



I always get excited when the calendar turns over and the new year begins. Part of the excitement comes from knowing I survived another fall and Advent season in good health and good spirits. I usually spend the last week of the year reading and planning and setting some goals for myself. This year I cleared out seven cases of old books and paper from my book shelves and organized my office library. It is amazing how much more confident I feel just taking that time to get rid of the old and get ready for the new.

In place of my usual new year's column on resolutions and promises to make, I decided to rerun an article from the "Deacon's Corner" by our recently deceased friend, Joy Bible.

Enjoy,
James Brassard

Deacon's Corner

By Joy Bible

Posted in *The Caller*, July 15, 2013

What are the qualities we look for in others? One answer that almost always comes up is "a sense of humor." "Someone who is positive." We like being around happy, optimistic and light-hearted people. One study found that children reared in an optimistic, laughter-filled home tended to be less nervous or fearful, more sociable and energetic. Also noted in the study was that experiencing joy and other positive emotions can inspire us to do wonderful things in life, such as raise a child, cooperate with one's team, or help someone in need. Research shows that "joyful, engaged individuals are better able to thrive and build positive bonds with others, especially compared to people who are dejected or depressed." Although many people believe that happiness is directly related to good health and this correlation has been confirmed as significant in lots of studies, it does not mean that happiness is the *direct cause* of good health.

Positive emotions, such as being optimistic, happy, joyful, are a choice. Just as we choose to believe in our faith, we choose optimism. How difficult is it to be around people who constantly choose the negative? It's like the news today and we begin to believe, like Chicken Little, "The sky is falling." We say: *I can't. I won't. That's a problem. It's stupid. It won't work. It's too hard. I'm not good enough. We never did that before. This is a drag!* The wonderful thing about choices is we can choose the positive. Choosing the positive can be very empowering: *I can. It's possible. I'll give it a try. It will work. I am able to do this. This will be fun!*

The Book of Hebrews talks about running the race, leaving the things that drag you down and encumber you behind. In our lives, we need to let go of negative thoughts and train ourselves to focus on positive outcomes. With the right attitude, even the stumbling blocks can become stepping stones or learning tools. One of the main ingredients in a positive life is lots of laughter. It is good medicine and stimulates our whole body. Laughter has healing qualities and exercises our facial muscles. Laugh lines are more attractive than frown lines! Helen Keller said, "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." I have an old saying on my kitchen cabinet that I believe to this day. It says, "A good laugh is as good as a prayer sometimes." I think it is good for the soul. So smile, chuckle, giggle, laugh out loud. For as you travel through life, whatever your goal, keep your eye on the doughnut and not on the hole.



Worship Notes

January 10th: When Jesus answers the lawyer who asks him how he can attain eternal life, he quotes the great commandment, "You shall love the Lord your God with all your heart, soul, strength and mind; and your neighbor as yourself." The prophet Amos calls this the "Plumb line" in which all individuals and organizations shall be judged and warns of the terrible consequences when it is not followed. Jesus makes it personal when he tells his most famous parable: *The Good Samaritan*. We will introduce new members and install Steve Donoian as an elder.

January 17th: Jesus' first sermon, in his hometown, was almost his last. The text he chose to preach was familiar. His interpretation middle of the road. He got into trouble by saying nice things about the wrong people. Sermon is titled: "The Great Reversal."

Interfaith Council of Suburban Maryland

invites you to the

2016

*Dr. Martin Luther King, Jr.
Interfaith Appreciation Service*

This year's theme is

*Beyond Tolerance and
Toward Mutual Respect*

**Monday, January, 18, 2016
11 AM**

Bowie United Methodist Church
13009 6th Street, Bowie, Maryland 20720



Flowers **for** **Worship Services**

The Flower Committee is happy to arrange flowers for you for Sunday mornings.

Wondering how to order flowers? Please follow the below instructions:

1. Sign up on the Flower Poster next to the doors leading to Dodd's Hall.
2. List the name of the person on the Flower Poster who the flowers are in memory or honor of.
3. Sign up or call the office by Wednesday the Sunday before you want the flowers.
4. The cost is \$25, payable to CCPC Flower Committee. Place your check or cash in an envelope and place in the collection plate or put in a pledge envelope and write on one of the lines Flower Committee, the amount in the envelope, and the date for your flower arrangement.
5. Take them home after the 10:30 AM service or leave them and they will be delivered to a homebound CCPC member or a friend of CCPC.
6. Please return the vases to the closet by the Dodds Hall conference room within two weeks.

Want to join the flower committee? Call Judyann Feinstein at 240-351-4121 or send her an email at judith.a.glazener@gmail.com or Jan Bridger at 410-956-2481, bridgerj@verizon.net.

Please look around your home to see if you have forgotten to return any CCPC flower containers. The large flower containers are hard to replace.

Youth News!

Important Youth dates coming up:

- | | |
|---------------|--|
| January 10 | Sunday Morning Connect Resumes
Youth Council Meeting in Adult Ed Room |
| January 17 | Warm Nights Dinner Prep And Cooking |
| January 18 | MLK Service Day |
| January 24 | Mexico Participants and Parents
Meeting 5:45 PM |
| January 29—31 | Winter Retreat |
| February 7 | Souper Bowl of Caring |



What Is Per Capita?

Per capita are funds gathered from all of the nearly 11,000 congregations and mid councils of the Presbyterian Church (U.S.A.).

It allows us to connect and participate in the work of the wider church. Per capita makes possible our effort for visible unity of the church of Jesus Christ. Presbyterians have a form of government built upon shared power and mutual accountability as we seek together to find and represent the will of Christ. By providing the primary means through which commissioners and advisory delegates can gather to do their work, per capita dollars help to sustain our governance system. The PC (USA), as with other faith traditions and denominations, is but a small part of the one church of Jesus Christ. We affirm that God's call is for the church to be one.

Each member is asked to pay \$36.50 from National Capital Presbytery for 2016.

If you would like to make a contribution toward Per Capita this year,
please indicate it on your offering.

Thank you!

Christmas Families Wrap Up

I'm happy to report that another year of Christmas Families went off without a hitch! Thank you so much to everyone for your selfless contributions of time, talents, and dollars! We were able to serve 48 families with a total of 142 children because of your generosity. Every family received their gifts and groceries on the scheduled pick up day. Hurray!

I am also happy to confirm to you that Mikaela Devine will be the new coordinator for the Christmas Families program. She is very excited to take over the reins and is very passionate about the program.

Mikaela will be assisted by the very capable Susan Brutout and Carrie Casto. A definitive division of duties has not yet been determined, but we are so blessed that these three ladies have stepped up to take over the coordination and implementation of this extremely valuable community outreach program. I know they can count on your support and prayers as they embark on this new adventure.

It has truly been an honor and a blessing serving as coordinator of Christmas Families for the past eight years and I am very comfortable leaving a program that is so close to my heart in such capable hands.

Blessings all around . . . and best wishes for a happy and healthy 2016!

Roxanne Johnson

Warm Nights

CCPC will be participating in the Warm Nights Shelter Program from January 17 to 24. The program is a collaborative effort of numerous committed church congregations throughout Prince George's County that provide a rotating emergency shelter from mid-November through the end of March each year. It has been in operation since the early 1990s and CCPC was the first church in Bowie to participate in the program.

During our week, we will provide a warm place to stay from 7:00 PM until about 6:00 AM for 25 to 30 homeless people. We also will provide them with three meals a day. When the shelter clients arrive they are greeted with a hot hearty dinner. In the morning, they get breakfast and we hand them a bagged lunch as they walk out the door.

Successful participation in this program requires CCPC volunteers to perform a variety of duties. There are still many ways you can get involved. You can sign up to prepare a meal, serve as an overnight host or help set up Dodds Hall on January 17 before the shelter clients arrive. The Mission Committee will purchase the food for the lunches, as we did last year. We ask that volunteers sign up to prepare the lunches. Sign-up sheets and instructions will be available in the atrium starting on January 3rd. Even if you cannot participate in any of the Warm Nights duties I encourage you to stop by the church during our Warm Nights week. You will have an opportunity to meet the shelter clients, hear their stories and see how our giving and caring are impacting their lives.

Paul Sell
Warm Nights Coordinator



SHROVE TUESDAY

Sue Cobb Pancake Supper

FEBRUARY 9, 2016

Join us in Dodds Hall at 6 PM

The purpose of the pancake supper is to raise money for the Sue Cobb Scholarship, which is awarded annually to a high school graduate of CCPC.

In 2015, Claire Leaman and Christie Ahearn each received \$1000 scholarships.

Both girls are doing well in college.

Please mark the date on your calendar and plan to come have pancakes to support the Sue Cobb Scholarship Fund!

"Blankets of Hope" Marathon

**Saturday, January 30,
2016**

**Christian Community
Presbyterian Church (CCPC)**
3120 Belair Drive, Bowie, MD

4-Hour Marathon
1:00 p.m. to 5:00 p.m.
(or until we run out of fleece!)



Drop in anytime and stay as long as you like

Angels of ALL ages are needed - boys, girls, teens, adults, seniors, scouts, everyone!
Blankets are desperately needed for our wounded soldiers and will be delivered to
Walter Reed & the VA Medical Center in Baltimore.
If you can tie a knot, you can make a Blanket of Hope!

Volunteers available to show you what to do

What is a Blanket of Hope?

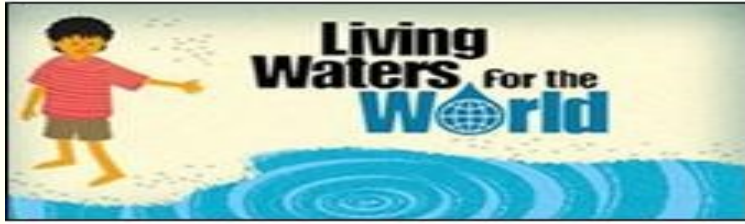
A "Blanket of Hope" is created from love to provide hope and comfort to a wounded hero during one of the most difficult and vulnerable times of their lives. This year, the Blankets of Hope will be delivered to our soldiers in military hospitals here at home. It is a powerful thing for a wounded hero to know that someone cares.

Please bring the three following supplies:

1.) **Material:** 2 yards of fleece - front panel should be a pattern & back panel a solid. Bright colors are good, but patriotic colors & patterns work well. You can purchase fleece at JoAnn Fabrics (by the yard or as a kit, either size as we are making lap & bed blankets) or Pico Textiles (online). 2.) **Ruler.** And, 3.) **Pair of Scissors** *(please label with your name).*

If you would like to make a blanket but are unavailable that day, here is what you can do: Contact us for "How to" instructions. Complete your Blanket of Hope at home and then deliver it to CCPC the day of our Blanket Marathon or by February 7, 2016.

For more info, to request "how to" instructions, to let us know you are coming, or to make a donation [*either monetary (tax deductible – made payable to the Yellow Ribbon Fund – "Blankets of Hope" in memo) or fleece*], please contact:
Deborah Rice @ 240-381-1184 or tricitie realestate llc@gmail.com



Living Waters for the World

HONDURAS TRIP

On Friday, January 15, at 2:30 AM, your Honduras Living Waters for the World (LWW) team: Judyann Feinstein, Becca Jonas, Julia Leaman, Sara Rogel, Paul Sell, and Charles and Marjorie Tanner, will depart Bowie with eight footlockers carrying the clean water system and education materials. Our destination is Coclan, a village so small it does not appear on any maps we have found. Our mission is to partner with the water committee of Coclan to install a clean water system and to educate the village adults and children about health and hygiene and the good news of God's love.

All trips to Honduras are an adventure, but this trip will be more adventuresome than usual since we are going to a different area of the country and staying in a new hotel. We will have two familiar faces with us — Olvin, the In-country LWW Technician and Celeste, who, though still a teenager, is an excellent translator and teacher. New to us is Nineth, the In-country LWW Educator, who will help us in educating the villagers.

In addition to the installation at Coclan, we will be visiting two of our previous installation sites, La Union Suyapa and Nueva Esperanza. We'll conduct refresher courses and try to evaluate how effective our previous education and system training have been.

Thank you for your support of the Honduras Living Waters for the World mission. We ask that you pray for us that we may be a blessing to the village of Coclan.

New Group for Men

Do you need to get off the couch and back in shape? Do you need to develop stronger friendships? Do you want to handle the stress in your life better? Well, you are not alone. Your pastor is inviting all men who want to get themselves in better physical, emotional, and spiritual health to join him and Yoga instructor Barry Miller for Men's Yoga (code name: Broga) on Thursday nights at 7:00PM starting January 21. Cost is \$12 and we have a sponsor who will cover anyone who is concerned about the cost. Come with loose fitting clothes to Imagine Yoga & Wellness (in the CE building). We will talk after class and discuss other fellowship opportunities. See you there!

PWOC

Spring Retreat

Women of the Church: Mark your calendars now for the PWOC Spring Retreat on
April 8-10 at Rhodes Grove Conference Center in Chambersburg, PA.

The theme of the retreat is *The Angels Among Us*.

Retreat leaders are Anita Pesses, Sarah Hash, and Carrie Yearick, minister at Rockville Presbyterian Church.

You won't want to miss this retreat! Come and bring your friends.

Financial Peace University Classes

Imagine Yourself Debt Free!

**Beginning at 10 AM on Saturday, January 16, 2016 through
Saturday, March 12, 2016, CCPC will offer classes from
Dave Ramsey's Financial Peace University**

The 9-week program is a biblically-based, video-driven small group study that teaches families to beat debt, build wealth, and give like never before.

Weekly classes are approximately 90 minutes to 2 hours in length and will be facilitated by Michelle Jones. Feel free to call her on 301-809-1121 or e-mail her at fireangell@msn.com with any questions you may have.

Please join Michelle for a preview of the program on January 13 at 7 PM in the Adult Ed Conference room.

Christian Community Presbyterian Church



3120 Belair Drive
Bowie, MD 20715
Phone (301) 262-6008
Fax (301) 262-5177
Web: <http://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.*



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.

