

Hot Off the Press! 4/10/16



April is Counseling Awareness Month

Did you know CHPC has been offering listening, counseling and healing prayer for over 30 years? If you find yourself or a loved one in need of listening, encouragement, Biblical guidance, healing prayer or professional counseling this ministry can help you in your time of need. To schedule an appointment contact the Care and Counseling center at 513-541-5676, x 1163 or if you have questions contact Jeanne Schneider at jschneider@chpc.org or at Ext. 1160.

Don't Let Change Overwhelm You from the American Counseling Association

Change happens to all of us. Sometimes it's gradual, as when we watch our parents (and ourselves) age, and sometimes it's very abrupt, as when our job ends unexpectedly.

Most of us don't like sudden change. We can easily accept small changes, but large, life-altering transitions can be frightening and stressful. But major changes don't have to be negative experiences.

One way is to view change as an opportunity, not a loss. Losing your job, for example, will produce negative feelings even if it wasn't your fault. The trick is to see what happened as a chance for something new --- an opportunity to learn a new skill, to heading in a different direction or to explore a passion you never had time for before.

To make change work for you, you have to take positive action. While a big change might make you want to hide and mourn, you can instead fight depressing emotions by taking steps for a better you. Eat healthier, get exercise daily and be sure to get enough sleep. Living a healthier life will have you feeling better emotionally and physically, and better prepare you to handle your transition.

You also want to look to others for support. Talking to a friend or family member who is able to listen in a safe, non-judgmental way can help you talk through your feelings and discuss what possibilities the future might hold. In some cases you might feel more comfortable talking with a clergy member or a professional counselor.

A sudden change is best handled when you take time to consider what has happened and what is now possible. One helpful activity is to make a list of all the positive, stable things in your life. You might be surprised just how many there are.

It's also helpful to pay attention to how what has happened is affecting you. Try keeping a journal where you can write about what your feelings, needs and wants are at this time. It's also fine to grieve for what has been lost. You're allowed to feel sad for what has changed, but those feelings shouldn't be to the point where they overwhelm you.

Change can be difficult, but when you accept that it can also provide opportunities that might otherwise have been missed, change can often end up being a very positive experience.

Opportunity for Further Service Catholic Charities Southwest Ohio Service Day

Volunteer to help organize donated items and stage homes for newly arriving refugees.
Saturday, April 16, 2016
(an ongoing opportunity every other Saturday)

Catholic Charities Storage Unit
at 213 Hosea Ave. in Lockland

10:00am to 4:00pm

Please contact Chris Kramer, Refugee Housing Specialist at ckramer@ccswoh.org or 513-672-3723 and let him know that you plan to volunteer.

Other Ways to Help

Donate gently used microwaves and furniture (contact Chris Kramer above)

Cook a culturally appropriate welcome meal for a refugee family's first night in USA (ingredients can be purchased for you to cook) contact Megan Zarnitz, mzarnitz@ccswoh.org

For more opportunities to serve with Catholic Charities Southwest Ohio, see their website, ccswoh.org/services/refugees

To serve directly with refugee clients in areas such as transportation, English teaching, etc. you must attend training, and get a background check /finger printing.

Classical Roots

Friday, April 29 at 7:30pm Music Hall

Join us for an uplifting celebration of the musical heritage that has inspired millions, featuring the CSO Classical Roots Community Mass Choir (which includes CHPC members) and the Cincinnati Symphony Orchestra.

This event sells out early. Buy your tickets at cincinnatisymphony.org/classicalroots or 513-381-3300. Use Code 16309 and a portion of your ticket price will come right back to CHPC.

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 Elizabeth D.
11:15am Ian & Joshua S.
Dryer Family will greet



Adult Spiritual Formation It's not too late to be BRAVE

By William Custer

Last Sunday we launched **BRAVE Journey 2**, a new 6 week All-Church and City-Wide Journey during the 10:10 hour. If you have not joined a group, it is not too late. Chappie is forming a new group this Sunday in the basement of the **Ministry Center, Room F**. Those who have already joined a group can also find their group in the Ministry Center except for Jeanne Schneider's group which will meet in the White House.

Brave Parents Parenting elementary aged children group will continue to meet during the middle hour for normal parenting material. There will be a brave group comprised of members of the class that will meet on Friday evenings at 5:30pm for potluck dinner at rotating houses starting April 8th. Anyone can contact Andrew Wells to hear more details like location awells@chpc.org

Home Groups Several home groups have been formed. We encourage folks to organize groups outside of the church (homes, work places, coffee shops, etc) and invite unchurched folks to participate. We also will be having groups during the Foundation hour. If you are willing to host or lead either of these, contact Joe Koize at the ASF registration desk in the Atrium, or e-mail William. Custer2@gmail.com or call the church office. As in previous years, materials for group leaders will be provided.

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|--------------------------|-------------------------------|
| Joe Koize: | Ministry Center Room A |
| Sharon McCutchen: | Ministry Center Room B |
| Fran Kelley: | Ministry Center Room C |
| Kathy Grimm: | Ministry Center Room F |
| Chris Roediger: | Ministry Center Room D |
| Sam Stare: | Ministry Center Room E |
| *Chappie Chapman: | Ministry Center Room F |
| Jeanne Schneider: | White House |

"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!

Next week's helpers are:
9:00am No helper
11:15am Nate S. / Waverly P.
Michelle Dyson will greet

ANNOUNCEMENTS

The Well Citywide worship and healing service meets Tuesday, April 12 at 7pm at Northstar Church in Loveland, 11020 South Lebanon Road. The Well is a place to encounter and experience God's love in the deepest places, to receive truth that transforms and healing grace. In God's presence, Holy Spirit brings new life to our broken spirits, souls, and bodies. Questions: Contact Jeanne Schneider at jschneider@chpc.org or 513-541-5676, x1160

IGNITE 33 is a gathering of men. We will meet on Wednesday nights starting April 13th at 6pm. Come discuss authentic manhood and what it means to be a man in today's world. Contact Joe Brooks (joebro777@gmail.com) or Brian Kershner (kershner_b@yahoo.com) for more information.

Listening To One Another About Race Wednesday April 13. Let's keep learning how to connect in Jesus no matter our differences. We gather at 7pm to talk about race. It's a safe place to talk about a controversial subject. The Enemy seeks to divide but the Spirit will bring unity. We don't try to convince; we try to understand. Come join us and learn together to be unified in Christ.

Freeing the Family Workshop If you have never experienced this course, it's time! Friday, April 15 5-8 pm and Saturday, April 16 9am – 5pm. Cost: \$25 for supplies, dinner Friday and lunch Saturday. (scholarships available). Taught by Pamela Hanson, MD. Sign up early! jschneider@chpc.org or 513-541-5676, x1160

Our global workers Joerg and Lisa Schmidt will be in the Fireside Room Sunday, April 17 between services to greet you and share about their work with refugees in Germany. If you are not part of a Brave Journey 2 small group, please stop by!

You are invited to hear Joerg and Lisa Schmidt tell about their work with refugees in Germany. Join us for a potluck lunch at 12:45 pm, Sunday April 17, in Belwood Apartments Great Room (back door), 1776 Larch Ave. in College Hill. Main dish is provided; please bring a salad or dessert. The Schmidts will begin speaking at 1:30 pm and will finish by 2:45 pm. RSVP or questions to Mary Sue Verhagen 513-541-7829.

Grief Support Lunch for Widows/Widowers. Inviting and encouraging those who have lost a spouse to death in the last couple of years are invited to attend. Monday, April 18 at 11:30 AM. Contact Jeanne Schneider at jschneider@chpc.org or 513-541-5676, ext. 1160 for questions or to register.

Nursery Help Needed! Adult help is needed at the 11:15am service during the month of May. Please contact Robyn (513-505-3041 or rhubbuch@chpc.org) if you are able to serve in this way at least once that month.

Mentors needed for summer interns! We're looking for a few mature believers who would like to pour into high school and college age students who are working as Children, Youth and Family Interns. You'd meet every other week this summer to pray with, encourage, and challenge your student. Please pray if God wants you to be one of these mentors, and contact Robyn or Andrew if you feel God is saying yes!

Mulch Madness is back! The 7th annual CHPC Youth Mulch Madness Sale is a fund-raiser for our 7-12th graders to earn money toward two trips this summer. This year they will be headed to Tuskegee, Alabama, June 12-17 to work with Alabama Rural Ministry doing home construction/improvement projects for residents and lead a Day Camp for area children. There will also be a group of 7-9th graders working at Camp Cotubic in Bellefontaine, OH, July 3-8th. These students will do work projects around the camp and support the week-long camp that children from Christ's Community Camp in College Hill will attend that week. Support the students going on these trips by picking up your mulch order form at the front desk and returning by April 17th. Your mulch can be picked up or delivered on April 23 & 24th. Email Andrew for more information or to be emailed an order form awells@chpc.org.

CHILDREN AND YOUTH

CRASH (7-9th grade) and Huddles (10-12th grade) will both meet tonight.

Mulch Madness Delivery 7th-12th grade students looking to raise money to pay for summer trips can help deliver mulch during Mulch Madness on Saturday, April 23rd from 8am-2pm. Contact Andrew to sign up or for more information. Be sure to be selling mulch as well to raise even more money!

The April BLAST (K-6) Theme is Perseverance: "refusing to give up when life gets hard," and our memory verse is Isaiah 40:31: "But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak." Please pray this month that our children would learn to rely on God for strength. Resources for both parents and kids are available on the BLAST page of the CYF website: <http://chpccyf.weebly.com/blast.html>.

CYF Summer Trips! The following forms for our summer trips are now available on the Summer page of the CYF website: <http://chpccyf.weebly.com/summer-2016.html>:
 -Overnight Camp Registration Form (finishing grades 1-2)
 -Resident Camp Registration Form (finishing grades 2-6)
 -Resident Camp Work Crew Application (finishing grades 7-9)
 -Resident Camp Counselor Application (finishing grades 10-12 or adult)
 -The Alabama Experiment Application (finishing grades 7-12)

SERVING IN OUR COMMUNITY

Spring for cards and send notes that lift spirits and bring smiles! Greeting and note cards, lists and more are on sale now on Main Street. 3Cs Nursery School student art is featured and all proceeds go to the 3Cs Foundation. \$5 per dozen for stationery, \$5 for refrigerator lists. Questions? Call Maggie Smith at 821-6147.

JOINING THE CHPC FAMILY

If you are interested in becoming a member at CHPC, our next New Covenant Partner Orientation Classes are: Sundays Today, 17 & 24 at 10:10am. To sign up or if you have questions contact: Michelle at 541-5676 Ext. 1123 or mhemsath@chpc.org or Pastor Dennis at Ext. 1122 or dhall@chpc.org

Prayer Page

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

CHPC Community

| | |
|-------------------|-----------------|
| Joyce Hensel | Louise Henthorn |
| Bob Higsby | Robyn Hubbuch |
| Rachel Hubbuch | Ross Hubbuch |
| Deanna Huddleston | Jane Hug |

Staff

Robyn Hubbuch - Children & Families

Officers/Leadership

Luke Verhagen - Deacon

Home Bound/Health Center

Margaret Kuyper

Ministries

Band of Brothers

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 | Andrew Deiters US Marines |

College/Career Students

| | |
|----------|---------------|
| Tim Rice | Jacob Russell |
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Condolences

Christian love and sympathy to the family of Jenny Mattis, long time former member, who died on Sunday, April 3. Condolences may be sent to Janice Marsh janmarsh@fuse.net or 5491 Asbury Lake Dr. Cincinnati OH 45247



April 10, 2016

**BRAVE
Power**

Preaching: Cathy Lowe

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

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|----------|--------------------|
| April 17 | BRAVE - Storm |
| April 24 | BRAVE - Leap |
| May 1 | BRAVE - Brave Life |
| May 8 | BRAVE - Summary |

Today's Order of Worship

Prelude
 Call To Worship & Opening Prayer
 Songs of Praise
 Time of Confession & Forgiveness
 Song of Response
 Passing the Peace
 Scripture & Sermon
 Pastoral Prayer
 Offering / Closing Song
 Announcements
 Charge and Blessing
 Postlude

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.



college hill presbyterian church

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 5742 Hamilton Ave. Cincinnati, OH 45224
 (513)541-5676 . www.chpc.org



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