander of the Year" in 1988 and the Central Maryland Ecumenical Council, which awarded him its 2002 "Ecumenical Leadership Award". Families USA also recognized DeMarco at the 2007 Health Action forum as "Health Advocate of the Year."

"Vinny" DeMarco is also the subject of Michael Pertschuk's 2010 book entitled, "The DeMarco Factor: Turning Public Will into Political Power."

Human Trafficking

On April 14th at 11:30 AM in Dodds Hall, following the 10:00 AM worship service and coffee, we will be conducting a forum on the topic of Human Trafficking which has been covered more and more by the press recently. This is a growing social problem that we know very little about.

Melissa Snow will be our speaker. She is Director of the Anti-Human Trafficking Program at TurnAround, Inc., a domestic violence and sexual assault center in Baltimore that helps women, children, and families who are victims of abuse. Among other accomplishments, she has worked to rescue and restore survivors of sex trafficking in India, Nepal, Fiji, South Africa, Kenya, Jamaica and the United States. Join us to learn more about this international problem.

Lenten Readings

"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 at 7:15 AM for the reading of the daily lectionary and a brief prayer. We are usually finished by 7:30 AM.



Imagine

Free Classes

It's happening!

Join in on one of Imagine Yoga's free Reiki Shares in the CE Building. The classes are held once a month on Sundays from 1 to 3 PM. The current schedule is:

March 17th

April 14th

May 19th

June 23rd

Donations for the
food pantry are welcome.



Friendly Reminders!

Adult Ed—Wayne Smith will be teaching the last two classes on March 3rd and March 24th in his *Episodes in American Religious History* series.

Bowie Food Pantry— March Special Need: Toilet Paper. The greatest needs in food items are 100% juice; canned chicken breast meat; applesauce, and fresh fruits and vegetables.

Creativity Café—Wednesday's now until April 17th at 6 PM in Dodds Hall Conference Room.

CCPC Directory Corrections

Corrections to your information in the CCPC directory should be sent to Margaret Hal-lau. She will be providing a listing of corrections on March 10th.

Lenten Luncheons—March 10th and 17th after 10 AM service in Dodds Hall.

Worship Notes

March 3rd: Psalm 63:6 says, "I lay awake at night thinking of you." How many of you have experienced the frustrating experience of sleeplessness? The Psalmist suggests their sleeplessness inevitably leads to seeking answers from God. During my times of sleeplessness, I have not doubted God's existence, but it did cause me to want God to do more to help what ailed me.

March 10th: You might not think that there is more to learn from Luke 15 where we find the parable of the Prodigal Son. The beloved parable is timeless because it provides a powerful answer to the question: What is God like?

March Sunday Calendar

† Sunday, March 3, 2013

- 8:30 AM Chapel Service with Communion -- Sanctuary
- 10:00 AM Worship with Communion -- Sanctuary
- 11:00 AM Wayne Smith's Class -- Adult Ed Conf Room
- 7:00 PM Prayer/Study Group -- Member's Home

† Sunday, March 10, 2013

Daylight Savings Time Begins

- 8:30 AM Chapel Service with Communion -- Sanctuary
- 10:00 AM Worship -- Sanctuary
- 10:00 AM Sunday Morning Connect: Jr. and Sr High
- 11:30 AM Choirs Chili Cook Off -- Dodds Hall
- 5:00 PM Youth Group -- Sr High Room
- 6:30 PM Discovery Circle -- Parlor

Sunday, March 17, 2013

World Water Day Offering

- 8:30 AM Chapel Service with Communion -- Sanctuary
- 10:00 AM Worship -- Sanctuary
- 10:00 AM Sunday Morning Connect: Jr. and Sr High
- 11:30 AM Deacons Potato Bash -- Dodds Hall
- 1:00 PM Reiki Share -- CE Bldg
- 5:00 PM Youth Group -- Sr High Room
- 7:00 PM Prayer Study -- Member's Home



Sunday, March 24, 2013—Palm Sunday

One Great Hour of Sharing Offering

- 8:30 AM Worship Service -- Sanctuary
- 10:00 AM Worship -- Sanctuary
- 10:00 AM Sunday Morning Connect: Jr. and Sr High
- 11:00 AM Adult Ed Class -- Adult Ed Conference Room
- 11:30 AM Children of Eden Auditions -- Dodds Hall
- 3:00 PM Children of Eden Call Backs -- Dodds Hall
- 5:00 PM Youth Group -- Sr High Room



Sunday, March 31, 2013—Easter Sunday

One Great Hour of Sharing Offering

- 7:00 AM Easter Sunrise Service with Communion -- Sanctuary and Memorial Garden
- 7:30 AM Breakfast hosted by Session -- Dodds Hall
- 8:30 AM Chapel Service -- Sanctuary
- 10:00 AM Worship with Children's Program -- Sanctuary
- 10:00 AM Sunday Morning Connect: Jr. and Sr High
- 5:00 PM Youth Group -- Sr High Room



A Heartfelt Thank You

Dear CCPC Family and Friends,

The sympathy and prayers expressed by the members of CCPC in the passing of my wife Ann has been a great comfort to me and my family as grief manifests its self. I thank you for the compassion and words of encouragement that brought Christian light to this period of darkness. Pastor James, your support during the series of events was outstanding and we love you for it.

Jack Hill

Ann's Sewing Machine

Jack's wife, Ann, had an electric sewing machine with many accessories. It is contained in a desktop like cabinet. If anyone in the church wants it, they can have it for free. Please contact Jack Hill if you are interested.

Contact Us

Office Hours

Tuesday through Friday 9:00 AM—3:00 PM
(301) 262-6008 ccpcbowie@verizon.net
ccpc.bowiemd.org

Pastor	James Brassard ccpcpastor@verizon.net
Pastoral Assistant for Outreach and Care	Margaret Hallau ccpcpa@verizon.net
Youth Coordinator	Rhia Miller ccpcyouth@verizon.net
Coordinator of Ministry to Children and Their Families	Rebecca Coleman ccpckids@gmail.com 202-302-4071
Director of Music	Susan Ricci Rogel ricci-rogel@msn.com
Assistant Director of Music	Kevin Clemence kclemence@earthlink.net
Administrative Assistant	Robin Seekford ccpcbowie@verizon.net

Hospitality Team Wanted

Did you enjoy the Lenten Luncheon after service on February 24? Are you planning to join us on March 10th and 17th for the next two? Would you like to help plan other church gatherings with us?

The Outreach and Parish Life Committee would like to set up a Hospitality Team to help with after service receptions. We are looking for some people willing to set up Dodds Hall, help with the food service, and clean up after the events. We are hoping to begin once a month "fellowship receptions" during the summer months that may carry though the year.

If you are interested please contact Mary Lou Chappell at buffgappal278@yahoo.com or Laurel Cox at Laurel.E.Cox@gmail.com ... or simply find us after service!

In Search of the Cross Giver

Rick Arnold would like to get in contact with the person(s) who gave him a cross before going into space on the Discovery mission in 2009.

If you are that person or know who that person is, please contact Rick Arnold, Dick Arnold, or the church office.

Paper Tigers Book Review

Jack Jones has written a review of the book entitled, *The Presidents Club: Inside the World's Most Exclusive Fraternity*.

To read Jack's review, grab a copy in the Alcove outside the Sanctuary, read it in the email with the link to the online newsletter, or ask Robin to give/email/send you a copy.



The next Caller will be sent out around March 15th. Please have all articles in by 9 AM on Tuesday, March 12th. If you need assistance, please feel free to call the office. Thank you!

Christian Community Presbyterian Church



3120 Belair Drive
Bowie, MD 20715
Phone (301) 262-6008
Fax (301) 262-5177
Web: ccpc.bowiemd.org

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.*

Bowie Interfaith Pantry

Open for distribution and service 9 AM-11 AM on Monday, Wednesday, and Friday.
We are closed on holidays.

Located at: Christian Community Presbyterian Church
(in the Education Building at the rear of the parking lot)
3120 Belair Drive — Bowie MD 20715

Visit our website: www.bowiefoodpantry.org

E-mail us: BowieFoodPantry@gmail.com **Phone:** 301-262-6765

Thank you for your continued support!

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.

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

