



# BELLTOWER NEWS

College Hill Presbyterian Church – February 2020

513.541.5676 | 5742 Hamilton Ave, Cincinnati, OH 45224 | [chpc.org](http://chpc.org)

## Minimalism

How to declutter and focus your life to find happiness, meaning, and fulfillment.

Lent is a term that describes the 40 days leading up to Easter. We remember the 40 days that Jesus spent in the wilderness. In recognition of that scarcity many Christians choose to give something up for Lent, but why do we do this? The hope is that by decluttering our life we will find a greater connection with God, ourselves, and others.

The book of Ecclesiastes is about one man's search to find meaning through every kind of abundance. Throughout this season we'll turn to the Bible and to Jesus in our search for happiness, meaning, and fulfillment.

Minimalism is a term used in

American culture to describe a lifestyle that actively seeks to minimize commitments and clutter. The Minimalists website define minimalism as, "a tool to rid yourself of life's excess in favor of focusing on what's important—so you can find happiness, fulfillment, and freedom." They claim that minimalism has helped them, "Eliminate discontent, Reclaim time, Live in the moment, Pursue passions, Discover our missions, Experience real freedom, Create more, consume less, Focus on health, Grow as individuals, Contribute beyond ourselves, Rid ourselves of excess stuff, Discover purpose in our lives."

As followers of Jesus we are given the truest source of happiness, meaning, and fulfillment. But how do we get there in a world of distractions, a culture that celebrates abundance and ego, and even churches that tempt us with busyness?

Join us for our new sermon series starting March 1st as we go through the book of Ecclesiastes and see all the ways that people search for meaning through entertainment, legacy building, self-help, security, political popularity, and even in being a workaholic. Ultimately our search for happiness, meaning, and fulfillment is only satisfied in Jesus.

## **NEW WORSHIP TIMES**

**BEGINNING MARCH 1ST**

Traditional Worship at 9 am in the Sanctuary

Contemporary Worship at 10:30 am in Fellowship Hall

# CONNECTION MINISTRY

As we continue to make disciples of Christ, we desire for CHPC to be a place people feel connected with one another as they grow in relationship with Jesus. The Connection Ministry will be part of the effort from the moment someone enters the parking lot

through the Sunday Morning experience to experience the love of Christ. Our passion is for first time guests to become fully engaged members of the church. If you have interest in serving on the Connection team you are invited to attend an informational and

brainstorming meeting on Wednesday, Feb. 12 at 5:15 in the Fireside Room (dinner provided) or if you would like to become part of the greeting team for either service starting in March please RSVP for the meeting or your interest in serving to [kalexander@chpc.org](mailto:kalexander@chpc.org).

## FIGHT NIGHT 2020

Saturday, February 29, 2020, 4 PM – 7 PM

Join us this year for a fun, relationship building simulcast with Les & Leslie Parrot. This is a great event to invite couples. There will be great take-aways for all couples on effective communication and conflict resolution. Open to all couples from dating to those married for years. Couples will enjoy refreshments including drinks, appetizers and des-

serts. Also, child care is available. The cost is only \$25 for a super fun date night. Sign up at [chpc.org/](http://chpc.org/) events. Space is limited. Contact Jeanne Schneider at [jschneider@chpc.org](mailto:jschneider@chpc.org) with questions. There will also be lots of opportunities to serve from welcoming, child care and food. If you would like to help contact Jeanne Schneider. ■



## FREEDOM RIDER TO SPEAK AT SUPPER CLUB

*Marybelle Chapman*

Betty Daniels Rosemond was a student at LSU, when she left school to become a member of The Congress Of Racial Equality or C.O.R.E., and join the Freedom Rider under the leadership of Dr. James Farmer. A native of New Orleans, she is now a resident of College Hill and has lived in Cincinnati for the last 57 years.

She was among those who picketed Woolworth's in New Orleans. She says she sat down at the lunch counter that was for whites only because she wanted her mother to be able to one day sit at any lunch counter wherever she wanted. As a Freedom Rider, she rode across the country with other young people from many different backgrounds, testing bus stations and facilities to see if they were complying with the ICC's ruling that banned discrimination on Intra-state travel. The Freedom Riders were faced with violence and hostility

of epic proportions, even death, but they accomplished their goals. In 1961, Betty nearly lost her life during a Freedom Ride in Poplarville, Mississippi. She was arrested in Alexandria Virginia during a sit-in at a downtown restaurant that served whites only.

On May 4th 2011, she appeared on the Oprah Winfrey Show with other surviving Freedom Riders, to celebrate the 50th Anniversary of the first Freedom ride. Said Winfrey. "As an African American woman born in Mississippi in the south, I owe a deep debt of gratitude to the Freedom Riders, as do we all. I know my life would be different were it not for them."

On November 9th 2011, The National Women's Law Center honored Mrs. Rosemond along with 14 other women Freedom Riders at their Annual Dinner in Washington D.C. They met privately with President Barack

Obama and he gave them all a hug and a kiss on the cheek. The President noted the Freedom Riders helped him make it to the White House in their efforts to advance equality in America a half-century ago.

In October 2014, she was inducted into the Ohio Civil Rights Hall Of Fame. Today, Betty Daniels Rosemond is a poet and an inspirational speaker who loves the Lord and credits his grace and mercy for her being here today! When asked if she would get on the bus today, her response was, "Absolutely. Any cause worth living for is a cause worth dying for."

Come to Supper Club at 6 o'clock on Monday evening, February 24. The cost is \$12.00, pay at the door. Call Sally Auble at 741-3125 to make your reservation by Thursday, the 20th.

# ECO GATHERING... FLOURISHING

By Sam Stare



Two recent church visitors asked me about CHPC's denomination, the Covenant Order of Evangelical Presbyterians — ECO for short. I ended up telling them about how excited I was to be attending the ECO's annual gathering Feb 2-6, 2020 in Dallas TX.

The visitors were surprised at my enthusiasm. In their experience, 'annual assemblies' were extended business meetings with conflict and 'fireworks.' By contrast, ECO pastors & leaders from churches — big or small, rural or urban, thriving or struggling — gather to celebrate the God who created us to love and serve Him, and to catalyze and strengthen connections with friends and colleagues. Why? Because God is calling us all to flourish. We were not created to do that on our own. We are created to be *interconnected!*

A core value of our denomination is *Mutual Spurring*. Hebrews 10:24 says: "And let us consider how we may spur one another on toward love and good deeds." How does that occur?

KEYNOTE SPEAKERS — Since the ECO's formative years, I was captivated by the openness to the learn from biblically wise and inspiring speakers from around the

world, and to use 21st C technology and resources. To see what I mean, check out the talk by John Ortberg at the launching of the ECO:

<https://www.youtube.com/watch?v=QG8I3Wz9UuM>

or videos from previous gatherings: [econationalgathering.org/pastgatherings/](http://econationalgathering.org/pastgatherings/)

## FLOURISHING NEXT STEPS

There are many opportunities to dig deep and uncover *Flourishing Next Step* for ourself and learn more about God's ministry entrusted to us. Smaller *Breakout Sessions*, relaxed sharing & prayer times, small groups and sharing God stories and failures feeds and frees our spirits and mind to move at God's direction, in His power.

PRAY FOR. . . CHPC Staff — Revs Drew Smith & Michael Jorgensen, Jennifer Cronk, Samuel Mock and Darryll Davis; Elders Janet Dumford, Barry Stare, Rosa Brinkman, Sharlyn Stare; and Bernice Harvey Davis. Pray that the CHPC Team listens and learns well together. The time at the Gathering is vital to living out our church's 'prescription' for flourishing. ■

## CHPC HERITAGE QUIZ

Q: Where will you find this image in the CHPC worship area? What is it, and what does it do?



A: One of two control panels for the 1971 Schanz organ. The 'stops' electronically control the sounds from groups of the over 4000 organ pipes near the front plus three locations in the balcony.



Next Month:

Q: Where is this sign 'From The Sunday School of this Church' located? What's it about?

— PHOTOS BY MARK EVANS ■

THERE WAS  
A TIME WHEN  
JESUS CHRIST ASKED  
ORDINARY MEN  
TO DO  
EXTRAORDINARY THINGS

**BAND OF BROTHERS**

That time is now! Exciting men's fellowship, Bible study & discipleship. 1st & 3rd Thursdays - 6:15AM  
CHPC Fireside Room. Info:  
Barry Stare - [BZUTHR@me.com](mailto:BZUTHR@me.com).

# COST OF DISCONNECTION

Excerpts from *Equipping Ministries Int'l Newsletter* - used with permission



IN 2017 ALONE DRUG OVERDOSES KILLED 72,000 AMERICANS (13,700 MORE THAN 10 YEARS OF FIGHTING IN VIETNAM. NATIONAL INSTITUTE ON DRUG ABUSE 1/2019

FROM 2013 TO 2016 DEPRESSION DIAGNOSIS INCREASED 47% AMONG 18-34 YEAR OLDS AND 63% IN 12-17 YEAR OLDS. BLUE CROSS/ BLUE SHIELD 5/2018

As our obsession with technology increases so do alarming symptoms of disconnection:

- According to a 2018 study, Americans compulsively reach for their smart phone on an average of 52 times/ day.
- 84% of U.S. adults spend **more** than 11 hours/day watching, reading, listening to or interacting with media, according to a new study by Nielsen market research. Pediatricians call for limiting children's screen time to less than 2 hours/ day.
- In 1994 only 4% of the world's population used the internet. Today, nearly 4.4 billion people, or 57% of all the people on earth, connect to the internet regularly.
- A large scale 2018 study by global health giant, Cigna, reported, "epidemic levels" of loneliness in America, with less than 45% of adults saying they have meaningful face-to-face connections with others on a daily basis.

YOUNG ADULTS ARE NOW LESS HEALTHY & LESS RESILIENT THAN ANY PREVIOUS GENERATION.

Universities, businesses, and even the U.S. military report that a rapidly increasing percentage of today's incoming students and new hires are emotionally fragile, depressed, over-medicated, addicted, and even suicidal. *If you think it's time to reverse these terrible trends and build a future of health, hope and resiliency...EMI has great news!* EMI and its partners worldwide are using updated versions of training originally developed at CHPC nearly 40 years

# TOOLS FOR RECONNECTING

ago to enable people of all ages to RECONNECT.

Participants experience lasting improvements 3-6 months after attending EMI training experiences. They have substantial improvement in Personal Mental Health (94%); Better at Listening (93%); Better at Speaking Up (89%), Less Anxious (84%) and Less Depressed (88%).

## THE DIFFERENCE?

Change is not easy! Relationships can get tense and difficult. But, there are essential tools that can be learned which are vital in life — for developing and maintaining relationships and friendships. They 'work' for everyday living, business, parenting, evangelism, mentoring, discipling, leading small group, and more! The tools work *worldwide* because of their deep biblical roots.

## The 3 Core EMI Courses are:

### *Listening For Heaven's Sake*

Every relationship can improve! Learn how to: bring greater understanding, care and respect to your relationships; lay a foundation of trust; create a safe place for deeper ministry and care; and avoid caregiver burn out in one day. [The Swim Ministry Staff uses these tools because they must build trust with swimmers as young as 3 yrs, with parents and with other staff . Staff is often surprised to find out that only 7% of communication is

via words...and that they can show God's love by *listening* with eyes and ears.]

### *Speaking The Truth In Love*

...is a practical tool that provides experience in speaking up in ways that reduce defensiveness; allow you to remain calm in conflict or disagreement; and build bridges of understanding, cooperation and achieving goals.

### *Renewing Your Mind*

What if you feel 'stuck' in your anger, sadness, shame, or other feelings; or are behaving in ways you seem unable to change? Or are living with or ministering to someone who is struggling? You can learn practical, biblical steps for overcoming negative habits and emotions. Replace destructive thinking with biblical truth. Experience a transformational process guided by the Spirit and the Word of God and learn to share these tools with others.

## COURSE COST?

There is no Registration Fee. Instead a freewill offering is taken after each course. God provides because REConnection happens. Also, three times a year, international pastors and lay leaders attend the EMI Int'l School of Service. Other EMI courses are offered.

## 2020 EMI COURSES in CINTI

9AM to 5:30 PM — *Listening For Heaven's Sake*: Sat, April 18 and July 18. *Speaking The Truth In Love*:

Sat, Feb 22 and April 20. *Renewing Your Mind*: Sat, March 21 and July 21, 2020

SPRING: Fri April 17 thru Thurs April 23. *Vision For Equipping*; *Listening For Heaven's Sake*; *Speaking The Truth In Love*; *Renewing Your Mind*; *Irresistible Evangelism*; *Guiding Life-Changing Groups* are offered.

FOR MORE DETAILS / TO REGISTER and for more Summer and Fall dates, contact EMI: (800) 364-4769 or (513) 742-1100 or <https://www.equippingministries.org/contact/>

## RECONNECT at CHPC

Contact Jeanne Schneider at (513) 541-5676, ext 1160 for EMI Courses. Once you take a cores consider becoming a Facilitator or a Teacher Trainee for the course. It's a great way to share more ReConnecting.

CEU (Continuing Education Credits) are also available upon completion of approved EMI courses. ■

**FROM 2013 TO 2016 TEEN SUICIDE INCREASED BY 70%, MAKING SUICIDE A LEADING CAUSE OF DEATH IN THE U.S.** CDC VITAL SIGNS REPORT 6/2018

**44% OF AMERICANS UNDER 50 NOW SAY THEY ARE ATHEISTS, AGNOSTICS, OR BELIEVE IN "NOTHING IN PARTICULAR.** RELIGION NEWS SERVICE 4/2019

# WORDS LIKE RAIN AND SNOW

By Kelly Hibbett

We learn in 2 Timothy that "All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work" (3:16-17). How, exactly, that happens is far beyond our ken, but one thing is clear: it is for our sanctification and to God's glory.

Scripture definitely spoke to my heart this month. As I struggled with guilt over a family situation, conflicting emotions, and trying to make time where I had none, I was led to a passage in Matthew: "For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, 'Move from here to there,' and it will move, and nothing will be impossible for you" (17:20). My immediate (and flawed) response was to think how miniscule my faith must be if it is dwarfed by a mustard seed and then to ponder how to grow that faith. In a sudden burst of awareness, though, God's Holy Spirit illuminated my mind, crystalizing the concept: a mustard seed just IS what God created it to be. It doesn't plot and plan and devise and scheme. "It is the smallest of all seeds, but when it has grown it is larger than all the garden plants and becomes a tree, so that the birds of the air come and make nests in its branches" (Matthew 13:32). I don't need to have faith the SIZE of a mustard seed; I need to empty mySelf and BE the mustard seed.

I'm continually struck with wonder at how God speaks to us so personally and perfectly through His living Word. How beautiful, then, it was to hear some of the many ways in which the Spirit has been speaking to us through the breathed-out Word of our Father this winter:

## Susan Faul

"Taste and see that the Lord is good." (Psalm 34:8)

To anchor each day, I spend time early in the morning in God's Word in order to be prepared for what the day will bring. Yesterday, I reviewed **Psalm 34, Verse 8: "Taste and see that the Lord is good."** The simplicity of this verse was an "Ah-hah" moment for me.

The word "**Taste**" is a visual of my putting something into my mouth--putting something inside of me. I am to **internalize** God's Word.

The word "**See**" is a visual of my acknowledging/accepting/**believing** God's Word. I am to **believe** God's Word.

The phrase "**the Lord is good**" is the outgrowth of a sincere and reverent heart **living** for the Lord. I am to **live** God's Word.

What a way to begin my day in God's Word: **Internalize it--Believe it--Live it!** "Taste and see that the Lord is good!"

## Michelle Dyson

"...And do not give the devil a foothold." (Ephesians 4:27)

Currently, I am amidst a season of change where I am leaning more than ever on the Lord to guide me. When fear, uncertainty or negative thoughts creep in, I know it is the evil one trying to distract me. This verse is simple and directly guides me back to talk with the Lord about my concerns.

## Michelle Woods

After I (Kelly) told Michelle that I was writing an article on 2 Timothy 3:16 and recited the verse to her, I asked her whether any Scripture had spoken to her heart recently. There was a quick intake of breath before she replied, "That one!" Clearly, the power of those words

brought to life by the Holy Spirit moved her. She said that lately she has been saddened by all of the evil and destruction in the world: "It's time for all of us to recognize we all bleed the same; we are all the same. The world can be depressing. The news is depressing—who got killed, who was shot—it can mess you up physically and mentally. You got to believe to receive. Life is too short for all this destruction, evil, confusion. Those words [from Timothy] are what we all need to hear."

## Michael Fox

Philippians 4:6-7 and Isaiah 41:10 are where I find myself turning to when life comes at me with all its daily trials and tribulations and turns my attention to tomorrow's worries rather than rejoicing always, praying continually, and giving thanks in all circumstances (as in 1Thessalonians 5:16-18).

Philippians 4:6-7

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Isaiah 41:10

*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*

## Susan Knueven

"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." (Ephesians 6:12)



As I've been reading this passage over the last few weeks, this phrase keeps standing out: "not against flesh and blood," and I am surprised by how many different ways God uses it to challenge and encourage me.

One day I read it and difficulties at work come to mind. I am reminded that I am not struggling against my co-workers. We are on a team trying to do difficult and rewarding things. My struggle is against insecurity, jealousy and isolation--the things that pull us apart.

Another day I read it and "I" comes to mind. My struggle is not against myself. My shortcomings and mistakes are not what I need to oppose. My weakness is not the enemy; it is part of the "me" that God loves completely.

As I read today "flesh and blood" is suddenly very literal: chronic pain that feels like a battle. But God is telling me, that is

not what I am to fight against. My struggle is against the fear and worry about the future that can consume my mind. I oppose the lie that I am valuable because of what I can do.



Photo credit: Lora Gregory, Spring Grove

Just five words of Scripture. I am so grateful for a loving God who meets me in them and gently leads me to Himself.

**10** For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater,

**11** so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it. (Isaiah 55:10-11)

Praise God for the gift of His Holy Word, for the Word made flesh, for His Spirit moving in our hearts, for His purposes fulfilled! ■

## YOUTH MINISTRY UPDATE

By Samuel Mock

The youth ministry had its return from break January 4th. We then took 20 students to Main Event in West Chester to play laser tag and grow as a community with one another.

In February we don't currently have any big news but be sure to contact Samuel Mock (smock@chpc.org) if you'd like regular youth ministry newsletters (email updates).

Coming up in March we will have a series on relationships. The content will touch on the God's design for marriage, sex, and dating. Parents who want to feel prepared for this should go to our Quest (a program

by Pure Hope for parents can attend in March that will allow them to learn how to lead Godly conversation about both sex and relationships with their students.) Check your bulletin for more info on Quest.

Finally, Winter Jam is March 14, 2020. Students interested in coming with us will need to bring \$15 for admission. Winter Jam is a huge Christian Concert with over 10 artists that will be there, as well as pastor Louie Giglio, from Passion Church. ■

# ALPHA DAY AWAY

**SATURDAY, FEBRUARY 22ND**  
**10 AM - 4 PM**

Enjoy a day away at Woodland Lakes in Amelia (about 45 minutes from CHPC). Participate in Alpha talks and discussions. Grow in relationship with one another. Learn more about God together WITH lunch and child care provided. You can



sign up online at [www.chpc/alpha](http://www.chpc/alpha) or complete this form. No financial cost to you and a great reward too. Put it on your calendar.

Woodland Lakes  
3054 Lindale Mt. Holly Road  
Amelia, OH 45102 ■



## AT THE HEART OF 3C'S IS COMMUNITY

*By Shannon Caton*

At the heart of 3C's is its community. There really isn't anything like it. My heart soars as I

watch people come in in the morning. The halls are filled with beautiful noise. People chatting, hugging, praying, and helping one another. I truly believe it's what makes 3C's so special. I've watched people be lifted up by others through the loss of loved ones, illness, family situations, marriage troubles and so much more. I've been on both the receiving end and the giving end of this community. Everyone belongs here, because Jesus rules

these halls. I know it, and I feel it. There is no where I'd rather work or be than here.



3C's is a great Christian preschool, but even more than that it is formed through Christ and the people here carry out his great work.

To learn more or get involved, visit

[www.3csnurseryschool.com](http://www.3csnurseryschool.com)

Or contact

[3cnurseryschool@gmail.com](mailto:3cnurseryschool@gmail.com)

Call 513-853-8489



ONLINE APPLICATIONS  
AVAILABLE APRIL 1, 2020

### SWIM LESSONS

Children/Teens week #1 6/22-26  
mornings 10am, 11am, 12noon @  
North Hills Swim Club

Adults A 7/6-10 6-7pm @ Twin  
Towers Wellness Connection.

Children/Teens week #2 7/13-17  
mornings 10am, 11am, 12noon @  
North Hills Swim Club

Adults B 7/20-24 6-7pm @ Twin  
Towers Wellness Connection.

Children/Teens week #3 7/27-31  
mornings 10am, 11am, 12noon @  
North Hills Swim Club

### STAFF TRAINING

6/11-13 — Thurs & Friday 6-9pm  
with dinner at College Hill  
Presbyterian Church and 9-4 on  
Saturday at Twin Towers.

More info at <https://chpc.org/ministries/swim-ministry/>

## Have an idea for Belltower News?

Belltower News has a writing team that meets monthly to write, collect, and edit articles so that we can make the best publication possible. If you'd like to be included, submit an article send it to

[worshipadmin@chpc.org](mailto:worshipadmin@chpc.org)

The submission deadline for the March edition is noon on February 26th.