

BELL TOWER NEWS

College Hill Presbyterian Church – FEBRUARY 2023

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

8 BILLION VALENTINES

BY TARA CHASE, FRONTIER FELLOWSHIP MINISTRY

“When I look at the night sky and see the work of your fingers—the moon and the stars you set in place—what are mere mortals that you should think about them, human beings that you should care for them? Yet...”
PSALM 8:3-5

You’ve probably heard the phrase “one in a million” to describe a person who stands out from the crowd in a particularly special way. Last fall, the United Nations declared Nov. 15, 2022, as the approximate day when the world’s population reached eight billion people!

It’s not hard to wonder about the meaning and significance of my life when I consider that I am just one of eight billion people walking the



earth today. I’ve been spending time recently learning astrophotography and hiking around my home region in Northern California. Watching the night sky and craning my neck to see the canopy of a redwood grove towering above me, I begin to relate to David’s musings in Psalm 8: “What are mere mortals that You, God, would care for them?... And yet...”

Those little words hold so much hope

of belonging in His family.

As we begin another new year, my vocation with Frontier Fellowship calls me to help point followers of Jesus to the more than 2 billion people on Earth who do not yet have access to the Gospel. God created you, specially-designed and uniquely-equipped, to help share the Good News of Jesus in ways perhaps only you can. You’re one in eight billion!

and love. Yes, we live in a vast universe on a phenomenally-populated planet in a tiny span of human history. And yet...God so loved this world—every single one of us, and all of creation—that He sent Jesus to save us and remind us that we matter, that we are loved and we have a place

For information about Frontier Fellowship’s ministry, go to <https://frontierfellowship.com>.



COLLEGE HILL
PRESBYTERIAN CHURCH

THE PURPOSE OF THE CHURCH CALENDAR IS SIMPLE: to make the life of Christ more real and contemporary to believers.

The annual cycle helps the Church learn, remember, and celebrate Jesus' life in its natural order. ADVENT prepares us for CHRISTMAS: the birth of Christ, the arrival of his star, the angels, shepherds, and wise men. LENT prepares Christians for HOLY WEEK: Palm Sunday, Maundy Thursday, and Good Friday, Jesus' Passion, crucifixion and burial. EASTER, Christ's resurrection

from the dead, is the declaration of Jesus' victory over sin and death to free all of creation from them. Jesus' appearances to the disciples and hundreds of others and his ASCENSION lead to the outpouring of the Holy Spirit at PENTECOST—the birth of the Church. Then, the Church Calendar focuses on the work of the Church until Advent begins again.

Embracing each of the liturgical seasons and integrating them into one's own life is a way of entering into a deeper relationship with Christ and experiencing His love and transforming power in new ways. On this page and the next, Cathy Lowe and Ken Jones share their challenges and blessings during LENT.

—SHARLYN STARE, BTN EDITOR



as I have loved you
love one another
John 13:34

The season of Lent begins on Ash Wednesday, February 22, 2023. I thought Lent was 40 days, but when I counted the days between Ash Wednesday and Easter, I counted 46. Apparently, in the sixth century, Pope Gregory the Great said not to fast on the six Sundays of Lent, and so, to maintain 40 days of fasting, the church logically added six days.

Of course, Pope Gregory was Roman Catholic and lived way before the start of the Protestant Reformation in 1517, which brings up another point. The Reformed tradition, of which our church is a part, doesn't require the observance of Lent: "One man considers one day more sacred than another; another man considers every day alike. Each one should be fully convinced in his own

mind" (Romans 14:5). Didn't Drew just talk about that in a recent sermon? The point is that it's not a sin if you observe these days, and it's not a sin if you don't.

HOWEVER...

When I was a parent of young children, I appreciated the church seasons like Advent, Christmas, Lent, or Holy Week that have a beginning and an end. One Holy Week, before we went to the Maundy Thursday service (Jesus' final meal with the disciples), we turned out all the lights in our house. When we returned home that night, we read by candlelight about the Last Supper and Jesus' prayer, mandate "to love one another," and arrest in the garden.

On Good Friday, we read about the trials and crucifixion of Jesus.

Then, Saturday, we just waited. No lights, television, computer, or music—we didn't turn the lights back on until Easter morning! Although we've not done it every year, turning out the lights has been a meaningful exercise we've returned to—and a great conversation starter with neighbors who ask us if our electricity is out!

We've watched movies with Easter themes, read Scripture, made resurrection rolls, delivered meals for the Feast of Love, and found music we pull out every year at this time. The point is that we do what's doable and meaningful for the Lowe family to make these church seasons unique! When you see me on Sunday, I'd love to hear what you've found to be meaningful Lenten and Easter traditions.

Blessings! Elder Cathy Lowe



fasting—a forgotten spiritual discipline?

BY KENNETH BRYAN JONES

Why fast? Nearness to God, spiritual freedom, guidance and revelation of God's supernatural power. Jesus fasted so that He could live every moment directed by the "power of the Spirit."

My belief is that most people do not fast because of our own selfish desires, not realizing leaning into God provides the power needed.

How do I fast? A key starting point is to determine specific reason(s) for your fast. Fasting leads to a more powerful connection to God, which should be one of your primary reasons for the fast. Some examples include the following: Growing in wisdom, strengthened relationship with the Lord, health concerns for self or others, personal relationships, addictions, work, or finances.

You can choose to fast on things you love or may be bordering on addiction. It is often tied to various foods or drinks. Perhaps even Facebook, social media, or television. Fasting alternatives are specific to you.

Pat Hartsock (former CHPC pastor) said he often fasted from chocolate because he hated a day without it. This gave him daily reasons to think of God. He was

diabetic so complete fasting was a health issue.

One version that I highly recommend is the "Daniel Fast." It is biblically based (Daniel 10:3) and normally lasts for 21 days. Some use it strictly for health benefits as it will definitely detox your body. This often produces headaches or other forms of physical discomfort in the early days of the fast, although they soon pass.

One resource I recommend is at Daniel-Fast.com by Susan Gregory. Susan provides tremendous tips on food logistics with her primary emphasis on scriptures and connection to God as the focus.

Psalm 112:8— "His heart is established, he shall not be afraid." Bible study, prayer, meditation, and fasting are the four inward spiritual disciplines to incorporate together.

The fast helps you to put your spirit in charge, your soul on alert, and your body into action by reading, meditating, and soaking in God's Word in Scripture.

So why are you waiting?
FAST FORWARD (Pun intended.)



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 15th year. Open to the community. "A great place to go and unwind. No masks for vaccinated, but you may wear a mask if you wish."

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

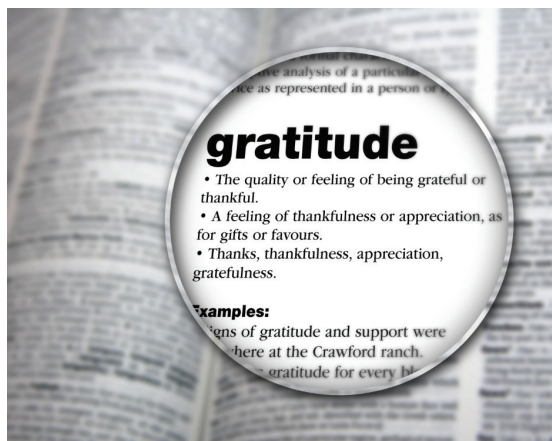
BAND OF BROTHERS

That time is now! Exciting men's fellowship, Bible study, and discipleship. Meets the 1st, 3rd, and 5th Thursdays, 6:15 AM. Worth getting up! Where? CHPC Fireside Room or on Zoom.com. Info? Barry Stare, bzuthr@me.com or 513.382.5897.

PRAY FOR THE CHPC PASTORS AND LAY LEADERS WHO ATTENDED THE ECO ANNUAL GATHERING JAN. 30 - FEB. 1.

"I showed up to ECO's National Gathering because I was invited, but I stayed because I felt welcomed and embraced by a group of ministry leaders who have their focus fixed on Jesus, and who truly wanted everyone to have the resources and support to run the race with perseverance. Each year, I leave with a grateful heart for the leadership and relationships in the ECO family, as well as practical ideas for spiritual health and ministry strategy." —Attendee





BY JEANNE SCHNEIDER,
EXECUTIVE DIRECTOR,
LIVING HOPE COUNSELING SERVICES

THE SCIENCE OF GRATITUDE

Gratitude. Throughout Scripture we are instructed to “give thanks”. Research reveals God’s instructions actually impact our neurochemistry. Thanks to our brain’s ability to change (neuroplasticity), we learn that certain behaviors and thoughts can impact the functioning of the brain noting improved resilience, better sleep, social connections and self-esteem. One of those practices

is gratitude.

Gratitude involves noticing, feeling and expressing. Gratitude is about identifying, ideally daily, things that you recognize in your everyday life for which you thankful. This can be as simple as a bird song, someone holding the door for you, a smile, food, shelter, a squirrel playing, children laughing, the sun shining or maybe even a gray day (Personally, I haven’t accomplished gratitude with this as of yet, but I find many other things). One of the best ways to begin this practice is to daily record a few things that you note in your day that brings a sense of gratitude.

Notice the feelings that accompany the gratitude. This impacts brain chemistry. In addition, express gratitude to others, verbally or written. This too impacts both you and the recipient. It is a simple practice but as with any behavior change it takes practice and intentionality. I encourage you to give it a try in this new year.

WELCOME & PRAY FOR THESE NEW STUDENTS FROM UC’s GRADUATE COUNSELING PROGRAM.

ZAREK PORTER is a graduate of Wittenberg University where he majored in Psychology and minored in Exercise Science. He currently works at Children’s Hospital in mental health.



CLARITA HERRERA graduated from UC in Psychology with a minor in Business Administration and Communication. Many may recognize Clarita as Living Hope’s Administrative Assistant. We are excited that she is now joining the clinical team. Clarita will provide counseling services in both English and Spanish. We are also excited that she will offer a group for Hispanic young moms who are struggling with depression through our new connection with Santa Maria Community Services.



LIVING HOPE UPDATES & NEEDS

As the director of Living Hope, I give thanks for the many ways we have experienced God’s transforming power in the lives of our clients. I am also grateful for those who can support Living Hope through prayer and financial resources. It makes an incredible impact on our community. We had over 3300 counseling sessions in 2022. Living Hope continues to be known for the strong internship program that equips graduate counseling students. In 2022, 10 students provided counseling while they developed their skills as counseling professionals.

Please pray for Living Hope as we journey with our clients to find hope and healing. We continue to offer affordable care which is only possible through the generosity of our donors. Please consider giving throughout the year. *Tax-deductible donations* can be made to Living Hope Counseling Services and sent to 5742 Hamilton Ave Cincinnati, OH 45224. Clients also benefit from practical donations: facial tissues, bottled waters, and individually packaged snacks. Leave them at the CHPC Atrium desk or at the counseling center.



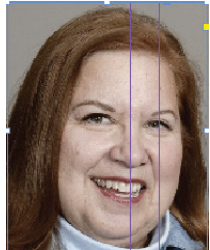
IF YOU OR SOMEONE YOU KNOW IS STRUGGLING AND NEEDS SUPPORT, PLEASE CONTACT US: 513-371-5135 OR WWW.LIVING-HOPECS.COM.

“We give thanks to the Lord for Living Hope. Continue to bless all who enter their doors. May Jesus Christ be glorified and praised.”

EVIDENCE OF THE INCARNATION— TRANSFORMED LIVES

CINDY CARLSON

In the spring of 1994, I was finishing a year of English teaching in Hefei,



Anhui, China. My adult students and I were playing Rummikub, and I was thinking how much I would miss them when I returned to my job

with Reading Schools in Cincinnati. I started crying because I realized I wasn't ready to leave my students at our teachers' college.

I didn't know how to approach Reading to ask for a second year's leave of absence. Fortunately, a man who was teaching in a nearby city had been a school superintendent and coached me in what to write to persuade the district to extend my leave. It worked! Reading approved an additional year of leave. I was so thankful God opened a way for me to stay in China longer. Since then, no one who requested a second year's "leave of absence" had it approved. God was so kind

to allow this. Following those two years, I returned to China nine times for semesters of teaching, and summers with my former students.

ROBIN RIECHEL

The summer I was 21, I went to the island of Mauritius off the coast of SE Africa, east of Madagascar in the Indian Ocean. I assisted some missionaries as a youth worker with the 18-26 year olds in the congregation. I made use of my French language studies. This time had a great impact on me, especially when the multicultural church came together for prayer. Some

spoke in English, others French, as well as Creole and Chinese. I was on the other side of the world, and God was as real to the believers in Mauritius as he was to me in Cincinnati. Every week we came together for an hour of prayer, formed a circle, and spoke to God. There were no prayer requests. There were no lapses in praying. This was a faith builder for me



because all these Christians from different backgrounds met to experience the power of God through prayer.

CHRISTY ROEDIGER

I lived in Holbrook, Arizona for a couple of years, and the night sky there is simply magnifi-

cent. The lower humidity and remote rural geography make the night sky spectacular on a regular basis. I had learned an anthem in the CHPC Chancel choir based on Psalm 8 that begins, "As I gaze into the night sky and see the work of your fingers, the moon, the stars, suspended in space." The music goes on to erupt in Hallelujah's that are glorious and worshipful. While I lived in Holbrook, I frequently went to my backyard at night and sang that song, experiencing the majesty of his glory. It was a sacred connection to God, to Cincinnati, and the gift that music has been in my life. Singing God's praises is a treasured blessing, and I hope to be singing forever in the heavenly choir.



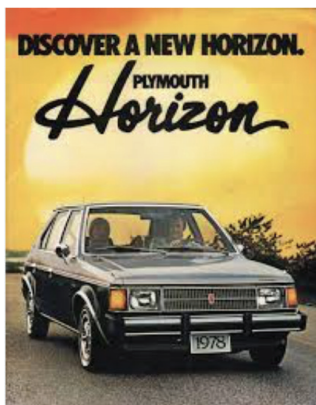
PARKING CHANGE

Our neighbor to the East, the Bradford Apartments, has a severe parking shortage. CHPC has been in discussion with them for over a year as they have searched for potential remedies to their situation. The Bradford owners determined that their best course of action is to renovate and expand their parking lot. As a good neighbor, CHPC has leased the Bradford a portion of our north parking lot by St. Clare Church for their parking needs during their construction. The lease is for 6 months with one extension available.

GOD MIGHT USE AN EVERYDAY RESOURCE LIKE YOUR CAR TO LOVE & BRING OTHERS TO CHRIST

BY ELDER BILL SCHEID

"Don't slam the door!" This was the refrain that my brother, my public school friends, and I heard every Wednesday night from my friend's parents, Mr. or Mrs. Wright, as they dropped us off to Bible club and then brought us home again. They drove a Plymouth Horizon, which was a compact car with very light doors... but more about that later.



I was raised in a South-side Chicago, Irish-Catholic neighborhood in the 70s on the tail end of the baby boomer era. My family attended the local Catholic church, but we attended the local public school. I remember feeling sad and rejected when I was not accepted into the local Cub Scout pack, because priority was given to Catholic Church and Catholic school attendees. There were a LOT of kids in my neighborhood.

Fortunately, a public-school friend from a local non-denominational church invited me to their Awana Club where I heard the Gospel regularly, learned a lot of scripture, and had a great time (forgetting all about not being allowed to be a

Cub Scout).

The Wrights faithfully made the rounds from October through April, shuttling us to the weekly Awana Club gatherings... and in reality, they brought us to Christ. Several of us became Christians through that ministry because of their faithful service commitment and act of love towards us as "outsiders."

My brother and I were often totally wound-up at the end of a great night of Awana Club activity, and we would exit the Wrights' lightweight car doors using the typical force it took to close our heavy station-wagon doors... [Slam/Boom!]... "Don't Slam the door!" were nearly always the last sounds of those evenings.

How grateful we were that my friend, his parents, and the Awana Club volunteers cared enough to keep open the doors we needed when others were firmly closed.

PRACTICAL APPLICATION

If you found this story inspiring, I happen to know that Colleen Scheid is still looking for drivers to help get kids to our weekly Whiz Kids tutoring program on Tuesday, late afternoon and early evening. You, could be a "door opener" for Christ!



CONTACT COLLEEN at (513) 505-9826; scheidison@gmail.com

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

BE PART OF THE TEAM
Have something you'd like to write about? Have an idea for a future feature? Email starecvg@aol.com.



January 15th, the College Hill Ministerium (area pastors and chaplains) hosted the annual MLK Jr. Service at Consolation Baptist Church. Bishop Todd O'Neal (House of Joy) led the C.H. Mass Choir. The event was well attended and included several city council members. Reps. of several community groups spoke, including Dave and Cyndy Butz for 'Found House,' formerly know as the Inter-faith Hospitality Network. The new Director and the President of the CHCUTC were introduced and spoke briefly about affordable housing being created in College Hill. MLK Jr.'s dream is slow in coming, but it is coming, led by people of faith, hope, and courage.



CHILDREN/TEENS DAY LESSONS:
10, 11, 12 noon, North Hills Swim Club
Week #1 June 26-30;
Week #2 July 17-21;
Week #3 July 31-August 4.

ADULT LESSONS: 5:45-7 PM, Twin Towers' Wellness Connection Pool
Week A July 10-14
Week B July 24-28.

ONLINE REGISTRATION
OPENS APRIL 1, 2023
Interested in teaching? Adults and teens, contact Sam Stare starecvg@aol.com





Inaugural Dennis Risch
Memorial 5K Run and Walk

SUNDAY, MARCH 5, AT 9:00 AM.

Runners and Walkers are welcome.

The beautiful course starts and ends near the Spring Grove Funeral Home at 4389 Spring Grove Ave., Cinti., OH and winds through the arboretum.

Come celebrate Dennis' passion for running, and raise money for the Dennis Risch Memorial Fund.

CONSIDER SPONSORING SOMEONE FOR THE RACE. The race is for a great cause and is sanctioned by USA Track & Field (USATF), the national governing body for track and field, long distance running, and race walking.



Registration: \$25.00
plus \$2.50 Sig-Up Fee

Registration price increases to \$30.00 after March 4 midnight.

"Google" Dennis Risch Memorial 5K Run & Walk to register for the race. All registrations will be done online, including on race day.

Enjoy the post-race party:
12-3 PM —BRINK Brewing Co.,
5905 Hamilton Ave. in College Hill.



BY CHRISTY ROEDIGER

AND OVER ALL THESE VIRTUES PUT ON LOVE, WHICH BINDS THEM ALL TOGETHER IN PERFECT UNITY. . . . AND WHATEVER YOU DO, WHETHER IN WORD OR DEED, DO IT ALL IN THE NAME OF THE LORD JESUS.

Colossians 3:14 and 17a (NIV)

We who follow Jesus hear His words to love, and then we step into the world to face opposition, criticism, values that don't measure up to the Scriptures. We live in challenging relationships. In the midst of this messy world, we are called to love and to live in Jesus' name. Wow! Talk about a tall order!

How are we, the church, supporting each other as we go out in Jesus' name? How are we praying for each other as we, in Jesus' name, step into the front lines where we are placed?

Almighty God, you know where these BTN readers are living and what their challenges are. Empower them to live in love and do what they do in the name of Jesus. Give them new eyes to see their lives as chosen by you and a sacred mission in Christ. Grant these readers a full heart to love those they live with and work with and engage with regularly. Empower these reader to see life in your fullness and grant them new enthusiasm for walking with you. Jesus, live through them in a way that brings healing and reconciliation to your world and accomplishes your heart's desire. In Jesus' name we pray. Amen.

Join our vision trip to SCOTLAND

Learn about the work of ECO missionaries Caleb & Summer Shocklie, practice street evangelism, participate in prayer walks, and invite post-Christian Scots into Christian fellowship and community.

SAVE THE DATES!
JUNE 19 TO 27

Estimated
TRIP COST
\$1800-2000
single room
\$1100-1300
shared room
plus air fare

Contact
Jennifer Cronk or
Samuel Mock



COLLEGE HILL
PRESBYTERIAN CHURCH



BY REV. DR. DREW SMITH



Proclaiming "God is good" brings a response of "All the time." We see God's goodness in our world and in our lives. Jesus tells us that none is good but God alone

(Luke 18:19). Let's investigate and celebrate God's goodness together. Since the church claims to be God's people, may we become a community of God's goodness.

Feb. 5 **Just and Right** – Luke 19:1-10. God's goodness includes making all things right. God will bring justice to all of creation. As Jesus' followers today, we seek to make things "Just" for those around us, just like Zacchaeus did in our passage.

Feb. 12 **A Servant's Heart** – John 13:1-20. Jesus demonstrates God's tremendous love through his sacrificial service to the outcast and to his closest disciples. May the Spirit continue to develop in us his heart of service.

Feb. 19 **Made By Jesus** – Romans 8:26-29, Phil. 2:5-11. Jesus shows us not just the good life but the best life! Jesus lived completely in God's goodness. The only perfect human life was lived by Jesus. And the only way that we do good is through his power. May his glory continue to shine in and through us.

LENT BEGINS at CHPC with an Ash Wednesday service, February 22 at 7 PM. Lent provides a time of focus and meditation upon the sacrificial love of Jesus. Ash Wednesday begins the season that includes five Sundays

LOVING PEOPLE IN THE MIDST OF WAR

Jesus was clear: "Go and make disciples of all nations . . . and teaching them to observe all that I have commanded you." Some are called to *GO*, some to *PRAY* for Jesus' work, some to *GIVE*, and some to *SEND* and *SUPPORT* those who go.



GROW YOUR "GREAT COMMISSION VISION" AND PRAY KNOWINGLY
ATTEND the MONTHLY GLOBAL OUTREACH MEETINGS



WHAT'S HAPPENING IN UKRAINE?

SUNDAY, FEBRUARY 19, 11:45 AM

In Fellowship Hall, Dr. Jim Peipon and his wife Marianna will speak. They have served with Ukraine Medical Outreach (UMO) since 2001 and are developing ways to express LOVE for people in Ukraine even today.

REGISTER FOR LUNCH & BRING A SALAD

Few "win" in any war. Learn a bit of the history of the relationship between Ukraine and Russia and the deep roots of the current conflict. Ukraine is important in many ways. A little known one is how it serves the medical community around the world, especially in poorer countries.

Dr. Jim trained in pediatrics at Cincinnati Children's Hospital and has returned to the area. We're honored to have him speak. Learn what the Peipons are doing to

love people in Ukraine right now and how others can join them. The presentation is so timely that readers are encouraged to invite friends from within CHPC and outside the church to attend.

Lunch is served in Fellowship Hall at 11:45 AM. Bring a salad to share. A meat entree will be available but please register for lunch at

www.CHPC.org/UKRAINE

Interested in helping with lunch? Contact Mary Sue Verhagen at VerhagenMS@gmail.com.

and flows into Holy Week, including Palm Sunday (April 2), Holy Thursday (April 6), and Good Friday (April 7). The season culminates with the celebration of the resurrection on Easter Sunday, April 9. Put these days on your calen-

dar as we look forward to these meaningful times together. May God continue to draw us closer to Jesus in heart, mind, and soul.

Take time to read the Lenten articles on pages 2-3.