



BELL TOWER NEWS

College Hill Presbyterian Church – MAY 2023

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

THE PERFECT YEAR 'ROUND GIFT

BY REV. DR. GARY SWEETEN

Right before Mother's Day or Father's Day, birthdays, and Christmas, we always scramble to find "the perfect gift" for our loved ones. A thoughtful gift can certainly be

heart-warming, but the best gifts we can give to family and friends may actually be hugs.

Did I say HUGS? Yes, I did.



One of the most interesting and influential books I've ever read was *The Broken Heart; The Medical Consequences of Loneliness*, which was written by James Lynch in 1977.

Dr. Lynch was doing research in an ICU unit, watching the unconscious patients' heart rates,

breathing, and blood pressure. At one point, he saw a patient struggling to breathe, and a nurse



touched her arm to take her blood pressure, saying softly, "It'll be okay, Mrs. Johnson, I'm here." Dr. Lynch was shocked to see the patient's vital signs



improve dramatically when the nurse touched her hand and spoke. He finally had evidence that caring words and touch can be more therapeutic than a pill. Conversely,

Dr. Lynch discovered that isolation had a negative impact on the health and welfare of patients. He concluded:

Loneliness and a lack of social/community ties have been linked to inflammation, gene expression, and even higher mortality rates. Loneliness can impair cognitive performance, compromise the immune system, and increase the

risk for vascular, inflammatory, and heart disease. Loneliness increases the risk for early death by 45 percent and the chances of developing dementia by 64 percent.

But, we ask, what can we do about loneliness? Here's my suggestion: We can make it a priority to gather with extended family and friends just to

listen, laugh, joke, and HUG.

We could all live without hugs, but it would be like dying slowly, a little bit every day. The family

therapist Virginia Satir said, We need

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COLLEGE HILL CURC'S ANNUAL MEETING

THE AVENUE EXPERIENCE



THURS., MAY 25, 6 to 9 PM: ATTEND THE AVENUE EXPERIENCE

Hosted by the College Hill Community Urban Redevelopment Corporation, this event will provide behind-the-scene tours of development projects along *The Avenue* and a party at Patrick's Park on Hamilton Avenue just north of Tortilleria Garcia restaurant. Tour development projects in the College Hill's business district including:

- HaNoBe Apartments: Community Room and Rooftop Terrace (6210 Hamilton Ave. at North Bend Road);
- The Mergard Lanes housing (6060 Hamilton Ave. at Elkton PL);
- Ruth Hellen Apartments (5906 Hamilton Ave. opposite Brink Brewing);
- The Knight Building (5910 Hamilton Ave.—Big Chill and Manga Manga);
- The Dow's Corner (5901 Hamilton Ave. at Cedar Ave.);
- Our Shop (5846 Hamilton Ave.); and
- The Hollywood Apartments (5818 Hamilton Avenue).

FOR MORE ABOUT AVENUE DEVELOPMENTS, GO TO <https://chcurc.com>

College Hill Urban Redevelopment Corporation



MORE ALFRESCO DINING FOR COLLEGE HILL

Enjoy outdoor dining at Bacall's Cafe (pictured), Kiki Japanese restaurant, and the seating in the alleyway between El Camino Bakery and Tortilleria Garcia. CHCURC's *Outdoor Improvement Projects* are making the changes possible.

HISTORIC BIKE & HIKE TRAIL PLANNED

CONNECTOR BETWEEN NORTHSIDE AND COLLEGE HILL

The College Hill Forum and Northside's Community Council have both voted to send a letter to Cincinnati City Council supporting a feasibility study for the trail proposal. It reads:

"A group of residents of Northside and College Hill, along with other advocates, are proposing a 3-mile shared-use trail that would connect the two communities. The trail would follow an abandoned rail line with a gradual climb through a scenic woodland corridor, providing bicyclists and pedestrians a way to avoid busy, steep, and potentially hazardous roadways like Hamilton Avenue or Winton Road..."

"The trail follows a former Underground Railroad route that has been recognized by the National Park Service for its historic importance with a "Network to Freedom" designation. It would also connect to the Mill Creek Greenway Trail in Northside and the rest of the 34-mile CROWN trail network..."

"DOT (Dept of Transportation) has estimated that they will need \$500,000 to obtain the necessary property reports (surveys and title) and feasibility studies."

The College Hill Forum is our Community's Council. Learn what's happening in College Hill and about civic concerns. Forum meets every fourth Tuesday at 7 PM in person at the College Hill Recreation Center on Belmont Ave. and by Zoom. Open to all residents. More info? <https://collegehillforum.com/contact/>

YOU WILL BE MY WITNESSES IN JERUSALEM, AND IN ALL JUDEA AND SAMARIA, AND TO THE ENDS OF THE EARTH (ACTS 1:8).

The College Hill Presbyterian Church Endowment Fund enables donors to fulfill Christ's world-changing commandment during and after their lifetime. Becky Alf, Chris Dumford, Charlie Lethander, Cedric Lowe (chair), and Kip Mueller—Trustee Administrators—told us about the fund last month. This BTN describes the ministries made possible in 2023.

The College Hill Presbyterian Church's Endowment Fund was established 48 years ago as means of supporting Christian "good works" beyond the CHPC budget. This year, wise investment of the body of the fund made \$48,000 available for grants to 19 Christian ministries in College Hill, Greater Cincinnati, India, North Africa, Kenya, Uganda, and two Middle Eastern countries.

"IN JERUSALEM"

COLLEGE HILL

- **LIVING HOPE COUNSELING SERVICES** on the CHPC campus (\$4000). The grant request is for two capital projects: update the worn furniture in the counseling rooms and use encrypted technology. The graduate students mentored through Living Hope Counseling Service and their supervisors will utilize these resources as part of their professional training. Audio/video tapes could be safely stored on encryption devices for confidentiality.
- **CITY GOSPEL MISSION** (\$2600). Each year City Gospel Mission regularly provides meals to over 500 low-income families. Thousands

of pounds of donated food from the community is carefully distributed. Funds are for food and for equipment needed to move and deliver the food donations.

- **FOUND HOUSE/INTER-FAITH HOSPITALITY NETWORK** (\$3500). Many families without homes need weather-appropriate and properly-sized clothing, including undergarments, pants, sweatshirts, and shoes in a range of sizes. Funds will purchase movable storage closets, racks, and shelving to efficiently store such items in the space available.
- **CHPC SUMMER SWIMMING MINISTRY** in N.W. Cincinnati (\$2370). Funds provide scholarships for free swim lessons for *underserved* children and teens. Priority is given to those who lack a cultural tradition of swimming. The World Health Organization identifies these groups as having a very high risk of drowning. Part or full scholarships are available for students connected with CHPC's Outreach Ministries (Whiz Kids/Treehouse, Jesus University /Princess Ballet, CHPC Youth Ministry), Pleasant Hill Academy, Mt. Healthy North, families negatively affected by COVID, multiple-child families, and refugee families. In 2022, 143 swimmers (7 international groups) received free lessons —\$70/week.
- **CENTRAL CINCINNATI YOUNG LIFE** (\$2800). In the summer of 2023, high school students in CPS will go to Young Life Summer camp. The



cost including transportation will be \$700 per student. These funds would be used to lower the cost of students to below \$200. This reduces the financial barrier to kids experiencing "the best week of their life" and embarking on a relationship with Jesus Christ.

"IN JUDEA AND SAMARIA"

USA MINISTRIES

- **PUREHOPE COALITION** (\$1000). Funds will be used for a digital media campaign, as there is a desperate need for videography and social media to be relevant on a daily basis.
- **BIBLETELLING** (\$2500). Funds will be used to get the book *All the Stories of the Bible* into other languages—for translators and people to confirm the translations. This way, these stories can be used to forward the Gospel.
- **HANDCLASP, INC.** (\$2500). Funds will purchase equipment to be used by the expected 100 students in our Summer 2023 media production workshops planned in Egypt and Thailand. This will replace worn-out items as well as expanding the inventory with more modern training items— stabilizers, lights, microphones, smart , and Wi-Fi access points for training. The funds

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ENDOWMENT FUND: GOD'S WITNESS NOW

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will also cover the added customs charges for the training equipment.

- **WORD ENCOUNTER CHURCH—DETROIT (\$750).** A portion of the grant will be used for events next year— buy Easter baskets and candy, help with food for the *Jazz on the Grass* event, and help with some have toys for foster kids to have a decent Christmas.

“TO THE ENDS OF THE EARTH”

INTERNATIONAL MINISTRIES

- **PARTNERS FOR HOPE—KENYA (\$1280).** At the Hope Community Centre Kenya, food for the hundreds of children is currently cooked over primitive, inefficient, wood-burning stoves. Funds will purchase two state-of-the-art, 100-liter, wood-burning stoves — known in Swahili as *jikos*. *Jikos* use less wood or charcoal and reduce fuel costs. Smoke, currently a health hazard in the orphanage’s kitchen, is reduced and liquids boil more quickly.

- **SIM FOR GABRIEL & SHARLEEN HOWARD—KENYA (\$1000).** The Howards are CHPC’s newest global workers. Funds will pay for schooling their daughters, so the adults can focus full-time on ministry: running an English School in Nairobi for refugees from other African countries. Students have little or no access to the Gospel. Four teachers work with 50+ adults learning English and cultivate Christ-centered relationships.

- **MIDDLE EAST MEDIA (\$2000).** The ministry’s production studio in North Africa has a significant need for a 3D animation production computer. One of these animation projects alone reaches 677,000 children viewers all over the Middle East!

- **EVASUE UNIVERSITY STUDENT**

MINISTRY – ETHIOPIA (\$3500).

The civil war has disrupted life for everyone living in that region—no schools, banking, electricity, running water. EvaSUE has students in that region, as well as staff. Funds provide much-needed relief to our team and affiliates who are either physically in the affected province or affected by the war. “The need is ridiculously great.”

- **DELIVERING DIGNITY—CONGO/KENYA (\$4200).** For 2023, we will continue providing sanitary product kits made in Kenya to the Congo. Funding enables development of interpretive materials and sustainable funding. (See the April *BTN*.)

- **ASMA ASSOCIATION LAUNDERETTE OUTREACH PROJECT – IZMIR, TURKEY (\$3000).** Funds help to meet the practical needs of refugees and demonstrate Christ’s love to each of them by providing launderette supplies, washing machines repair/replacement, and school supplies,

- **PARTNERS INDIA INT’L, INC(\$2500).** Funds will establish a technology-based center to educate, empower, and disciple women and children living in vulnerable communities of Madhya Pradesh and Uttar Pradesh this year. These communities have no access to education and have no access to develop skillsets.

- **NABILALA COMMUNITY DEVELOPMENT PROGRAMME - UGANDA (\$3000).** Funds will make possible a two-day evangelistic children’s residence camp at Kawete.

- **TORCHBEARERS FELLOWSHIP – SOUTH INDIA (\$2500).** In 2022, a group of 35 community leaders were identified and trained in Coimbatore, given Telegu Bibles, and sent home to use what they have learned. In 2023, funds will allow followup, changes in training, and raising up and encouraging of other groups of leaders(1000+ per year).

- **THE LOTUS FLOWER – NORTHERN IRAQ (\$3000).** This project was originally designed to help provide vulnerable families living in refugee camps since 2014 with seasonally-appropriate clothing. However, The Lotus Flower leaders requested and received permission to divert 100% of the funds to relief in the area of the recent Turkey/Syria earthquake devastation.

EDITOR’S NOTE

As I did the layout for this article, I was overwhelmed in two ways:

First, by the magnitude of the “cries of God’s people serving throughout the world” and their prayers and requests for the people around them.

Second, by thankfulness for the wisdom of those who founded the CHPC Endowment Fund, those who have donated to it, those who have left a “living legacy” of God’s love and hope, and those who make wise decisions each year.

BE GOD’S WITNESS NOW AND IN THE FUTURE

You are enthusiastically invited and encouraged to give to the Endowment Fund, not as a substitute for regular church giving but as a joyful opportunity to join the “great cloud of witnesses” to God’s love in places and to people you may never see.

A CHPC Trustee Administrator can provide options of wise estate planning where donors can have income during their lifetime and also support the Endowment Fund. Contact Heather Lethander at 513-541-5676 ext. 1119 or hlethander@chpc.org.

To donate to the Endowment Fund or apply for funding for a ministry for a 2024 grant, go to: chpc.org/give/endowment-fund

GIFT OF HUGS

(CONTINUED FROM PAGE 1)

a four hugs a day for survival.

We need eight hugs a day for maintenance.

We need twelve hugs a day for growth.

We need eight hugs a day just to be happy.

Maybe we should think of that as the bare minimum for our daily "Hug Therapy."

Hugging not only helps us connect with others and express



what we feel, it's also good for our health, for our brain, and, of course, for our emotional balance.

When someone hugs us, that contact activates the pressure receptors (Pacini corpuscles) that we have in our skin. Those receptors respond mainly to deep pressure, and they



immediately send a series of calming signals to the vagus nerve.

Almost instantly, we begin to feel better because signals along the vagus nerve reach parts of the brain that play a vital role in regulating the key functions of our body, including



blood pressure. In effect, hugging switches off the area of the brain that responds to threats and keeps us tense.

As a result of hugging and thereby stimulating the vagus nerve, the heart rate and blood pressure decrease. The respiratory rate also



slows down, which helps us breathe more deeply and fully. The vagus nerve plays a key role in the parasympathetic system, acting as a nervous system handbrake that activates when we are under too



much stress or are overexcited. Therefore, stimulating the vagus nerve through hugging allows us to recover from tension, relieves agitation, and helps us develop a state of calm and well-being.



THE PERFECT GIFT

So while the gift of a beautiful flower, a new necklace, or a framed picture will surely be welcomed by your loved ones, consider that the most valuable gift of all might just be some hugs.

The choice between accepting or rejecting Christ's gifts is not like the choice between colors or what shoes to wear. Rather, it is a choice between life and death. So much is at stake. Christ's gifts are forever.

Rev. Dr. Gary Sweeten was *CHPC's Minister of Christian Discipleship during the 1970's-1990's and the founder of Equipping Ministries Int'l, Teleios and Lifeway Counseling Centers and other national ministries. TAKE TIME TO EXPLORE Gary's online courses with tools and resources you need to find peace with God, yourself, and others and about building great relationships with those you love:*

www.relationalpeace.org .

Deadline for *Bell Tower News* submissions is the 15th of each MONTH to Sam Stare starecvg@aol.com.

HOW DO YOU SAY, "THANKS"?



Both the teachers and staff of Pleasant Hill Academy (PHA) and the "Friends" of the elementary school asked that question. Throughout the academic year, Janet Dumford and people from the church and community plan ways to encourage and affirm the educators.

In the fall, the group made and served apple crisp. For Easter, the Friends of PHA provided bags of tasty goodies and gift cards. Then, on May 2nd, 76 lunches were served. Each colorful lunch bag was filled with a sandwich or grilled wrap provided by Chick-Fil-A, an apple, a bag of chips, a water bottle, a cookie, York mints, and an invitation to

CHPC and our next Alpha, and a handwritten short note of appreciation quoting John Calvin:

"We should ask God to increase our hope when it is small, awaken it when it is dormant, confirm it when it is wavering, strengthen it when it is weak, and raise it up when it is overthrown. . . .We count it a privilege to serve alongside all of you!"

With gratitude, the Friends of Pleasant Hill Academy.

A quick response read, "Janet and Friends, Thank you so much for the lunch. Thank you for being so



A FEW GRATEFUL LUNCH GUESTS

thoughtful, supportive, and showing us some love. Thank you for showing how much you appreciate the work that we do for our students. Mostly, thank you for your prayers that keep us covered and able to do what we do. We pray God will continue to bless and keep you all, as you are such a blessing to us.

p.s. You are a wonderful asset to the entire community."



TIMING IS EVERYTHING

Pictured are Penny, Bart and Colleen Sauer sharing the birthday and anniversary celebrations of Global Workers Olivia & Abdel Hdija

in France. The Hdijas are with CRU's *Life Agape*—Olivia as a professional therapist, Abdul as director-producer of CRU's radio/TV/media outreach to Europe and North Africa..

HOW DOES YOUR GARDEN GROW?

SAVE THE DATES

The FIRST Tuesdays of the month, February to November at 7 PM.

The CH Gardeners (CHG) meet at CHPC. Have a "green thumb"? enrich your gardening experiences and build relationships with fun folks. Have a "black thumb"? Come and meet neighbors who can help your garden bloom.



Enjoy great programs, enrichment projects like the Spring Plant Sale (1st Sat. in May), traffic island care, the College Hill Garden Walk (even number years), and the Wee-Patch Fall Festival for adults and children (the 2nd Sat. in October), and great garden tips.

ELDER JACKIE KALUBI
AWARD-WINNING DISTINGUISHED TEACHER



The Seven Hill's community has awarded Jacky the Elise Eaton Allen Faculty Chair, given every four years to an outstanding educator in the arts or of world languages.

Jacky has taught for more than 30 years. She knows that learning can't take place without the meaningful, positive, and authentic relationships between herself and her young charges. Her lessons are designed to fuel students' curiosity, not only about the French language, but about the French-speaking world. Their love of language and culture lasts well beyond Middle School. Her students are well prepared for the challenges that await them in High School and beyond.

The award presenter noted, "Jacky models for her students a sincere desire to understand the world beyond their own experience—a curiosity about and empathy for the lives of human beings who live in different parts of the globe. Her students and colleagues learn to understand and embrace the human condition in all its forms and realize that without a love and appreciation for others, nothing meaningful can ever be learned. Jacky's unwavering commitment to bringing the rich diversity of our world onto our campus and into her classroom underpins all that she does. For Jacky, the words *diversity, equality, and inclusion* have always been the defining qualities of who she has been for Seven Hill community."

The award presentation ended with this rhetorical question, "Jacky, how do you do it? How do you remain so positive and optimistic? What keeps you going?"

It's not *what* keeps her, but *Who*.



BY CHRISTY ROEDIGER

Be joyful in hope, patient in affliction, faithful in prayer.

Romans 12:12 (NIV)

Recently, I was driving a street that I travel frequently, almost daily. I passed a house that had never drawn my attention before, and something about it just drew my prayers from my spirit for the people who live in that house.

I prayed blessing, healing, and reconciliation with God for them and spent a couple of moments lifting up the people in that house to God. It didn't last long, but it felt God-led. Afterward, I found myself looking at all of the other houses that I was passing and wondering why I didn't feel the same call for each house?

Perhaps God knows that I only have so much capacity as I travel along. As you consider Romans 12:12, being *joyful in hope, patient in affliction* [which might not be YOUR affliction], *faithful in prayer*, may you be encouraged to pray as you are led. Pray for *what* draws your attention. Pray for *who* draws your attention. And know that God's arm is long and strong – it's not your job to do all things – just *your* things.

Blessings as you go!



YOU, as a Presbyterian, have the opportunity to recommend fellow covenant partners (members) to guide and serve CHPC as we "honor God by growing a diverse community of Jesus followers."

At the October Congregational Meeting, members will elect Elders, Deacons, a Trustee Administrator, and a Congregational Nominating Committee (CNC) for 2024. The CNC depends on YOU

for candidates. May is the month for YOU to recommend to the CNC any covenant partner, including yourself, as many as you like. Not sure if someone is a covenant partner? The CNC will sort it out.

God uses YOUR input, wisdom, and discernment, and the CNC's private interviews with each person recommended to develop a slate of nominees for the congregation's vote. The CNC looks forward to hearing from YOU.

GIVE YOUR INPUT ONLINE AT CHPC.ORG/ABOUT-US/LEADERSHIP. Scroll down past staff photos to "Current Officers" and click the "To nominate church officers for

2024 *click here*" button. Or contact any member of the CNC listed as officers. For questions: Dan Ott, chair, (513) 470-0758, darkhorsedan@gmail.com; or Barry Stare, (513) 382-5897, bzuthr@me.com. Thank YOU.



PENTECOST & THE HOLY SPIRIT, THE CHURCH'S MIDWIFE

In the Church calendar, you'll find May 18th, the celebration of Christ's Ascension to God the Father; and May 28th, Pentecost. The Holy Spirit was given to call all to embrace Jesus Christ as Savior and Lord. Then the Spirit formed them into the "Church," to live for the Glory and Praise of God.

This gift from God is received after repentance, baptism, and laying on of hands (Acts 2:38; 8:17). While most people have heard about the Holy Spirit, only a few really know his role in a believer's life, and how he manifests the love of God, and His plan of salvation.

When *Yahshua* the Messiah (Jesus Christ) was still living on earth as a human being, he promised that the Holy Spirit would come after his ascension to God the Father.

And I will pray the Father, and He will give you another *helper*, that he may abide with you forever—the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. I will not leave you orphans; I will come to you. (John 14:16-18).

That *helper* is the Holy Spirit. When Christ was about to be taken up into Heaven, Jesus instructed his disciples to remain in Jerusalem to receive the Holy Spirit:

Behold, I send the promise of my Father upon you; but tarry in the city of Jerusalem until you are endued with power from on high. (Luke 24:49)

During the Jewish celebration of Pentecost anyone (Jew and Gentiles) who accepted Christ's atoning sacrifice, repented of their sins, was

baptized, and had hands laid upon them by God's ministers, did receive the confirmation of the Holy Spirit.

THE HOLY SPIRIT'S JOB

- He keeps us in contact with God;
- guides us to the truth;
- convicts us of sin;
- helps us understand God's Word;
- allows us to bear righteous fruit (Galatians 5—love, joy, peace, etc.);
- imparts spiritual gifts (Isaiah 11, Ephesians 4, 1 Cor. 12 —preaching, teaching, wisdom, evangelism, etc.);
- comforts us;
- ends the curse of sin and death for all of the Creation;
- gives us power that endures; and
- enables us to be God's children.

WHY GOD SENT THE HOLY SPIRIT
Human nature is naturally hostile to God's laws and anything that has to do with God's way of life: our hearts and minds can easily deceive us. The prophet Jeremiah lamented:

The heart is deceitful above all things, And desperately wicked; Who can know it? (Jeremiah 17:9)

THE HOLY SPIRIT IS GOD'S "HEART TRANSPLANT SPECIALIST."
We can't develop God's character by relying on ourselves. The Holy Spirit enables us to produce the fruit of being fully under God's authority.

Without the Holy Spirit, we won't be able to know the truth, to understand it, to comprehend and allow it to flourish in our lives.

THE HOLY SPIRIT SERVES AS OUR "TUTOR AND UNIVERSAL TRANSLATOR," equipping each believer to grow as a beloved child of God the Father.

Praise Father, Son AND HOLY SPIRIT! Let us truly celebrate the 3rd person of the Trinity on May 28, Pentecost.



June 12-16 "In His Image" CAMP for 6TH to 12 GRADE Students; Southern Seminary (Louisville, KY). Info. at CHPC.ORG/YOUTH. Contact: SAMUEL Mock (SMock@chpc.org).



June 5-9 CAMP FOR KIDS who have completed the 2nd - 6th grades; CentriKids camp, Cederville University. CHPC.ORG/KIDSCAMP. 50% Scholarships available. Contact: HEATHER Lethander (HLethander@chpc.org).

Children
10 AM, 11 AM, 12 PM
Wk #1 June 26-30;
Wk #2 July 17-21;
Wk #3 July 31-Aug 4.
North Hills Swim Club

Adults 6-7PM, July 10-14; and July 24-28. Twin Towers' Pool, 5343 Hamilton Ave. chpc.org/swim

scholarships available

Aug. 7-10 3 C's CAMP at CHPC for ages 3 to 8; 9:30 AM-12 PM. CHPC.ORG/3CS-CAMP. Run by qualified 3 C's Nursery School teachers. Scholarships & sibling discounts available. INFO: 3CNurserySchool@gmail.com.

