

May 1, 2013



The Caller

No one has good things to say about air travel these days. The planes are cramped, every seat is taken, and there is no space for all the carry-on luggage. Two weeks ago, the routine inconvenience was acerbated by long flight delays caused by the sequester of air traffic controllers. This apparently outraged the influential "Business Pro" who hops off the plane and races to the Hertz counter for his rental car to dash off to his meeting. They complained. Their opinion matters. Congress acted quickly to restore funding to the FAA. We live, it seems, at the speed of sound. Air travel is just one of the things that facilitates this pace of life.

My wife, Andrea, shared with me an article written by David Hochman titled "Not So Fast" that appeared in the April edition of the Southwest Airlines magazine. Hochman noticed he was frequently saying, "If I only had the time." He was behaving like a stressed-out jerk. He knew he could not afford to ditch the rat race, but what about taking more time to enjoy life? So, taking a page out the "Happiness Project" playbook, David and his wife, Ruth, decided to put the brakes on everything for 30 days by taking what he dubbed a "Slowvember." During this period the family would focus on doing things well rather than fast, on making human connections instead of electronic ones, and on getting more out of life by doing less. In all their endeavors the family would follow S-L-O-W principles.

S stands for "Savor." He gave the example of starting to freak out over his son splashing water over the bathroom floor while taking his bath. He stopped and imagined himself looking back over the incident 10 years in the future. By reframing it, the drippy bubble bath became entertaining and even poignant.

L stands for "Listen to your inner clock." Learn your ideal speed. Some moments demand quick action, but most don't. When he caught himself

pushing too hard on the gas pedal, he learned to slow down by reciting the alphabet. Take one thing at a time.

O stands for "Others before technology." Do we really need to spend so much time getting silly updates on everything from your best friend's shopping trip to the Bryce Harper at bat in a blow out? No texting during meals, no checking e-mail before breakfast, and turn off the TV when you should be talking.

W was the ultimate test of every activity and experience: "Will it matter a year from now?"

Two things stuck out here. One, find time for the important things that you will remember and value later. The great Boswell journal entry comes to mind. The famous writer recorded in his daily journal the short entry, "Spent the whole day fishing with my son. A complete day wasted." In contrast the author's son's journal in great detail recalls the glorious day spent fishing with his usually very busy father, calling it "the best day of my life." Second, don't get worked up about the everyday annoyances in life that you cannot do much about. Ask yourself, "Will it matter a year from now?"

I admit that it probably gets harder to slow down and catch your breath. If you think it is hard to slow things down, you are not the only one. You do have a choice.

Grace and peace,
James Brassard





May Sunday Calendar

† Sunday, May 5, 2013

8:30 AM Chapel Service with Communion -- Sanctuary
9:00 AM Dick Arnold's Photo Show -- Dodds Hall
10:00 AM Worship with Communion -- Sanctuary
10:00 AM Sunday Morning Connect: Jr. and Sr High
11:00 AM Congregational Meeting -- Sanctuary
11:15 AM Adult Ed: If the Answer is "The tower of Babel",
What's the Question? -- Adult Ed Conference Room
5:00 PM Youth Group -- Sr High Room
7:00 PM Prayer/Study Group -- Member's Home

† Sunday, May 12, 2013

Mother's Day!

8:30 AM Chapel Service with Communion -- Sanctuary
10:00 AM Worship -- Sanctuary
11:15 AM Adult Ed: If the answer is "The tower of Babel",
what's the question? -- Adult Ed Conference Room
1:00 PM Children of Eden Rehearsal -- Dodds Hall
5:00 PM Youth Group -- Sr High Room
6:30 PM Discovery Circle -- Parlor

† Sunday, May 19, 2013

9:30 AM PreService Special Music
10:00 AM Worship -- Sanctuary
10:00 AM Sunday Morning Connect: Jr. and Sr. High
11:00 AM Reception Honoring Choir Members
11:15 AM Adult Ed: If the Answer is "The Tower of Babel",
What's the Question? -- Adult Ed Conference Room
1:00 PM Reiki Share -- CE Bldg
5:00 PM Youth Group -- Sr High Room
7:00 PM Dance Recital -- Sanctuary
7:00 PM Prayer Study -- Member's Home

† Sunday, May 26, 2013

10:00 AM Worship -- Sanctuary
10:00 AM Sunday Morning Connect: Jr. and Sr. High
11:15 AM Adult Ed: If the Answer is "The Tower of Babel",
What's the Question? -- Adult Ed Conference Room
1:00 PM Children of Eden Rehearsal -- Dodds Hall
5:00 PM Youth Group -- Sr High Room



Boston Marathon Bombing Help for former CCPC Member

Several people have requested information on how to help the adult children of former CCPC member Carol (Brannock) Downing who were at the finish line of the Boston Marathon. Erika Brannock, and Nicole and Michael Gross had traveled to Boston to cheer on their mom, who had trained for months to run the Boston Marathon.

They were injured in the first explosion. They have long, arduous, and expensive roads to recovery ahead.

Friends have rallied to set up funds to be used for medical, physical, and emotional needs as well as lost income and unexpected expenses.

All of the proceeds will go to the families. One fund is for Erika and the second is for both daughters and the son-in-law.

These two sites provide the details on how to contribute:

<http://www.thebrannockfund.com/>

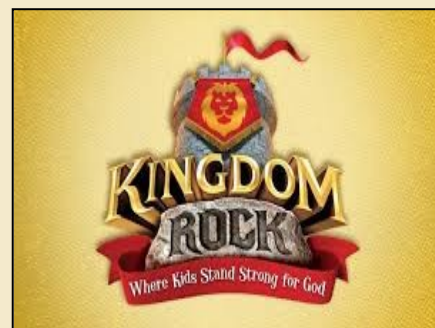
and

<http://www.bestrongstaystrong.net/>

Vacation Bible School

Kingdom Rock

CCPC's FREE, week-long evening program for ages 4-10 includes a child-friendly dinner each night, lots of water play, and plenty of singing, learning, and crafts.



Register now on our home page at <http://ccpc.bowiemd.org>.

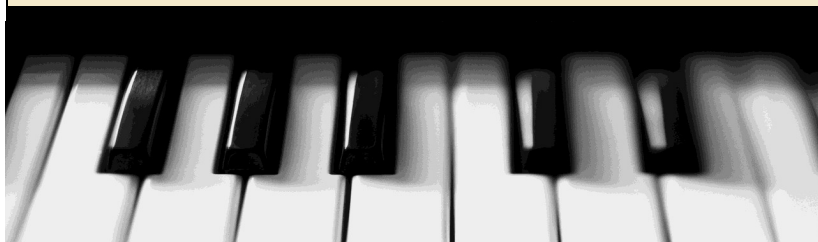
Dates: July 15, 2013 - July 19, 2013

Time: 5:30pm - 8:15pm

Registration Deadline: July 15, 2013

New this year is a special Toddler VBS program on Saturday, July 20, just so children ages 0-3 can enjoy all the fun of Vacation Bible School in a morning program designed for them. Registration will be available at "Big Kid VBS."

Enter the epic adventure that empowers kids to stand strong. Here God's victorious power isn't a fairy tale — it changes kids forever. Join this royally-rockin' realm — register to be a part of this Kingdom Rock VBS! NOTE: Dinner will be served!



Ricci Rogel Piano Recital

The piano students from the Ricci Rogel Music Studio will be performing in recital on Saturday, May 4 at 3 PM in the Sanctuary.

The public is invited to attend this free recital and the reception afterwards.

Donations of canned goods will be taken for the Bowie Interfaith Food Pantry.

Contact Susan at ricci-rogel@msn.com with any questions.

**Bowie's Senior Center Chorale
Celebrates 10 Years of Song
Spring 2013**

The Reasons We Sing

Concert Tickets On Sale Now!

Tickets are \$6.00, nonrefundable and may be purchased from Chorale members or at:

The Bowie Senior Center
14900 Health Center Drive
(301) 809-2300

Concert will be performed on

May 22 at 7:30 PM

at:

Bowie Center for the Performing Arts
15200 Annapolis Road
Bowie, Maryland
(301) 805-6880

Bowie Food Pantry!

May Special: Coffee, Tea, Juice

In addition to the prepacked dry and canned good, we offer each client coffee, tea, or juice. We are in need of regular and decaf ground and instant coffee, tea bags (individually wrapped—reg/decaf/green/herbal), and 100% juice (bottles/boxes).

May Food Items Greatest Needs

Food items greatest needs are canned fruit/applesauce; rice/pasta sides; pork and beans; baked beans; macaroni and cheese; and jelly

Chesapeake Grille and Deli

During the month of May, the Chesapeake Grille & Deli will donate all tips to the Pantry. Also, a collection jar will be at the counter. Enjoy a lovely meal (breakfast, lunch, and/or dinner) and help feed the hungry! Special thanks to Mark Torsani for making this happen.

Art Show to Benefit the Food Pantry!

Dick Arnold's beautiful nature photographs, note cards, refrigerator magnets, and photo books will be available for purchase on Sunday, May 5 from 9 AM to 12:30 PM in Dodds Hall. Mother's Day is just around the corner—any of these would make a wonderful gift! This is a one day event only, so don't miss out! All money will be donated to the Food Pantry.

Focused Food Drive at United Parish of Bowie

The Mission & Service Committee of United Parish of Bowie invites you to participate in a focused food drive. While they support the Pantry all year, this is an opportunity to put more focus on it for the next seven weeks.

To ensure a variety of items, certain foods have been designated for each week. Please drop your item in the basket in the church located at 2515 Mitchellville Road.

May 5 - Beef Stew

May 12 - Spaghetti Sauce

May 19 - Mac & Cheese

Let's Move Zumba Class and Health Fair

Bling It On Fitness is partnering with M-NCPPC to host *Let's Move Zumba Class & Health Fair* on Sunday, May 19, at the South Bowie Community Center at 1717 Pittsfield Lane from 1:00-4:00 PM. Blood pressure readings and nutrition counseling will take place at 1:00 followed by remarks from the President's Council on Fitness, Sports, & Nutrition at 2:00 PM. Zumba Master Class will begin at 2:15, followed by prizes at 4:00 PM. The event is free, and participants are asked to bring food items for the Pantry. For additional information, email blingitonfitness@verizon.net.

Traveling this Spring or Summer?

Don't forget—the Pantry accepts travel-size shampoo, conditioner, soap, lotion, etc. in addition to regular-size personal care items. Please remember the Pantry and don't leave those items behind in the hotel room.

Thank you for your continued support of the Bowie Food Pantry

CCPC's Flower Beds Need YOU!

Our lovely gardens are divided into manageable plots so that individuals or families can maintain them.

They have been weeded and mulched this spring and now need folks to maintain them.

Please consider signing up for a plot on the sign in the Atrium. Just think, great exercise, a bit of quiet time communing with weeds, and a glorious feeling of accomplishment!



The Outreach and Parish Life Committee is recruiting volunteers to help plan and coordinate fellowship and community activities for CCPC.

Our current Committee envisions the Hospitality Committee planning activities like pot lucks, ice cream socials, and other fun activities to help CCPC members get to know each other better in order to enhance this congregation's work in the greater community.

We thank those who have already volunteered and look forward to starting our work very soon.

Please contact Mary Lou Chappell or Laurel Cox if you are interested in becoming a member.

Scrip Gift Cards

It's time again for our annual Scrip Gift Card fundraiser! These cards are great as gifts or can be used just for you--on things everywhere, like gas, groceries, buying new clothes, and even hotels or airline tickets! Pick up an order form in the atrium or contact Rhia Miller (ccpcyouth15@gmail.com) for one! Order forms are due by MAY 12th, so don't delay! All proceeds benefit the Youth Program. Thank you!"





ONE GREAT HOUR OF SHARING

Your gifts at Easter of \$3,563 to One Great Hour of Sharing have enabled the groups with which it was shared- Presbyterian Disaster Assistance, Self-Development of Peoples, and the Presbyterian Hunger Program- to reach out to neighbors in this country and around the world with the love of Christ.

These gifts have helped provide food and shelter to those affected by tornadoes and floods, given individuals micro-loans to improve their income, and helped feed the hungry. Thank you for generously sharing your blessings so that the most vulnerable of God's children can receive aid.

You may be interested to know that the Presbyterian Disaster Assistance sent people to Boston and to West, Texas, and to the earthquake site in China to see how PDA could best meet the needs in these locations. If you wish to give to PDA, you can give to CCPC and designate the money for PDA or you can contribute online at <http://www.presbyterianmission.org/ministries/pda/>.

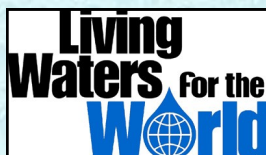


Living Waters for the World Celebrates!

Twenty years ago, in September 1993, the Synod of Living Waters charged the just-formed Living Waters for the World Team to develop a plan to address the massive world clean water crisis. In 1996, they managed to install the first system, but by 2003, this small group had only managed to install 15 systems. Then they had an "epiphany," and realized that the program had to be expanded. Just 10 months later, in March 2004, the first Clean Water U class was held at Camp Hopewell near Oxford, Mississippi, and as they say, the rest is history. Through the wise and steady leadership of its Executive Director Rev. Wil Howie, Clean Water U has evolved into a place where volunteers are fully equipped to work in partnership with groups in countries where clean water is not the norm, as it is in the US. Teams of volunteers under the sponsorship of churches and other benevolent organizations work to provide a filtration system which can be operated and maintained by the local groups, and which will be self sustaining through the small fee charged for a 5-gallon bottle of the clean water. Last month, the Clean Water U completed their 39th training session, and CCPC was fortunate to have Judyann Feinstein in attendance, as she becomes the fifth CCPC member trained at CWU. In the past 9 years, over 1500 persons have been trained at CWU, and sometime this year, the 500th water system will be installed somewhere in one of the 24 countries in which LWW volunteers work.

To help mark this 20th anniversary year, a special event will take place this month in Honduras. LWW employs two Hondurans to help facilitate the LWW installations in Honduras, and to help maintain the 47 systems which have been installed there. One of these employees, Melvin Flores, has been CCPC's main liaison in Honduras, and has in fact visited CCPC in July 2010. Melvin and his wife Mary, and his technician assistant Olvin have all been trained at CWU, and have accepted a challenge to install the first system in Honduras which will be entirely funded and installed by Hondurans. In conjunction with this installation, Melvin has organized an operator conference, and invited two operators from each of the 47 installations to come together to share information, learn new skills, and help celebrate the new all-Honduran installation. And since three of these Honduran systems were initiated by CCPC, we are participating by contributing \$120 toward the costs of 6 operators to attend this conference. The entire event will also celebrate the 20th anniversary of LWW, and each operator attending will carry home with him/her a backpack with a special 20th anniversary logo on it.

The CCPC LWW team is looking forward to installing more systems in Honduras, and our next installation will be in the small village of La Union Suyapa, either this fall or early next year. Your team appreciates all the interest and support we receive from CCPC, and we invite you to continue to pray for us and for CCPC's mission of providing clean water in Honduras, as we all celebrate the 20 year anniversary of LWW, and the 10 year anniversary of CWU!





Music Sunday

May 19, 2013

Special Music at 9:30 AM

(Our summer schedule with one service at 10:00 AM begins on this Sunday.)



CCPC Contact Information

Office Hours: Tuesday - Friday 9 AM to 3 PM

(301) 262-6008 / ccpcbowie@verizon.net

ccpc.bowiemd.org

Pastor James Brassard
ccpcpastor@verizon.net

Pastoral Assistant, Margaret Hallau
ccpcpa@verizon.net

Youth Coordinator, Rhia Miller
ccpcyouth@verizon.net

Children's Coordinator, Rebecca Coleman
ccpckids@gmail.com

Director of Music, Susan Ricci Rogel
Ricci-rogel@msn.com

Assistant Director of Music, Kevin Clemence
klclemence@earthlink.net

Administrative Assistant, Robin Seekford
ccpcbowie@veirzon.net

Music Sunday Choirs Reception

You are cordially invited to a reception honoring CCPC's exceptional choirs and musicians immediately after the service on

Music Sunday

May 19, 2013 in Dodds Hall.



Congregational Meeting

The Congregational meeting will be held in the Sanctuary on May 5th, following the 10 AM worship service.

This meeting is to elect five Elders and five Deacons for the Class of 2016 and a sixth Deacon to fill an unexpired Deacon term for the Class of 2015.

Lost & Found

Anyone missing a small cloth tote bag?

The tote bag looks handmade from a natural color cloth material. The outside of the bag has the words "Friends" and "PWOC 2002" along with some drawings and a bunch of signatures; on the inside there is a Bible and other pamphlets. You may claim it from the church office.



The next Caller will be sent out around May 15th. Please have all articles in by 9 AM on Friday, May 10. ? = Call the office.

Christian Community Presbyterian Church



3120 Belair Drive
Bowie, MD 20715
Phone (301) 262-6008
Fax (301) 262-5177
Web: ccpc.bowiemd.org
E-mail: ccpcbowie@verizon.net

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

