



Many regular contributors are



August articles due July 15.

BELL TOWER NEWS

College Hill Presbyterian Church – July 2022

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

SIZZLING SUMMER SERMONS

BY REV. DR. ANDREW SMITH, PASTOR

The *Living Hope in the Real World* series grows out of God's wisdom in 1st Peter. The Apostle Peter knows how our hope in Jesus fuels us to live everyday in the fullness of God's beauty. Peter had seen it all—failure, success, persecution, revival, and struggle. In every situation, Peter experienced the *Living Hope* we find in Jesus. Hope from Jesus not only bring inspiration but also delivers power for our real-life circumstances. Peter shares with us how to experience in the Holy Spirit, a living hope in the real world. Let's learn from Peter together so that the hope Jesus gives invades all our lives. In July and August, we discover how hope feeds our relationships at home and at work. We get to share our eternal hope in Christ wherever we go with whomever we see. Even in times of pain, chaos, and trouble, Jesus keeps us going.

- July 3 Verses 2:18-25 "Hope Serves" (COMMUNION)
- July 10 Verses 3:1-7 "Relational Hope."
- July 17 Verses 3:8-12 "Good Hope" (10:30 OUTDOOR SERVICE)
- July 24 Verses 3:13-17 "Share Hope"
- Aug. 7 Verses 4:7-9 "Hope in Suffering" (COMMUNION)
- Aug. 14 Verses 5:1-14 "Humble Hope."

PICNIC WITH OUR GLOBAL FAMILY

Summer is a great time to connect with family. Three of CHPC's global family members will be in Cincinnati briefly on Thursday, July 7th.

Chris Goodman, a former CHPC member and a music teacher, went on a "short-term" music mission tour to Germany. That led to serving Middle Eastern guest workers in Berlin, becoming a pastor, and marrying Rev. Greg Callison at CHPC. Together they continue to serve in the Middle East in their "retirement."



Emily Shindeldecker, daughter of Laura and John, is a nurse serving refugees not far from where the Callisons live .

WELCOME THEM. They are in Cincinnati for one night only: THURS., JULY 7, 6-8 PM.

COME TO A PICNIC IN THEIR HONOR at 1506 Larry Ave. in College Hill. Bring a salad, side dish, or simple dessert. RSVP TO Mary Sue Verhagen, verhagenms@gmail.com.





BY KARLA TOLBERT, MA LPCCS
CLINICAL DIRECTOR OF LIVING HOPE
COUNSELING.

Summer can be a very stressful time for parents, grandparents, caregivers, and children, so this review from a recent parenting webinar is most timely.

“Mindfulness is the basic human ability to be fully present, aware of where you are and what you are doing, and not overly reactive or overwhelmed by what’s going on around you. It’s about being present in the here-and-now and not preoccupied with the past or future.”

Being a “mindful parent” means being centered and fully present in this moment with your child. It involves breaking the stressful cycle of exhaustion, anger, impulsively setting and breaking rules, withdrawal, and guilt. It involves creating a new cycle of less reactivity, pausing, presence, and thoughtful response.

Cultivating mindfulness requires intentionality. Set a “me-first” intention by taking time daily to “sit with” or “check in with” yourself. Think: The first child that needs my attention is me! Even if it is only 5 minutes a day, be insistent on, and consistent with this time.

When checking in with yourself, find an anchor on which to focus your attention, like your breathing. As you breathe, check in with your thoughts and feelings and body sensations. Being mindful is to practice non-reaction to your thoughts, feelings and body sensations. See

them as passing clouds or leaves on a stream and allow them to come and go without getting attached to or ruminating on any of them (good or bad).

Practicing self-compassion and paying attention to your needs are also mindful behaviors. Ask yourself: What do I need in this moment? To become a more mindful parent, take time to help kids identify and express their thoughts and feelings. Show that you understand by summarizing and validating those feelings and experiences. Don’t be in a hurry to minimize or fix kids’ negative emotions.

Instead, when kids become overly emotional, teach them self-management through simple breathing skills, grounding techniques, or create a mindfulness toolbox for them to access when they are upset. Finally, don’t be afraid to address your own childhood adversities and to seek out help from trusted friends or professionals when needed.

For questions about this article or the link to the parenting webinar, contact Karla at the Living Hope Counseling Services at (513) 371-5135.



You can set up an appointment online at LIVINGHOPECS.COM. The counseling center on Groesbeck Road is just east of the CHPC Sanctuary. Pray for *mindfulness* for all who care for children and teens this summer!

ALPHA INVITES YOU TO PRAY

... for 10-15 people exploring life’s big questions: “Why do bad things happen?” “How do I cope with my anxieties?” “Is there a God?” ALPHA is a place to explore the Christian faith with others. It’s a series of conversations focused on the questions of life, faith, and meaning. Each session includes a time to connect with others, hear a video talk on some element of faith, and then a chance for people to share their own questions and perspectives with the small group.

CHPC’s Summer Brunch ALPHA began Saturday, June 11 and goes 10 weeks.



CONTINUE TO PRAY—

1. that nothing prevents participants from attending;
2. for the team to be engaging and put the guests at ease;
3. for the tech/video to work without any hitches;
4. for the guests to enjoy the brunch;
5. for guests to be pleasantly surprised at the relevance of Jesus in their lives; and that
6. the Holy Spirit speaks to the guests and the ALPHA Team with life-transforming power.

MANY THANKS — For the volunteers who are providing brunch. PLAN AHEAD —You can watch videos about ALPHA online at vimeo.com/455830970. Another ALPHA will be held beginning in January 2023. Consider who you might invite to join you in ALPHA and if you might volunteer to be part of a support group providing food or hosting.

THANK YOU! THE SUMMER ALPHA TEAM: Jinda Bowerman, John Hancock, Drew Smith, Shondra Valletti (support by Janet Dumford).

Jesus at the Center of **centrikid** Camp

BY REV. JENNIFER CRONK, PASTOR OF CHILDREN AND FAMILIES

On the weekend of June 24-26, CHPC did a different kind of “kids camp.” Nine kids and five adults went to Campbellsville University in Campbellsville, KY to take part in CentriKid Camp, run by Lifeway. The kids got to swim, play lots of crazy, messy games, do Bible study with a group of their peers, worship, and hear that God is infinite—in-initely big and powerful, and yet also infinitely personal and loving. God made every star, but he also knows us each by name.

This theme was incorporated into every game, every Bible study, every worship song...kids were reminded of the wonder we feel when truly see God as he is...infinite! Our incredible leaders gave up time, sleep,



and some sanity to go on the trip... and to make sure each child walked away knowing of God's infinite love



UNIVERSITY CAMPUS PERFECT FOR THIS CAMP

for them, expressed most clearly in Christ.

We'll follow up with parents in coming weeks, making sure every child has a Bible to read at home, as well as an age-appropriate devotional to help them get started, and inviting their families to begin attending CHPC. Please pray for God to be pursuing these kids with his promises and character, so that they would know the joy, peace and hope of a life in Christ.

CentriKid's literature promised that adults leaders who accompany kids will have fun too. Pictured are CHPC's Jennifer Cronk, Kelley Foresman, Dave Smith, and Bill & Colleen Scheid — living proof!



BY REV DARRYLL DAVIS,
OUTREACH PASTOR

The date of this nation-wide event is Tuesday, August 2, 2022, from 5:00-8:00 PM in the CHPC parking lot. It is a partnership event with District 5 Police, led by Neighborhood Officer Sgt. Todd Ploehs and our Ministry Teams at CHPC. The goal of this Community Outreach Event is to create a positive environment where police and the community can get together in a non-threatening atmosphere, have food and fun together, and get to know each other.

Hosting this community-wide event at CHPC allows us to demonstrate the love of God as we serve. Our deacons are planning a prayer-tent station, which has traditionally been a powerful part of our fall events. For example, at Fall Fest last year, folks waited in line, sometimes several families long, as children, women, and men wrote (and sometimes drew) their requests and stored them away in a treasure chest at the prayer table.

The children seemed to cherish the Bible verses they received at the table, and one little one even decided to read hers aloud. She stumbled over several of the words but persisted. We could only imagine those words being stored away in her heart. When over sixty prayer requests came in that day, it was clear the Spirit was moving in the

hearts of all at Fall Fest.

Our desire is that those in the community will have a good experience at NNO and take the next step in joining us at CHPC for one of our worship gatherings. **THE CONGREGATION CAN HELP SUPPORT THE NNO EVENT BY PROVIDING A CASE OF BOTTLED WATER OR FUNDS TO PURCHASE BOTTLED WATER EACH SUNDAY LEADING UP TO THE EVENT.** Bottled Water can be left at the front desk each Sunday.

The children's games and activities, including face painting, trackless train rides, and balloon animals will be supported by our children's ministry team. The Young Adults ministry will also play a major role in serving food prepared by our very own Band of Brothers grill masters, and will seek to connect with young adults in our community.

SUMMER *On The Hill*

June 2022 - September 2022
At Patrick's Park - 5923 Hamilton Ave

**Movie Nights, Fitness Fridays
College Hill Express, Patrick's Park Tales,
Block Party, College Hill Art Market
End of Summer Concert,
& More!**



College Hill CURC's Summer on the Hill series is bringing 27 fun, family-friendly events to Patrick's Park (5923 Hamilton Ave.) this summer! Join events held to September: Patrick's Park Tales, Fitness Fridays, Family Movie Nights, College Hill Express, Block Party, College Hill Art Market, and our End of Summer Concert. No registration is required!

MOST FRIDAYS, 6-7 PM: *Fitness Fridays* — Get moving with 30 to 60 minute exercise classes including

yoga, cardio, pilates, and more from YEP! Fitness, College Hill Yoga, and College Hill Pilates and Physical Therapy! At Patrick's Park.

July 9, 2022: *Block Party in the Park*—

A party in the park, including vendors, music, food, and other activities; 3-6 PM. At Patrick's Park.

TWO TUESDAYS A MONTH (July 12 and 26) 6-7 PM:

Patrick's Park Tales — Bring your kids to enjoy story time in the park with book readings from Cincinnati Hamilton County Public Library

and Cincinnati Children's!

SAT., JULY 16 *Movie Night*: "The Princess Bride"—Bring your own lawn chair 9-10:40 PM. Movie snacks from the Snack Shack. No RSVP is required. Patrick's Park.

MORE INFO AT [HTTPS://CHCURC.COM/SUMMERONTHEHILL/](https://chcurc.com/summeronthehill/) and by reading *College Hill Currents*.

Request an eCopy. Send your email to chcurrents@gmail.com.

Sizzlin' SUMMER

SWIM LESSONS
Children / Teens

North Hills Swim Club
10 AM, 11 AM, 12 PM



Wk #2 July 18-22;
Wk #3 August 1-5.

**scholarships
available**

Adults 6-7 PM, July 11-15; July 25-29

[CHPC.ORG/SWIM](https://chpc.org/swim)

July 22-30, a team of six CHPC members—Liz & Samuel Mock, Kelley Foresman, Penny Sauer, Jinda Bowerman and Jennifer Cronk—will be headed to South London, UK to help a church lead a KidsCamp. This camp may be the only opportunity the mostly immigrant children have to come in contact with the Gospel of the Christian faith. *Email Jennifer Cronk at*

jcronk@chpc.org to receive prayer updates.



August 1-4, 9:30 AM-12 PM, 3 C's CAMP at CHPC FOR AGES 3-8. Run by qualified 3 C's Nursery School teachers. Online at chpc.org/3cs-camp. Scholarships and sibling discounts available.



SAVE THE DATE!

AUGUST 2nd, 5-8 pm

**College Hill Presbyterian Church
5742 Hamilton Avenue**

Building Bridges between first responders and the community!

- Free Food
- Fire Truck Display
- Kids' Activities
- Bike and Safety Displays

SEE THE RELATED STORY ON PAGE 3.