

# Hot Off the Press! 1/31/15

## Everyday Worship: Growing in Two-Way Communication - PART 2

BY SHARLYN STARE, STARECVG@AOL.COM

The time before Lent begins 2/10 is an opportunity for all at CHPC to grow in **EVERYDAY WORSHIP**. Sunday preaching themes, weekly home study guides and 10:10AM Adult Spiritual Formation experiences in Fellowship Hall will all focus on it. Come to the 9AM service and stay at 10:10AM in Fellowship Hall. Or come for 10:10AM and stay for the 11:15AM service of worship.

### N.B. — 'Nota Bene' — Note Well

In today's English, the abbreviation *N.B.* draws the reader's attention to certain facets of a subject, particularly in legal documents. This may seem to be a side trip in the Everyday Worship series. I assure you it is not. I'm sharing what I've learned in hopes that it will be of benefit to you.

I first encountered *N.B.* in Mr Pappas' High School English class. A former university professor, his passion was to equip students for college *and life*. He dwelled on subjects that seemed odd to us at the time. Most have paid great dividends in my life — professionally and in my growth in Christ. In fact, *N.B.-ing* is central to my 2-way communication with God.

Thousands of years before the first printing press, **highlighters, colored inks, fancy fonts,** & special marks were included in hand-written manuscripts to declare "pay attention" or "take notice!" Eventually, *N.B.* (in Latin *Nota Bene*) was used in academic writing. "Note" is a common substitute.

Here was Mr Pappas' point: Taking hand-written **NOTES WELL** is the key to successful learning and communication with others.

### The 5 R's of Note Taking

**RECORD** — Write down meaningful points, concepts, references (including Scriptures) and 'ideas' or related thoughts sparked by what you're hearing.

**REDUCE** — Make a point of reviewing your notes and summarizing them. Follow through on the 'ideas/ thoughts.'

**RECITE** (or REPEAT by teaching someone else) — Say out loud to yourself some of the Key Words, outline or major points. (This is a great way to remember jokes.)

**REFLECT** — Review the notes and remember why you took the notes. One of my favorite visual words to describe this process is another R, *ruminate*...it's what a cow does when *chewing her cud*. The cow quickly eats, fills one of her stomachs and lies down to *ruminate*. Then, the stomach contents return to her mouth and she chews on them before they return to



her second stomach for further digestion, etc. It sounds pretty yucky, but it works for cows. I tend to pray, "God, *bring back* what You want me to learn. *Cause me* to remember Your truths."

**REVIEW:** A fast read of notes shortly after they are taken (10-15 minutes) is better than taking a lot of time hours later. God's already tilled the soil of your brain, allow the seed to fall on that fertile ground.

### Does N.B.-ing Work?

No one would think of Richard Branson as a fount of Christian wisdom. Branson is the founder of the Virgin Group — a 400 company conglomerate that includes Virgin Airlines, Virgin Records, etc. Yet, he recently wrote:

"In my experience, 99 percent of people in leadership roles don't take notes. What's more, males are less likely to take notes than their female counterparts... Mentoring, training and note taking — these are wonderful development areas, which everyone, men and women alike, can greatly benefit from.

"Note taking is one of my favorite pastimes. I can't tell you where I'd be if I hadn't had a pen on hand to write down my ideas (or more importantly, other people's) as soon as they came to me. Some of Virgin's most successful companies have been born from random moments — if we hadn't opened our notebooks, they would never have happened. No matter how big, small, simple or complex an idea is, get it in writing.

**"But don't just take notes for the sake of taking notes, go through your ideas and turn them into actionable and measurable goals. If you don't write your ideas down, they could leave your head before you even leave the room."**

### Attention!

In addition to causing me to be more creative,

I find that note-taking causes me to focus and *actively listen* to what is going on around me...especially within the context of corporate worship. I take notes on lots of things (not just the sermon): song texts, wording of readings, Scripture texts, timing/ transitions, people I encounter (names and post-service/ prayer needs) and 'God messages.'

There are times when I wonder, "Did God fail to show up today?" No. God was clear in Matthew 18:20 — *For where two or three are gathered together in my name, there am I in the midst of them.* However, I've found that when I am distracted or my attention is divided, I remember little of what has gone on. God is always trying to communicate with me, but MY *static* keeps me from hearing God. When this happens, I replay Mr Pappas saying, "N.B. — *Nota Bene* — TAKE NOTES WELL."

God's intention is for me to *grow as a Christian* — in body mind and spirit. Exercising body muscles adds physical capacity. Likewise, it takes regular effort to keep my brain 'in shape' so that information stays. Hence, the **5 Rs of Note Taking**. The growth spiral can go up or down.

### CAN'T MEMORIZE STUFF?

Few people have photographic memory, but using *memorization tricks* can develop memory. Can't remember names? I often repeat the name to be sure I heard it correctly and then *N.B.* (note well) it somewhere. [I have a page in my phone contacts for people I meet on Sunday morning.] Can't recall a name? I try going through the alphabet slowly **out loud** to jog my memory. I've started a list of the names God uses for Himself in the Bible. This is expanding my understanding of God and how He wants me to address Him in different circumstances... building our relationship.

Here's a shameless plug for joining the CHPC Choir. I believe that most of the Scripture I know, I learned by writing down and singing the biblical text of choral anthems. Singing engages both sides of my brain. Music seems to 'cement' the relationships between words so they can be recalled in the proper order. [No wonder advertisers use musical jingles.]

The *Everyday Worship* weekly Study Booklets have added another dimension to my 2-way communication with God. The 'fill in the blank' format encourages *N.B.-ing* and *ruminating* on God's Word. I'm finding myself better prepared for Sunday and daily worship times.

My prayer is that God would cause us individually and as a congregation to *Note Well* what HE is doing in our midst and respond!

## ASF UPDATE

### 2 Classes Added!

By William Custer

The all-church study of Worship will end on Sunday, February 7 and a five-week series of Adult Spiritual Formation classes will begin on February 14 and continue up to Palm Sunday. Below are the classes to be offered. Sign up for one of these in the Atrium today.

Below are the classes that begin on February 14:

#### Parables of Jesus

Led by Fran Kelley at 10:10am. Class size limited to 15.

#### The Book of Daniel

Led by Scott Rice at 10:10am. Class size limited to 15.

#### Love Languages

Led by Jeanne Schneider at 10:10am. Class size limited to 15.

#### Christianity in the House of Islam

Led by Mary Belle Chapman at 10:10am. Class size limited to 15.

#### The Cross and the Old Testament

Led by Drew Smith at 10:10am. No class size limit.

#### Worship: The Series Continues

Led by William (Bill) Custer at 9:00am.

#### Parents of Elementary Age Children (Continued)

Want to benefit from the parenting experiences of others? Share your challenges and joys. Want to know the way to your child's heart? Come grow with a group of parents committed to the love of God. Led by Andrew Wells at 10:10am.

### Two new classes are:

#### Caregiving for Loved Ones

Do you find yourself in the season of caregiving for a spouse, parent or loved one? This group will provide a safe place to share the burdens and joys of caring with others who have similar experiences. Led by Tim Sillaman at 10:10am on Sundays. Group size limited to 15.

#### Life and Teachings of Jesus (Wednesday Evenings at 7:00)

Want to know more about Jesus? Who he was, why he came, where he walked, the law he obeyed and brought to fulfillment. What did he talk about most? What made him angry, what made him cry, did he laugh? Bring your Bible and a notebook. Led by William (Bill) Custer at 7:00-8:30pm. Wednesday evening for 5 weeks, Feb. 17 thru Mar 16.

### Children & Youth Helpers in Worship

Children ages Kindergarten through third grade are invited to a Children's Worship service each week. Start off with your families in both the 9am and 11:15am service, then listen for the announcement dismissing the kids to their special service. Just before the sermon, children will be dismissed to their special study and worship time.

This week's helpers are:  
9:00am Jason M.  
11:15am Elizabeth & Andrew D.  
Wells Family will greet

Next week's helpers are:  
9:00am Lucas F.  
11:15am Joshua & Ian S.  
Michelle Dyson will greet

## 31. sunday

8:00am	Morning Prayer	Prayer Room
9:00am	Worship Service	Sanctuary
10:10am	Foundation Hour	
	• Children's Classes	Barnabas Ctr
	• Jr. High	BC 204
	• High School	BC 205-206
	• ASF Roundtables	Fellowship Hall
	• Parent Group	Parent Lounge
	• Exploration Class	Confer. Room
11:15am	Worship Service	Sanctuary
1:30pm	Adult Children of Alcoholics	Fireside Room
4:00pm	CRASH	BC 205 & 206

## 1. monday

6:00pm	Community Prayer Walk	House of Joy
6:15pm	Karate	Club Room

## 2. tuesday

9:30am	Tuesday AM Bible Study	Parlor
6:30pm	Super Choir	Fellowship Hall

## 3. wednesday

6:30pm	BLAST - FX Night	
7:00pm	Bi-Polar Support Group	Great Hall
	Worship Team Rehearsal	Sanctuary
	Kindling Prayer	White House

## 4. thursday

6:15am	Band of Brothers	Fireside Room
8:30am	Prayer - Church/Community	Prayer Room
10:00am	Knitting Group	Atrium
6:15pm	Karate	Fellowship Hall
7:00pm	ACA	BC 203
	Choir Rehearsal	Great Hall
7:30pm	Alanon	BC 201-202

## 5. friday

## 6. saturday

10:00am	Choir Rehearsal	Great Hall
---------	-----------------	------------

**"LEAD US NOT INTO TEMPTATION" POLICY**  
When parking, remember to keep your valuables and all parcels out of sight safely locked in your trunk. Thieves can even see through dark tinted glass. Don't tempt!

## ANNOUNCEMENTS

**Young Adults Brunch** If you've graduated from High School and aren't too far into your 30s yet, please join us for lunch. Gather in the atrium after the second service today, and carpool to the Knueven's. Contact Chris: christopherknueven@yahoo.com, 513-207-2603 for more info. It's FREE FOOD - what's stopping you??!

**Kindling Prayer Group** meets this Wednesday, February 3 at 7 PM in the white house. This group invites all who would like to have a focused time of prayer for the needs of CHPC and the community. Questions: Contact Jeanne Schneider jschneider@chpc.org or 513-541-5676 x 1160

**The Well – Citywide Worship and Healing Service** Ed Rocha with Global Awakening will bring a message and ministry to The Well February 9th, 7:00pm to 9:00pm. We'll gather at Vineyard Northwest, 9165 Roundtop Rd.

**Mark your Calendars for Renewing the Mind** on Saturday, February 20 from 9-5. This class is open to all. This workshop gives you powerful tools to break out of habitual mental, emotional and behavior patterns that rob you of joy and spiritual impact. Register at chpc.org/events Questions: Contact Jeanne Schneider jschneider@chpc.org or 513-541-5676 x 1160

**Week End to Remember Marriage Conference** February 26-28 at the Hyatt Regency. You know that great marriages don't happen by accident. Now's your chance to take an intentional step towards strengthening your marriage and get rewarded for doing so. For more information go to: <http://shop.familylife.com/events> or contact Jeanne Schneider at 513-541-5676, x1160 or jschneider@chpc.org

**Feeling a bit STUCK in your faith?** Feeling like there is something more you long for but can't put your finger on it? Then come. Come be part of a gathering of women in a journey through Stuck by Jennie Allen. We will meet in the library in the 3C's area at CHPC on Fridays from 9:30-11am starting FRIDAY FEB. 12. Contact Missi Kersher for more info: missikersher@gmail.com or call me at 254-6908.

**3C's Nursery School and Kindergarten** now Enrolling. Taking children 2 1/2 - K. Call 853-8489 or email 3cnurseryschool@gmail.com for more information, or stop by our Open House on February 27th from 1:00-3:00pm.

**2016 Lectionary readings** are available in the information rack in the Atrium.

## CHILDREN AND YOUTH

**The January BLAST (K-6) Theme is Self-Control:** "choosing to do what you should do not what you want to do," and our memory verse is Proverbs 25:28: "A person without self-control is like a city whose walls are broken through." Please pray this month that our children would learn to rely on the power of the Holy Spirit to help them choose words and actions that honor God. Resources for both parents and kids are available on the BLAST page of the CYF website: <http://chpcyf.weebly.com/blast.html>.

**We are proud to announce** the launch of the brand new CHPC Children, Youth and Family website: <http://chpcyf.weebly.com>! Check out this website to find regularly updated news for Children, Youth and Family Ministry, a calendar of events, parent resources, and summer information and forms.

**FX Night is this Wednesday from 6-7:30pm** Come to Fellowship Hall to have some crazy fun with your whole family and connect with families from our community!

**Crash for 7th-9th graders** continues tonight from 4-5:30, and will meet weekly throughout the spring. We will again ask students to commit to coming to CRASH on a regular basis, and students who come every week of this semester will receive a \$50 discount for the Summer 2016 Alabama Mission Trip or Resident Camp Work Crew.

**Children, Youth and Family** Summer Intern Applications are now available! Anyone who has been out of high school for at least one year is eligible to apply for the Young Adult Summer Internship, and any 10th-12th grade student who has been in or led a huddle this past year is eligible to apply for the High School Summer Internship. Applications are available on the CYF website at <http://chpcyf.weebly.com/summer-2016.html>, or at [chpc.org/forms](http://chpc.org/forms).

## SERVING IN OUR COMMUNITY

**Whiz Kids Tutors needed** Please consider coming on board and being a tutor at Pleasant Hill Academy now through late April when our tutoring comes to an end for the year. We have a few children all ready to go on the waiting list who would love to be a part of the program. Its an easy way for an hour of your time on Tuesdays from 5-6pm to make a huge difference in the life of a young person. Please call Mark or Chris Evans if you would like more information. 513-522-6603

## SPECIAL EVENT

### Community Forum 2016 Saturday, February 6, 2016 - 2-5pm

First Baptist Church West College Hill, 6210 Betts Avenue. Help us kickoff Black History Month with a forum to discuss the following issues directly impacting our community: Human Trafficking, Predators on the Internet, Overview of Widely Used Drugs and Police/Community Interaction. Free and open to the public. Dinner will be provided - No RSVP required Contact Gail King-Gibson at (513) 608-4585

**American Heritage Girls Annual Pancake Breakfast** will be held on February 21, 2016 after both services. All are welcome, donations accepted but not required. Bring your family and friends out for a wonderful breakfast!

## SERVING IN WORSHIP & ARTS AT CHPC

**Calling handbell ringers** If you played handbells in the past or think you might like to play in the future, send an email to Michael Parker at [mparker@chpc.org](mailto:mparker@chpc.org) or phone him at 513-312-9473. Let's talk about playing handbells this Easter season.

**Curtain call for orchestra members** Spring is also a great time to tune up the orchestra. If you missed our last orchestra event at Christmas and would like to get on board, give Michael Parker an email ([mparker@chpc.org](mailto:mparker@chpc.org)) or phone call at 513-312-9473. If you played in the orchestra at Christmas, you are already on the list and will be contacted soon.

## CONDOLENCES

Christian love and sympathy to Lois Merz and family on the death of her husband, Clem on Januray 24th.

Condolences may be sent to:  
Mrs. Lois Merz  
2915 Amigo Ct.  
Cincinnati, OH 45251

## Prayer Page

"... without ceasing I remember you always in my prayers," Romans 1:9

## CHPC Community

Julia Dennis	Laurence Dennis
Rhonda Denterlein	Rebecca Desch
Luisa Dickey	April Dobbs
Holly Dixon	Brad Dixon

## Staff

Andrew Wells - Director of Youth & Service

## Officers/Leadership

Mark Jorgensen - Elder

## Home Bound/Health Center

Betty Henderson

## Ministries

3C's Nursery School

## Global Workers

## In the Military

Adam Steveley US Army	Chris Jaeger USMC
Cary Jaeger USMC	Kirk Kalmbacher US Coast Guard
Zach Scharf Army National Guard	Nyjoel Baker US Air Force
Danny Holian US Navy Pilot	Will Connor US Army
Joey Nieberding US Army	Peter & Amanda Leugers US Navy
	Gus Carpenter US Marines

## College/Career Students

Elisa Fay	Luke Fay
-----------	----------

## Birthday Blessings to:

to Margaret Kuyper who will turn 90 on Feb. 2.  
Greetings may be sent to:  
Margaret Kuyper, 1701 Llanfair Ave. # 223  
Cincinnati, OH 45224

## Prayer Wall – Week 5

Prayer Points

- Pray the love of Christ will be known to the children and youth of our congregation. Pray they will have a boldness to share the gospel with peers.
- Pray we will live surrendered lives that brings glory to God.
- Pray for missionaries around the world as they bring the good news of Jesus.



January 31, 2016  
Everyday Worship  
Surrendering

Preaching: Rev. Dennis Hall

## Welcome to College Hill Presbyterian Church

Thank you for worshiping with us today. Single, married, with children or not, there are many opportunities for knowing Christ, worshiping, personal growth and discipleship, service and ministry within the church and beyond the walls.

Visitors - Stop by the welcome table or the desk in the Atrium to find out more about College Hill Presbyterian. Return and become part of this dynamic Church Family.

## Upcoming Services

Feb. 7	Everyday Worship - Sending
<b>Feb. 10</b>	<b>Lent Begins</b>
	<b>Ash Wednesday Service - 7pm</b>
<b>Feb. 14</b>	<b>New Series Begins - The Cross</b>

## Today's Order of Worship

Prelude  
Call to Worship / Opening Prayer  
Songs of Praise  
Time of Confession & Forgiveness  
Welcome Guests / Dismiss Children  
Song of Response  
Passing the Peace  
Scripture & Sermon  
Pastoral Prayer  
Offering / Closing Song  
Announcements  
Charge and Blessing

## Available Help

Ushers have copies of the song lyrics for the 9am service. Ushers can also provide help with wheelchairs and equipment for hearing assistance. Handicapped accessible restrooms are located off the exit hallway to the right side of the main platform. This exit also leads to handicapped parking spaces.

