



It doesn't take an expert to observe we are a polarized society. Last year the Paper Tigers book group read Jonathan Haidt's, *"The Righteous Mind: Why Good People are Divided by Politics and Religion."* The author argues that our divisions are not only caused by our moral intuition but by our groupishness. We tend to group with others who we perceive to be like-minded. Sadly this tends to increase groupishness and division because we learn and grow when we interact and listen to those with whom we differ.

Having served as a pastor for over 30 years, I have tried, not always successfully, to navigate a faithful course between people who disagree on numerous issues. The seminal textbook used in training of clergy to deal with conflict in the church is Rabbi Edwin Friedman's, *"Generation to Generation: Family Process in Church and Synagogue."* Friedman is famous for introducing the term "non-anxious presence." He believed the higher the level of anxiety in the leadership, the higher the stress in the organization. A lower level of a leader's anxiety tends to de-escalate the stress experienced by those who are led. We know this true whether in the family, the field of competition, or in a business meeting.

A more recent collection of Friedman's writings has been published posthumously. In one article, "A Society in Regression," he states that the climate of contemporary America has become so chronically anxious that our society has gone into an emotional regression that is toxic to well defined leadership. The anxiety is so deep that it is almost as though a neurosis has been nationalized. The result of this shared neurosis is that leaders have become timid and risk-averse. We are so anxious that we refuse to let anyone lead.

I thought of Friedman as I watched the election returns. There were no defining issues that candidates ran on. The voters were angry and focused their anger on the President and Washington's dysfunction. We have very solvable problems, but we have a public hungry for short term answers to symptoms rather than fundamental change. In our high anxiety state it is difficult for patient and humble leaders to emerge. Jim Wallis describes what has become standard practice in Washington DC. First, name the problem, then you make the public afraid of it, and finally you blame it on your opponents. Armies of spin masters, media consultant, and pollsters are employed for this ideological warfare, and you know who wins by taking a poll. Elections are the final poll. What the politicians never get back to is solving the problem. The problem is simply used in the battle for political power; it is not something to really be addressed.

Friedman says that today it is hard for true leadership to emerge. It is hard, but not impossible. I think our county has been blessed recently by the strong and patient leadership of our County Executive Rashern Baker and our CEO of Public Schools Kevin Maxwell. They identify problems and work towards solutions. They don't grandstand for public support nor do they blame those that oppose them. They quietly combat the groupishness of various interest groups. They are steady and forward thinking and relentless. They give me hope. They deserve our support and prayers. We are in this together.

We will see if any of our nation's problems get addressed by Congress in the next two years. Can the new GOP majority lead? They have opportunity. Are they unified? They have mastered the blame game and obstructionism. Can they come together to address and solve problems. I hope and pray they can. We are in this together. Meanwhile, back to the daily feeding of our national neurosis. What will it be today? Ebola? ISIS? School shootings? Crazy weather? I offer an antidote: *Ephesians 4:3* "Live a life worthy of your calling ... with all humility and gentleness, with patience, bearing one another in love, making every effort to maintain the unity of the Spirit in the bond of peace."

Grace and peace — James Brassard

Worship Notes

November 16th: Jesus tells the Parable of the Talents. As we wait for Christ's return, how do we act and how do we utilize the gifts He has entrusted to us?

November 23rd: Dedication of Estimate of Giving Cards and our Stewardship Luncheon. In this family centered service, we will see how the Parable of the Last Judgment directs our service and devotion to God. The meal will be a modified pot-luck. CCPC will provide the main course (sliced ham) and beverages, and members and friends share a salad, dessert, or a thanksgiving style side dish.

Thank You!

Paul and I have felt the long and comforting reach of our many CCPC friends who have written to express sympathy at the deaths of our mothers. Many of you have experienced these losses first-hand with the passing of your own parents. Thank you for taking the time to commiserate with us.

Jo and Paul Bolig

I would like to thank everyone for their prayers, and the cards, phone calls, and emails I received regarding my nephew Elijah. He is out of ICU and in the trauma unit. It will be a very long recovery, but we are hopeful he will have a good outcome. Thank you all so much. It really helps to know that people care and are praying for him.

Warm Regards,
Robin Seekford

Thanks to everyone who has sent me a card or prayed a prayer for my Mom (Kay) and for my brother, Clint. My mother is being kept comfortable in her final time here. Only the Lord knows when He will take her. My brother is recovering from his stroke, but being a bit stubborn in doing what doctors and therapists recommend for a more full recovery. Thanks again, so very much, for your continued prayers for each.

Marty Sippel

Elijah's Bowl Update

CCPC was the host for October's Elijah's Bowl, held at Grace Lutheran Church the 2nd Saturday of each month. Five adults and one child came to enjoy a hot lunch prepared by Julia Leaman, Marge and Chuck Tanner, Debbie Sell, Kris Ross, and Lillian Cates. Bags of food donated by CCPC were distributed to the guests and pumpkin painting was coordinated by Natasha Hawkins. Grace Lutheran's knitting group distributed scarves and hats. CCPC shared our cookbooks since the casserole and the cake recipe the guests enjoyed were from the CCPC cookbook.

Thank you to all who participated. Susan Brutout



The
*Interfaith Council of Suburban
Maryland*

Invites you to our Annual Thanksgiving Service

*We are One in
Building the Beloved Community*

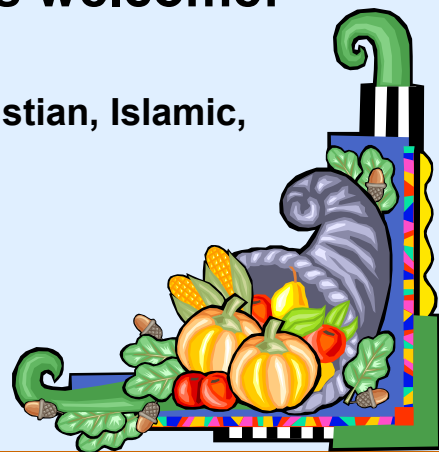
November 26, 2014 at 7:30 PM

at

Christian Community Presbyterian Church

**Choir warm-ups are at 6:30 PM
Anyone who would like to sing is welcome!**

**Participating Traditions include Jewish, Christian, Islamic,
and Unitarian Universalist**



DEACON'S CORNER

Author: Joy Bible

Who cares for the caregiver?

Today there are over 44 million U.S. adults caring for an older friend or family member. Almost overnight a spouse or child can go from daughter/son/ spouse to caregiver. Chaos can ensue as families begin to navigate their way to seeking and coordinating care of ones loved one. Even for professionals, it can be overwhelming trying to seek the right care in a complex, often contradictory health care system. Caregivers attend to patients from an average of 20 hours each week to 24/7. When the going gets tough who cares for the caregiver?

First, caregivers NEED to check in on themselves. If they don't, before they know it, they can gain weight, lose sleep, become emotionally raw. There is such a thing as caregiver burnout. Caregivers notoriously neglect their own health because they are so focused on their charge. It is important for caregivers to give themselves PERMISSION to step back into their own life. REACH OUT to family members or friends to help from time to time. ACCEPT help! Don't go it alone! Be prepared with a list of things others can do to help you. Take time to do something for yourself, treat yourself to something special. FOCUS on what you are able to provide and DON'T give into guilt. There is no such thing as a "perfect" caregiver. You are doing the best you can and you don't have to feel guilty for asking for help.

Get CONNECTED! Seek out both a support group and a social support group. A support group can provide a great source of encouragement and advice. A social group can provide respite for you even if it is a walk with a friend. Having a strong social network is key to managing the stress associated with caregiving. Set personal health goals for yourself and see your doctor regularly. As researchers have found if you are a caregiving spouse between the age of 66 and 96 and are expressing mental or emotional strain, you have a risk of dying that is 63% higher than that of people your age who are not caregivers. The combination of loss, prolonged stress, the physical demands of caregiving, and the biological vulnerabilities that come with age place you at risk for significant health problems. So, the care of the caregiver begins with the caregiver, but equally important is if you know a caregiver, find out what you can do to help. Remember also that Faith will give strength along the whole journey. "I shall not find Christ at the end of the journey unless He accompanies me along the way."



Dodds Hall

Dodds Hall is a busy place, most especially at this time of year. In order to accommodate all of the CCPC functions and many outside group functions, scheduling and maintenance of that area is an ongoing cooperative effort. There is no staff person or committee assigned to its daily maintenance. We depend on each group to help maintain this facility which serves so many.

First, schedule the use of Dodds Hall with Robin Seekford who maintains the master schedule for all use of our facilities. Set-up and clean-up of Dodds Hall and the kitchen area is the responsibility of the group using them. Safety is the first consideration when setting up tables and chairs; it is extremely important that no exits or doorways are blocked in any way at any time. Make sure adequate walk areas can reach the exits.

When the function is concluded, please clean off the tables, leaving twelve round tables with chairs around them in place around the room unless asked to do otherwise. Place the unused folded tables and chairs along the perimeter of the room.

If the kitchen has also been used, please clean and put away all dishes and utensils, wipe down the counters with antiseptic wipes, and tidy the area. Launder all linens which have been used. Please return them to the linen closet within a week for others to use. Large amounts of trash and recycling should be placed in the appropriate receptacles. Please remember blue bin are for recycled materials only and NO food or liquids should be placed in them. If you are uncertain of what goes into the recycled bins, please read the top of the big, blue trashcan-like recycle bins as they show and list what is acceptable to be put in the recycle bins.

With everyone's assistance with these procedures, Dodds Hall will function seamlessly through its busy schedule. We thank you in advance for your help.



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the Greens



CCPC's
Fall Clean UP
Saturday
November 22, 2014
8:30 AM until done
(weather permitting)
A light snack will be provided

Tasks that need to be completed include racking leaves, trimming bushes and grasses, interior painting, and other miscellaneous repairs

Persons need to bring racks, leaf blowers, trimming tools, extension cords if needed, work gloves, and
a
Can Do Attitude!

Following worship on November 30th,
the Parish Life committee invites all to the
annual "Hanging of the Greens" to prepare the church for Christmas.

Share in hot soup, bread, and cider as we decorate trees and hang the greens!

During this time the Sunday school children will hold rehearsal for the December 14th
children's pageant.

Christmas Families

CCPC is blessed again this year with the privilege of helping to provide a merry Christmas to children and families in need right here in Prince George's County. We are, however, making some changes to the program this year that I wanted to make you aware of.

After much prayerful consideration, I have decided to limit the number of families referred from both the Prince George's County Public Schools and the Bowie Interfaith Pantry to 20 families each (for a total of 40 families). As a basis of comparison, last year we served 80 families with a total of 239 children. Reducing the number of families will give us some much needed "breathing room" to accept last-minute emergency referrals and have the space to sort and organize all the moving parts of the program.

The sponsorship/adoption tags for each child have been redesigned so that you can **sponsor all (clothes AND toys) or just a part (clothes OR toy)** for each child you select. We can also provide shopping assistance if you would like to sponsor a child but would prefer not to actually do the shopping. Believe it or not, we actually have several people who LOVE TO SHOP and would be happy to spend your money!

Dick Arnold is selling his nature photography with all proceeds going to the Christmas Families Grocery Fund. If you are interested in purchasing, please contact Dick. We have also added a new element to the Christmas Families program and will be providing personal hygiene kits for each child (with age appropriate items inside) as well as a laundry basket for each family that will include laundry supplies as well.

We will be providing refreshments (coffee, tea, hot chocolate, baked goods) during the Gift & Grocery Pick Up hours on Monday, December 15th. Your donations of baked goods are much appreciated. See the Christmas Families Schedule on the next page for information on dates, times, and events.

So not to fear, the Christmas Families program will still be very giving and exciting and there are still many ways you can be involved in this powerful outreach program to our community. Volunteer Opportunity Sign-Up sheets are in the atrium.

I look forward to seeing you there!

Questions or Comments: Contact Roxanne Johnson at 240-731-0683 or roglojo@gmail.com



Christmas Families

2014 Schedule

November 9th was the start of the Christmas Family Program Kick Off!
Sign ups continue each Sunday until all children have been selected.

11/30–12/7		Early Gift Drop Off (Library)
12/7	By 6 PM	Final Deadline for Gift Drop Off
12/10	9 PM	Setup Dodds Hall
12/11	9 AM –5 PM 6 PM –9 PM	Gift Sorting & Checking Gift Sorting, Checking, & Wrapping
12/12	9 AM –3 PM 2 PM 5 PM –9 PM	Gift Wrapping Pickup Non-Perishable Food Order at Aldi's Gift Wrapping continued
12/13	9 AM –2 PM 2 PM –3 PM	Gift Wrapping, if needed (time tentative) Reset Dodds Hall for Food Sorting (time tentative)
12/14	11 AM 11:30 AM–2 PM 2 PM –4 PM	Baked Goods Due Food Sorting Consolidate Gifts & Groceries
12/15	7 AM –8 AM 9 AM –1 PM 6 PM –9 PM	Pickup Perishable Food Order at Aldi's Family Pickup/Delivery of Gifts & Groceries Family Pickup/Delivery of Gifts & Groceries

Volunteer Signup Sheets for the above events are in the atrium.
Please signup for as many as you like.

Not sure of your schedule?

Afraid to commit because you might not make it?

You are always welcome to stop by and help out even without signing up!



Tell me and I forget.

Teach me and I **remember**.

Involve me and I **learn**.

~ Benjamin Franklin ~



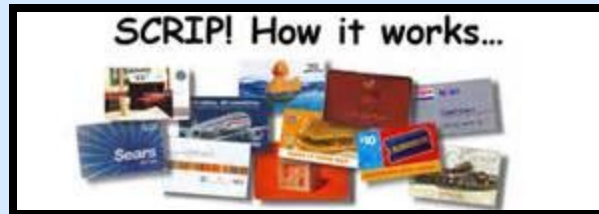
Adult Education Class

Join us as we welcome
Mary Kilbourne, a
representative of the
Chesapeake Bay
Foundation, who will be
giving a presentation on
*The State of the Health of
the Chesapeake Bay*.

She will present after the
10 AM church service this
Sunday, November 16 in
Dodds Hall.

SCRIP Cards

It's that time of year again!



SCRIP fundraising gift cards are the same gift cards you would normally purchase from a retailer in your local retail stores, and they work the same way. You'll find cards you can use at grocery stores, gas stations, restaurants, movie theaters, home improvement stores, and almost any business that accepts gift cards.

CCPC Youth Ministry can earn up to a 15% rebate on each purchased gift card and 100% of the proceeds go to our Youth retreats (such as Jr. High retreat and Montreat).

Using SCRIP couldn't be easier. You can purchase gift cards for places where you plan to shop, and use those cards instead of cash or credit. This fundraiser is done by CCPC Youth twice a year, once in the Spring and once in the Fall.

**Our SCRIP fundraiser began on
October 26th and will end on November 23rd**

The cards will come in after Thanksgiving. During the fundraiser, the Youth will be in the CCPC Atrium after church at a table distributing the SCRIP order form and list of retailers, answering questions and collecting the completed order form and accompanying check.

All order forms are due by November 23rd at Noon

Two or three weeks later (which will be announced in church and in *The Caller*), the Youth will hand out the gift cards to those who ordered them. Since the holidays are just around the corner, keep family, friends, and others in mind when you fill out your order forms. You can also take forms for non-CCPC congregation members to use, just as long as they return them by the due date.

If you have any questions, please contact Kristen Zacheis at ccpcyouth15@gmail.com or 845-729-8125.

The
Laramie
Project

Come out and show your support!

Alaina Clemence will be performing in the play

The Laramie Project

at the

Jack & Nancy Becker Center for the Performing Arts
1130 Anne Chambers Way, Crownsville, MD 21032

Saturday, November 15 at 7 PM

Sunday, November 16 at 3 PM

Tickets are \$12 and available now along with more information
on their website www.indiancreekschool.org.

Please note: Parental Guidance Suggested. Mature Content.



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.*



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.

