

BELL TOWER NEWS

College Hill Presbyterian Church – AUGUST 2024

513.541.5676 | 5742 Hamilton Ave. | Cincinnati, OH 45224 | chpc.org

MINDFULNESS NOT JUST FOR KIDS OR SUMMER

BY JEANNE SCHNEIDER, EXEC. DIRECTOR OF LIVING HOPE COUNSELING SERVICES

Summertime tends to lend itself to “being in the moment” with the many sights, sounds, and smells of the season. “Mindfulness is awareness that arises through purposefully paying attention in the present moment, non-judgmentally,” says Kabat-Zinn (founder of *Mindfulness-Based Stress Reduction*).

Some Christians have expressed concern regarding the Buddhist origins of mindfulness. However, I’ll take a moment to explain ways to practice mindfulness that may help one connect with God and promote overall health benefits like lessening anxiety and physical pain.

The two foundational aspects of mindfulness include awareness and acceptance. Awareness can be practiced by simply sitting and noticing your breath—

notice the air coming in and going out, notice how your body feels as you take short breaths or longer breaths. Another way to practice mindfulness is to use your 5 senses. While sitting or walking, notice what you see, what you feel, what you

hear, what you smell, and what you taste. When fully engaged with your senses, you become fully present. It is that simple. Although, if your brain is like mine, it tends to wander. That is OK. That is where acceptance of the fact that lots of thoughts go

through our mind each day. Our brains are just doing what they were designed to do – think thoughts.

So, the wandering brain may be noticed when taking time to pray or journal. Trying to be in the present can begin to help guide your prayer life because as you begin to connect with the present, it begins to provide clarity about the “now” rather than living in the past or worrying about the future as God’s Word instructs. In Phil. 2, Paul reminds Christians to live mindfully and live with an awareness of the present.

(CONTINUED ON PAGE 4)



YOU CAN GO “HOME” AGAIN

DIARY OF A FAMILY MISSION TRIP TO THE DRC—CONGO

BY ELDER JACKY KALUBI



On June 16th, Mary Sue Verhagen emailed this request to many interested in Global Outreach and in the “Delivering Dignity” ministry: “Please be in daily prayer for our dear sister Jacky Kalubi, her daughter Isabelle, son-in-law Calvin, and grandson Trey Harper as they travel this week to the Democratic Republic of Congo. They are going “home” to visit family and then on to take materials and training to the team providing Dignity Kits to girls in a remote area of Congo. The Harper family had never been to Congo!

Jacky’s diary reveals the challenges and joys of the trip and why prayer support was vital.

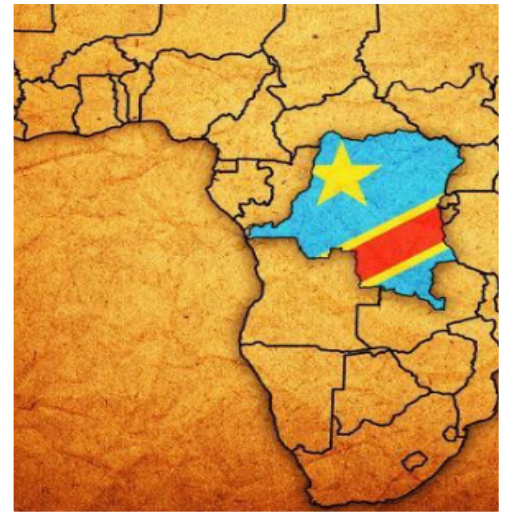
DAY 1 / WEDNESDAY, JUNE 19—At around 11:30 AM, we departed from the house. Calvin’s brother Chad drove our luggage in his truck

and Gabe transported the passengers. Remarkably, all the lug-



gage weighed within the allowed 50-pounds limit, but we paid for the ninth piece of luggage. Once in Newark, NJ, we successfully caught our connecting flight to Brussels at 6:40 PM.

DAY 2 / THURSDAY, JUNE 20—At 9 AM we arrived in Brussels, Belgium and swiftly boarded our flight to Kinshasa, Congo at 10:30 AM. We



arrived at the modern capital city on the west side of Congo two hours ahead of schedule!

To our surprise, my childhood friend Lumbala, who works in security at the airport, warmly greeted us. My son Daniel’s network of friends at the airport generously assisted with our luggage. This entire process is truly not for the faint of heart. It can test your patience, drain your resources, and even shake your trust in humanity. However, it also served as a reminder that everyone is hustling to make a living. Navigating immigration, collecting our luggage, and securing a taxi took us a total of three hours!

Thanks to the assistance of friends and family, we managed to secure two cars—one for our luggage and another for the passengers. A heartfelt thanks to our family friend, Dr. Pashi, who graciously lent us his driver and car while he visited his family in Cincinnati.

Our arrival at the Airbnb was not without its challenges. Despite the absence of GPS, we relied on human directions to guide the drivers. The 3rd floor apartment lacked elevator service. Thankfully, Calvin and Jitel took on the task of taking our luggage upstairs, providing quite the workout for them.

After our long day of travel and awful plane meals, hunger set in. We ate an array of snacks that included tortillas with marshmallow fluff and Nutella, crackers with cheese and peanut butter, and drank water flavored with Gatorade powder. Trey



and his father took it upon themselves to “hunt” for mosquitoes, successfully preventing any bites during our much much-needed rest.

DAY 3 / FRIDAY, JUNE 21—I took a trip to the “Orange Store” where I purchased a WIFI router for our convenience. Papa Bay, who drove us from the airport, also served as our dedicated driver for the day.

Our first outing took us to Kaku in Delvaux, where we had our first real meal of the trip. Trey had a great time playing with his cousins, who spoke different languages but managed to communicate well. It was helpful having my sister Marie-Rose home from India. Her kids, speak both English and French fluently. After playing volleyball and frisbee amidst drying laundry, the kids got busy with their tablets, playing video games. Children everywhere love their screen time.

The feast shared with family was wonderful. Trey brought a variety



of candy and chocolate that he got to share.

My mom looked frail and tiny. We pray that God will give her the strength she needs to eat enough and keep hydrated. Pictured are 3-generations: Isabelle, my mom, and Trey—a sweet moment.



MINISTRY DAYS

DAY 6 / MONDAY, JUNE 24—The distance from Mbujimayi to Bibanga is 75 miles. It took three hours. The ground in Mbujimayi (the middle of Congo) is red and dry during this season. We traveled to Bibanga with 10 people in a Toyota Landcruiser SUV. The van had air conditioning, a few holes in the chassis, and windows that didn’t close properly. When we got out of the car, we were covered in dust from head to toe, even though we wore masks.

In Bibanga, we visited Papa Kabeya and his family at the Tshiunza compound (my deceased husband Alex’s home place). We also went to the school founded by my father in 1960. Isabelle is following in her grandfather’s footsteps, as he was the first assistant-principal at Bibanga Secondary School.

The return trip was faster due to the downhill slope. We ended our day at Papa Luhola’s house for dinner, surrounded by many cousins and fami-

ly members who greeted us warmly. Trey had a great time playing with these new cousins.

DAY 7 / TUESDAY, JUNE 25—The day started with a visit to the Money-Gram station where Isabelle went to receive money she had wired to herself. As she got out of the car, she accidentally dropped her passport. A group of students walking by saw it, picked it up, and started discussing what to do with it. A woman selling fruits nearby advised them to ask for a lot of money, instead of returning it. Our driver overheard the conversation and intervened, retrieving the passport just as Isabelle found it was missing. God’s angels were everywhere!

We traveled to Tshibombo, a 7-mile journey that took us 45 minutes, to visit a secondary school and distribute Dignity kits. We began with a prayer time. Then I explained the project and how women caring for other women are providing the kits free, in the name of our Lord Jesus.

During the educational session, we taught the girls about personal hygiene, how to use the products, and how to wash and care for them. When it came time for distribution, we focused strictly on school-age girls. This decision upset other women, leading to chaos, and unfortunately, only a few girls received the Dignity Kits at this school.

Afterward, we visited the Kalala Muzeu clinic where we distributed the remaining kits. In total, we distributed 100 kits and gave head scarves to older women.

I conducted a training session with our three “Kit” seamstresses, teaching them techniques to enhance the quality of their products. I distributed all the materials we had brought—the leak proof liner, buttons, scissors . . . (CONTINUED PAGE 5) . . .

MINDFULNESS

(CONTINUED FROM THE FRONT COVER)

As you become aware of wandering thoughts, just notice them without judgment and return back to the present through your breath or senses. Invite Jesus to meet you in the present and to bring awareness to those things he wants you to notice.

This is a skill that requires practice. Start small by slowly breathing a minute or two, and then work your way into more time. There are lots of different applications (for your phone, watch or computer) that can guide you through mindfulness meditation. Begin simply by focusing on breathing and the 5 senses. If you are curious to learn more, please contact me at www.livinghopecs.com or 513-371-5135.

LIVING HOPE COUNSELING SERVICE WELCOMES . . .

EMILIE MILLER,
Counseling Intern this summer.



“My goal to accompany you as you work through the obstacles, beliefs, or bruises that are keeping you from the wholeness and flourishing you are seeking.

I am currently pursuing a Masters of Science in Counseling at Divine Mercy University with an expected graduation date of May 2025. I graduated with a bachelor's degree of science in Behavioral Neuroscience from Northeastern University in Boston and have had the delight of working with college-

aged women over the past several years. Much of my free time is spent exploring parks, baking new recipes, or caring for my pet chickens. I am excited to walk with clients towards flourishing and wholeness!”

WE ARE EXCITED TO ANNOUNCE that our administrative assistant graduated this Spring and joined our team full-time.

CLARITA HERRERA
Licensed Professional Counselor.



Her administrative role has expanded and she provides bi-lingual counseling, a growth area for us.

LIVING HOPE SERVES...

individuals (ages 8-108), couples and families . Struggling with anxiety, depression, addictions, relationship distress or simply want to enrich your marriage or relationship? Give us a call at 513-371-5135. Learn more about Living Hope and our staff, our website is www.livinghopecs.com.

We are committed to providing affordable counseling. We welcome those who can contribute to support those who need financial assistance and to help us to equip and train the next generation of counselors.

Checks can be made payable to: Living Hope Counseling Service and mailed to 5742 Hamilton Ave Cincinnati, OH 45224.



LIVING HOPE
COUNSELING SERVICES



Relations can make or break us!

Would you agree this statement is true in these arenas of your life:

- in work?
- in your family?
- in your career?
- in your life?

Raise your hand if you've got one or more relationships that have not ended well, or are not going well.

What would you invest to change that and have healthy, lasting relationships? What if you learned that in a few hours a week, you could learn and practice new skills that are WITHIN YOUR CONTROL (i.e. not other's) that truly work, and have been time-tested and proven worldwide to transform relationships?

Check out the “Communicate for a Change” Interactive Series from relationalpeace.org

If things stay the same, are you okay with that? Register now for the series starting 10/1/24.

GO ONLINE <https://www.relationalpeace.org/pages/leaders-series>

Information from Pete McIndoe
pete.mcindoe@relationalpeace.org
a colleague of Dr. Gary Sweeten

YOU CAN GO “HOME” AGAIN

(CONTINUED FROM PAGE 3) thread, and needles were among them.

Trey and Calvin enjoyed playing with the children, introducing them to new games like wiffleball, corn-hole, and frisbee. The girls observed rather than joining in. Unfortunately we hadn't brought any soccer balls.

DAY 8/ WEDS., JUNE 26—This morning, we visited a local school in our neighborhood. Our approach remained the same: share our faith, distribute Dignity Kits, and teach about them.



The school had a list of students who were expecting Delivering Dignity Kits. Thessey, our contact on the ground, will return to hold another session and distribute supplies.

Afterward, we hurried to the airport because our flight, originally scheduled for 6:15 PM was rescheduled to 2:00 PM—we left at 3:00 PM! In

Kinshasa, our driver Jitel warmly greeted us at the airport, which made Trey very happy.

Throughout the day, I was unwell. No doubt a reaction in my digestive system from something I had eaten or drunk. I refrained

from consuming anything except plain water, Sprite, and tonic water for 30 hours. I used this time of fasting to pray and give thanks to God for this family trip.

THURS., JUNE 27 to JULY 4—We visited family and friends and celebrated graduations including Isabelle's PhD. We shopped for gifts and visited my mom. These days with her were very precious.

On June 30, we flew to South Africa to visit more family, then to Paris for the return to the U.S. Fittingly, our family flew back to Cincinnati on the 4th of July. After an 8-hour layover in Atlanta we arrived at CVG at midnight. To her prayer supporters, Jacky said, "Together we TRUSTED the LORD, placed the trip before him. He answered powerfully!"



A PERFECT NEW COLLEGE HILL BUSINESS ...ANY WAY YOU SLICE IT!

variety to the vibrant College Hill community.

Catch-a-Fire Pizza Co-owner, Jeff Ledford, commented, "We have so much respect for what has been happening in College Hill and we are thrilled to be a part of the community." Melissa Ledford, Co-owner, added, "We chose College Hill for our next location because we are very impressed with the sense of community there as well as the dynamic dining scene."

Opening in the Fall, the new Catch-A-Fire Pizza location is across from Patrick Wolterman Memorial Park, in the former Sleepy Bee location. Catch-a-Fire plans to work closely with the College Hill community and hire team members from within the community. The company also

plans to host community events at the new location with their "Pizza for Purpose" community fundraising model, which structures donations for local, non-profit organizations. This will be Catch-A-Fire Pizza's fourth location in the Cincinnati metropolitan area, joining their existing spots in Blue Ash, Lebanon, and Westwood.

MID "AVENUE"

STREETSCAPE CHANGES

Work has commenced on changes to improve the walkability of the College Hill Business District. Look for 29 planters and planter-benches to be filled to beautify the business district and provide places to rest. Changes are funded by the City of Cincinnati.

More info at CHCURC.com or stop by the office at 6060 Hamilton Ave.

CINCINNATI, OH July 19, 2024

— The College Hill Community Urban Redevelopment Corporation (CHCURC) and Catch-A-Fire Pizza announces the opening of Catch-A-Fire Pizza's newest location— 5920 Hamilton Avenue in College Hill's Business District! Known for its mouth-watering wood-fired pizzas, specialty foods, craft beers, wines, and cocktails, Catch-A-Fire Pizza is set to add even more flavor and

JOIN IN
PRAYER & PROPHETIC LAMENT

2 Chronicles 7:14 If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

Sunday, September 29th
@ 2:00pm
WASHINGTON PARK
OTR Downtown Cincinnati

A Time of Prayer & Lament Over Our City!

For More Information, Please Contact:
Pastor Sherman Bradley @ 513.615.2201

BEGINNING IN SEPTEMBER

WATCH FOR A NEW
 BTN SERIES

FRONT ROW SEAT

Christy Roediger retired from a corporate career in human resources (HR) and prayed for God to “direct her steps in his service.” Little did she know that would include a front-row seat in the medical community as she trains to be a hospital chaplain.

Share in the drama and opportunities for ministry she experiences—the joys, losses, laughter, and prayers-lessons that show God’s love and faithfulness to all generations at all times.

The Lord’s Prayer reminds us that God longs for His people to communicate with Him, not just in church on Sunday but wherever we are and whatever our need.

—David Jeremiah

Knits & Pearls

come and unwind

Thursdays, 10 AM at CHPC

June Elwood (513) 205-7991
 or Gwyn Spindel (513) 761-7185
 for weekly details

A caring fellowship group of social knitters and fabric arts women who use their talents for the benefit of others. In its 17th year. Open to the community. “A great place to go and unwind.”

Have an idea for Bell Tower News?

Feedback? Have something to submit or a photo of an event? Request an article about _____, or more by a particular writer?

Contact the BTN Editor,
 Sam Stare, 513-382-5902 or
 email starecvg@aol.com.



years. She and her previous therapy dog, Sparky, served in Cincinnati hospitals, retirement homes, and for special events. “God truly called me to do pet therapy upon my retirement. I love people and love to talk. I provide prayer for those open to receive it.” Her canine partners are Bedlingham Terriers—small dogs known for their distinctive haircuts and mild disposition. Their soft sheep-like hair just begs to be petted.

Amy begins training her dogs as puppies. Together they go through special training to be Pet Therapy ambassadors. They also go to fire/police stations to provide stress relief if they’ve lost a fellow fireman/woman. The same for police. They provide stress relief for those in high stress situations, for example schools when they have lost a student or staff member.” Requests for pet therapy visits are managed through Pet Partners of Greater Cincinnati (PPGC).

Having experienced a visit from Amy and Chipper at Christ Hospital in April, I found it very meaningful to experience “puppy love” when my own dogs were far away. Thank you Amy, for bringing comfort and smiles to those who need God’s special medicine in the form of a cuddly, lovable dog.



But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved.
Ephesians 2:4-5 (NIV)

Sometimes do you just feel too far gone to really belong to God? When you curse that driver who cut you off or want to turn your back on that coworker or walk away from that family member, do you just feel far from God? I do. When I come face to face with the ickiness inside me, I surely don’t feel special to God or chosen by him. Yet, that’s what Paul is teaching us – it’s in the midst of our worst that his great mercy kicks in and he makes us alive in Jesus. Wow! It’s not when I’ve done something lovely but when I’m at my worst. God is rich in mercy – what am I rich in?

Almighty God, I can get overwhelmed with what is icky in me. Thank you for reminding me that it is in the midst of my mess that your abundant mercy kicks in for you are rich in mercy. In your mercy you make me alive in Jesus. It is all your grace – nothing that I earn. Not one iota. It’s all you and your great mercy and abundant grace. Hallelujah – what a savior! Hallelujah – what a gift!

In Jesus, Amen.
— CHRISTY ROEDIGER

TOUCHING MEDICINE

by Sharlyn Stare, BTN Editor

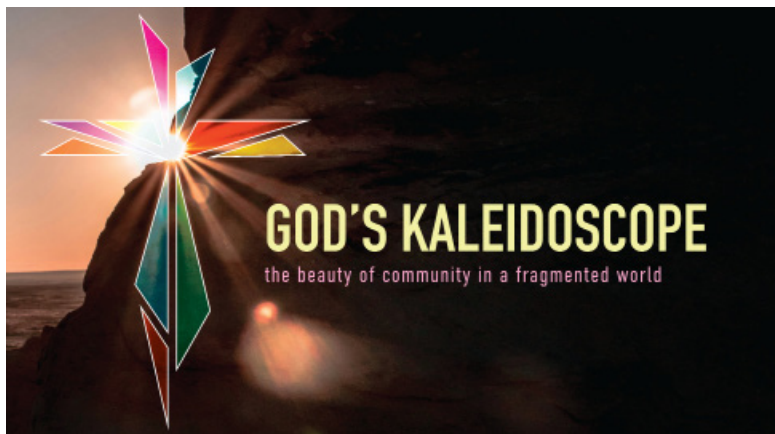
On Tues. August 6 Amy Hudoba and her four-footed companion Chipper began bringing a bit of joy to patients and staff at Bethesda North Hospital through Pet Partners of Greater Cincinnati’s Animal Assisted Stress Relief Team. Their picture is on display at the hospital’s registration desk, where people come into the hospital to visit a patient or to have outpatient treatment/tests.

A Procter & Gamble retiree, Amy has been a Pet Therapy pro for 20+

THERE WAS
A TIME WHEN
THE WORLD ASKED
ORDINARY MEN
TO DO
EXTRAORDINARY
THINGS.



That time is now! Exciting men’s fellowship. Bible study and discipleship. 1st & 3rd Thursdays, 6:15 AM. Worth getting up! CHPC Fire-side Room and Zoom.com. Info? Barry Stare, bzuthr@me.com .



words will never hurt me.” That’s a huge lie. Words sting, words infuriate, words can hurt. The book of James talks straight about how we have to control our words to honor God and respect

PREACHING IN AUGUST
BY REV. DR. ANDREW SMITH,
PASTOR

God has created the church as a unified group committed to following Jesus in all areas of life and sharing his love and truth with the world. Now, unity does not mean uniformity, and agreement about Jesus does not mean we agree on everything. We will disagree about music style, politics, and favorite foods—to name a few. The first-century church had significant quarrels—just read I Corinthians.

However, Paul charges us not to divide because Jesus is more important than all the other issues. So, how do we live out this grand unity? This summer, we will explore the tools of being God’s Kaleidoscope—a beautiful community in a fragmented world. We believe that the power of the cross has destroyed what divides us, and the power of the Spirit will strengthen us and demonstrate Jesus’ powerful love, which binds us together. Even in an election season that has become so partisan and divisive, Jesus unites us. What an exciting time to show the world how powerful God’s love in Jesus is.

Aug. 4 – Watch Your Words and Posts — James 3:1-12
 We have all heard, “Sticks and stones may break my bones, but

one another. And words don’t have to be said. They can be written. Let’s learn how to use our words for good, and not harm.

Aug. 11 – Summer Celebration at Winton Woods

Let’s all join together for an outdoor worship service plus a potluck lunch and games! Let’s meet at 10:30 AM at the Fox Knoll Shelter at Winton Woods. For the lunch, A-H bring dessert, I-R a side dish, and S-Z salads. The main dish will be provided!

Aug. 18 – Handle Disagreements Wisely—James 3:13-18

Disagreements happen even between those who love and follow Jesus. We can’t avoid them. James gives us some excellent guidance on how to engage in disputes with the wisdom from above. From heaven’s perspective, it’s not if you win the argument, it’s how you handle yourself when you argue that matters. Let’s see what it means to handle disagreements with the wisdom from above.

Aug. 25—Transformative Benefits Phil. 2:14-16; Gal. 5:19-21, 25,26; Col. 3:12,13; I Tim. 6:11, 2 Tim. 2:22-26

What are the benefits of practicing godly, wise disagreements? It’s hard work, so, what do we gain? In all cases of obedience to God, we gain the joy of personal transformation and growth. We face the challenge



CHPC HOSTS THE GREAT LAKES PRESBYTERY

Available to greet or help serve meals for the two-day fall meeting of the Great Lakes Presbytery (GLP) of our ECO denomination?

The meeting will start at 5:30 PM Friday and conclude by 3:00 PM Saturday. Our presbytery covers the states of Ohio and Michigan and includes 14 churches, 3 church plants, and “micro-expressions” of church. We expect 40-50 of our brothers and sisters to join us for this weekend. CHPC volunteers are welcome to attend the entire weekend.

AVAILABLE? CONTACT JANET DUMFORD, JDUMFORD@CHPC.ORG

Want to know more about the ECO? Go online to eco-pres.org.

Today, ECO is a rapidly growing Presbyterian denomination that exists to serve the local church and reclaim a sense of covenanted biblical community.



in the power of the Holy Spirit, and we grow in patience, gentleness, and self-control. We are changed in God’s power and grow in Christ-likeness. What a fantastic benefit.