



June 15, 2012

It was great to hear from four of our graduating high school seniors on Sunday. James Rada and Marilee Neff filled us in on achievements and future plans of the other five graduates. The individualized gifts they presented reminded me of the “Wizard of Oz.” What an outstanding group of young people. These are truly youth who have put their God-given gifts to work. It is gratifying to hear about the scholarships and accolades they have received for their athletic, academic, and artistic accomplishments. For those of us who have seen them develop over the years, we enjoyed hearing each youth express gratitude to CCPC for mission and educational events (notably the Montreat Youth conferences and Junior High retreats) that have shaped their faith and developed their character. A great day.

As I talked with the proud parents after the service, one topic of discussion was the soon to be empty nest. Most parents said they won’t miss the hectic pace of high school life: racing off to games, meets and dance practices. “Imagine,” one father said, “A quiet Saturday morning!” They also will welcome not having all “the Stuff” lying all over the house. They look forward to less frequent trips to the grocery store. When I was a teen, my Mother said she felt like a human conveyor belt between the grocery store and her kitchen. Yet there was an understated sense of dread around the question: What Now?

You are never as necessary and relevant in life as you are when you are raising children. You automatically feel less necessary and less relevant as your children leave home and start taking care of themselves. There is a monumental shift in self worth and value when your children depart. Psychologist Carin Rubenstein, author of “Beyond the Mommy Years: How to Live Happily Ever After ... After the Kids Leave Home,” comments on the adjustments parents make in what is referred to as the empty-nest syndrome. Like other adjustments to the necessary losses in life, it is a process that “begins with grief, moves to relief, and then joy.” The reduced demand of caring for children frees your time and energy for new opportunities. Husbands and wives finally have the chance to renew their relationship and to spend time alone together or with friends. Perhaps you are now able to focus on your work and advance your career. Good thing, since college is expensive.

Like all the other transitions in life, we tend to over generalize the feelings. Even when kids are in college they are still home a third of the year. There is still plenty to worry about and lots to enjoy as you watch from a distance as your children grow into young adulthood. There is a different balance that emerges between engaging in your own pursuits and continuing to support your offspring. If approached with an open mind and willing heart, the time can be very rewarding.

So congratulations parents. You did well. Exhale and practice getting used to the quiet.

Grace and peace,
James Brassard

Worship Notes

Worship June 17th: Annual Service of Ordination and Installation for Church Officers. The sermon will be on young David who is anointed to be the future King while Saul is still on the throne. Text is I Samuel 15:43-16:13. What does God see in this young boy that no one else noticed?

Worship June 24th: We will commission the Habitat for Humanity team which begins the Blitz Build in West Virginia that evening. We continue to examine young David's emergence as a person "With a heart for the Lord" as he steps forward to challenge the Philistine giant Goliath. The title is "How to Deal with Bullies."

Worship July 1st: We will hear briefly from the returning Habitat Team. The sermon will be on the Matthew 5:48 "Be perfect therefore, as your Father in heaven is perfect." Here we find a core message from Jesus about seeking one's purpose in life.



Highlights of Session

Session elected for the CCPC Corporation July 1, 2012 - June 30, 2013, Joe Fonjoe as President and Jan Bridger as Secretary; also, as Clerk of Session, Jan Bridger

On May 31st, Rev. Brassard met with newly elected Elders and Deacons for orientation. He reviewed the changes in the 2011 Book of Order according to the PCUSA New Form of Government (2011).

Session welcomes communicants: Grace Harriman, Victoria Ilko, and Emily Sherrick, having been called to profess their faith and be fully accepted into the membership and activity in the life of the church. On Sunday, June 10th, Emily Sherrick was also baptized.

The Sunday morning worship schedule changes were approved by Session to begin September 16, 2012. Task force committee members were guests at the June Session meeting.

Gary Cox will preach on July 15th.

DEACON'S CORNER

This is the seventeenth 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 been talking about medicine and its benefits in our modern era. But, there are also some very powerful, proven medicines that we have available to us that do not come in a bottle or a tablet, but come from our heart. Study after study has shown the great benefits to our health and longevity of **Forgiveness, Gratitude, and Love**. I am reading a book called *The Power of Self-Healing*, by Dr. Fabrizio Mancini. Expressing any or all of these three emotions or actions does have real physical and emotional health benefits. In contrast, the physical harm to the body by holding on to resentments can manifest its self in high blood pressure, heart disease, and perhaps even cancer. Research from the University of Wisconsin found that people harboring a grudge had more heart problems than those who forgave. People who cannot forgive take longer to heal from an illness or injury. When emotions of hate, resentment, or frustration are experienced in our bodies an antibody called immunoglobulin A drops significantly. This is the antibody that helps fight colds, flus, and infections in our bodies. The opposite of that is when people were asked to feel compassion, understanding, or forgiveness their IgA levels increased. Being less angry, less resentful, more hopeful, and less anxious can be some of the best medicine you can take. **Forgiveness** is a gift you give yourself. It will help to heal you physically, emotionally, and spiritually by releasing any pain, anger, and resentment you have. Colossians 3:13-14 says, "Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love." It's your basic, all-purpose garment. Never be without it.

Another of the most important medicines for you is **Gratitude**. Research by Robert Emmons, University of California psychology professor, found the relationship between gratitude and mental and physical health were substantial. People who kept a weekly gratitude journal slept better, exercised more regularly and were generally happier compared with those who were asked only to record their complaints. Practicing gratitude daily is some of the best medicine around. Daily take note of what is good in your life. Count your blessings and you will bring healing to your body and spirit.

One of the most powerful medicines of all is **Love**. The more love, connectedness, and social interaction we have in our lives, the healthier we can be. With love our immune system improves. Our natural killer cells, (like super-soldiers in a powerful army) are able to engulf invaders without being harmed themselves. Something happens to those cells when love walks into our lives. These cells become more active. Unconditional love is the love that has no expectations. It wants to love solely for the sake of loving. Remember that love is a chemical event in the brain. When we love or are loved a stew of chemicals are released in the brain. This reaction pumps out DHEA, an anti-aging, anti-stress hormone that promotes cellular repair in the body. Oxytocin also reduces stress in the body by causing the nervous system to relax. It floods the tissues with oxygen and when oxygenation increases, so does healing. Three great, free, powerful medicines.

"A loving heart is the truest wisdom." Charles Dickens.

Practice Fire Drill on June 24

There will be a practice fire drill on June 24th, at the end of the 10 o'clock service. The last drill was held in 2008. It is important that we be able to evacuate the church buildings quickly and in an orderly fashion. Eventually, we would like to be able to have an unannounced fire drill.

On Sunday, June 24, when the alarm sounds please collect your belongings because you will not be returning to the church and look for the nearest exits.

1. The choir will exit through the Sacristy.
2. Those seated to the right of the main aisle (as you face the pulpit), will exit from the two rear exits by the Cry Room.
3. Those seated to the left of the main aisle and those unable to manage steps will exit by the main entrance doors. All doors should be open and used. People who are able bodied should use the side doors, if possible leaving the wide main doors for those in wheel chairs and walkers.

The ushers will assist those who are disabled or need help in exiting the building.

Upon exiting the building, please go to the grassy spaces across the parking lots.

There will be additional helpers to help evacuate the children who will be in the CE Building for Sunday school. Infants and toddlers are with their parents in the Summer. However, in a real evacuation, it may not be possible for them to get to Dodds Hall and the children in the Sunday School will be evacuated by the teens and teachers and meet their parents on the grass outside.

Friendly Reminder!

Pictures for Directory

If you don't have a picture in the directory (or if you want a new one), you have three options:

1. Send Margaret digital photo at ccpcpa@verizon.net
2. Give her a picture to scan (or leave it in her box in the office)
3. Stop by Dodds Hall before or after church on Sunday and have your picture taken.



Vacation Bible School!

July 9-13, 5-8 PM

WE NEED VOLUNTEERS!

VBS is our biggest outreach of the year and we can't do it without you!

Volunteers are needed for our crafts, snacks, and games stations. We also need helpers for the check-in table.

If you are able to help in any way, please email Rebecca Coleman at ccpckids@gmail.com.

Thank you!

Thank You!

Dear Church Family,

After two bouts in the hospital, I needed all the prayers that came with the prayer shawl that was given to me. Thank you all so much. I'm on the mend and doing much better now.

Thank you, Shirley, for your visit.

Jack Merkle

Bowie Interfaith Pantry

June Special: Paper Products

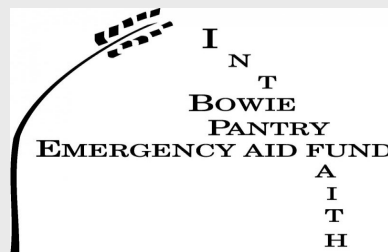
Throughout the month of June, the Pantry would like to stock up on the following products: toilet paper, tissues, and paper towels. Toilet paper is distributed every day, and our families often ask for tissues and paper towels.

Current Food Items Needed

Also, our greatest needs are: soup, canned beef stew, canned fruit/applesauce, tuna fish, jelly, cereal, baked beans, fresh fruit (bagged or loose), and fresh vegetables.

Your support is greatly appreciated.

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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.



Bowie Interfaith Pantry

We are 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!