

BELL TOWER NEWS

College Hill Presbyterian Church – FEBRUARY 2026

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

Valentine—Who You Are Because of God's Great Love in Christ.

The Word of God says:

I am God's child for I am born again of the incorruptible seed of the Word of God which lives and abides forever—1 Peter 1:23

I am forgiven all my sins and washed in the blood—Eph. 1:7

I am a new creature—2 Cor. 5:17

I am the temple of the Holy Spirit—I Cor. 6:19

I am delivered from the power of darkness and transformed into God's kingdom—Col. 1:13

I am redeemed from the curse of the law—Galatians. 3:13

I am strong in the Lord—Eph. 6:10

I am holy and without blame before Him—Eph. 1:4

I am accepted in Christ—Eph. 1:6

I am blessed—Deut. 28:1-14

I am a saint—Rom. 1:7

I am qualified to share in His inheritance—Col. 1:12

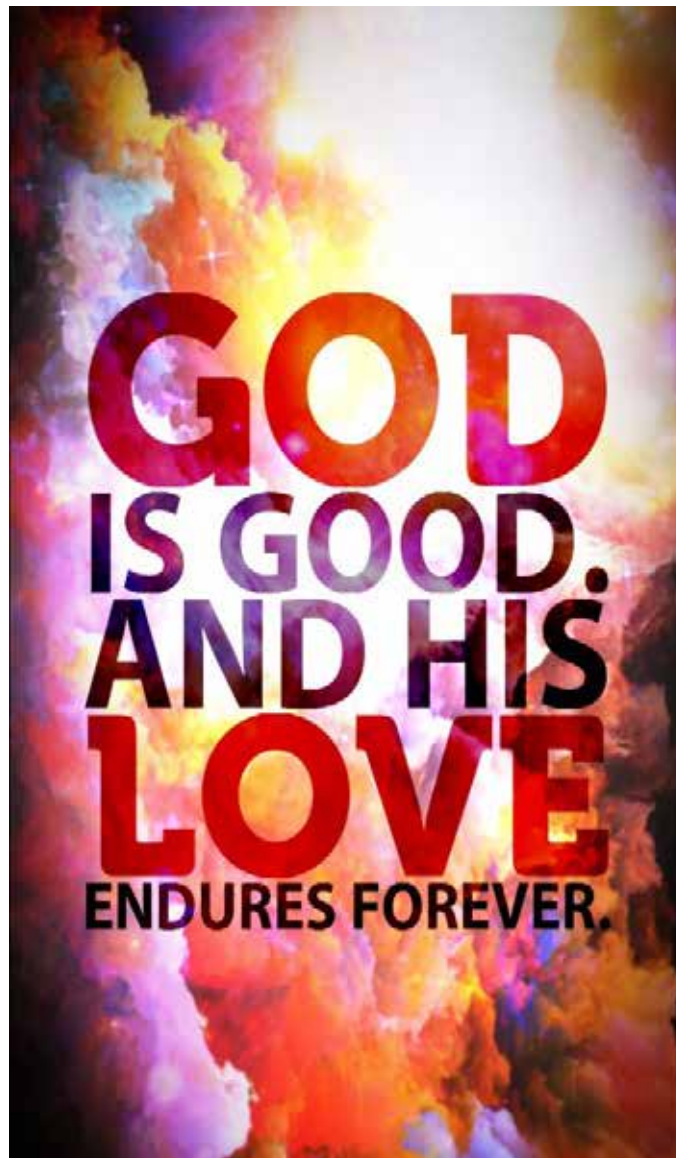
I am the head and not the tail. I am above only and not beneath—Deut. 28:13

I am victorious—Rev. 21:7

I am dead to sin—Rom. 6:2, 11

I am elect—Col. 3:12

I am loved with an everlasting love—Jer. 31:3



I am established to the end—I Cor. 1:8

I am set free—John 8:31-33

I am circumcised with the circumcision made without hands—Col. 2:11

I am crucified with Christ—Galatians 2:20

I am raised up with Christ and seated in heavenly places—Col. 2:12

I am His faithful follower—Eph. 5:1

I am the light of the world—Matt. 5:14

I am the salt of the earth—Matt. 5:13

I am called of God—2 Tim. 1:9

I am brought near by the blood of Christ—Eph. 2:13

I am more than a conqueror—Romans 8:37

I am in Christ Jesus by His doing—I Cor. 1:30

I am an ambassador for Christ—II Cor. 5:20

I am beloved of God—I Thess. 1-4

I am the first fruits among His creation—James 1:18

I am born of God and the evil one does not touch me—I John. 5:18

I am a king and a priest unto God—Rev. 1-6 I am a joint heir with Christ. Rom. 8:17

(CONTINUED ON PAGE 5)



action-packed competition in the tradition of Genghis Khan—archery, wrestling, and horse racing. The province also holds a month-long culture fair. It will be special to learn about the livelihood, customs, and crafts of Mongolia's nomadic herders.

As you read this article, I would welcome your partnership in this *teaching* trip. Please pray that God will fulfill all His plans and purposes for our small team, and for the Mongolian teachers we will befriend. We must teach well to earn credibility. We understand that the teachers start asking questions about faith toward the end of classes. Pray that God helps us be good listeners and to give clear answers that reflect God's warmth and His love.

I will be responsible for my airfare, baggage, daily living expense and visa. But given the challenges of our teaching tasks, I am requesting that I be *sent out* as CHPC's representative undergirded with prayer and financial support. I would be most grateful. To God be the Glory! Questions? Please see me on Sundays at CHPC.



TRAVEL WITH ME TO ULAANBAATAR the Land of Genghis Khan, Yurts & English Classes

BY CINDY CARLSON

Imagine endless grassland stretching as far as the eye can see and undulating sand dunes and camel caravans against a backdrop of rugged mountain peaks. This is the beauty of Mongolia's landscape. Sandwiched between Russia (Siberia) and China, it is twice the size of Texas and bigger than Alaska. As a geography geek, I can't wait to explore this land of Genghis Khan and the Mongols.



I am a professional teacher of English as a second language. I have experience overseas and locally. Several months

ago God surprised me by presenting a summer teaching opportunity in Ulaanbaatar, the capital of Mongolia. A teammate and I will teach public speaking to Mongolian high school teachers. Our students will use English as they prepare and deliver an impromptu speech, learn various evaluation tools, conduct a personal inter-

view, and deliver a lesson using the interactive methodology taught during the course. There will be a judged competition at the end of the three week session. What a privilege for service and an opportunity to witness to the glory of God!

Mongolia has a rich history—in the 13th Century as the home base of Genghis Khan, who had the largest land empire in the history of the world; and as the center of ascetic Buddhism in the 18th Century. Under Soviet control in the 20th Century, Mongolia experienced religious purges that opened the door to other faiths. Today, the Christian church while small is growing in Mongolia. I am grateful for contacts with fellow believers so I can learn how God is moving. I would like to get to know my brothers and sisters in the faith.

Following our public speaking course in Ulaanbaatar, I hope to explore the culture of the grasslands by attending the "Naadam Festival"—a 4-day

Living Hope Is Just That!

JEANNE SCHNEIDER, DIRECTOR OF LIVING HOPE COUNSELING SERVICES

BOUNDLESS WORKSHOP: PARENTING ON PURPOSE

Living Hope Counseling Services is delighted to join the 3rd annual *Boundless Workshop: Parenting on Purpose* at CHPC. Family Ministry Director Nikki McKenna has brought together a caring and knowledgeable team to support parents, grandparents, teachers, mentors, and anyone who pours love into the lives of children.

Jeanne Schneider, director of Living Hope, will guide participants in exploring how to put values into action while staying grounded and regulated along the way. She'll be joined by Michael Strong from the Socratic Experience and Sherry Martz from Brain Balance, each offering meaningful tools and insights to enrich your parenting journey.

This workshop is open to the entire community, and we warmly encourage you to invite others, come as you are, and learn alongside us as we nurture the children in our families and neighborhoods—helping them flourish in body, mind, and spirit. Spanish-speaking families will also be supported throughout the event.

Event Details Saturday, February 14, 2026 | 9:00 AM – 1:15 PM Light breakfast & lunch provided Free childcare (ages 6 months–12 years) Registration required by February 11 at chpc.org/boundless

SPRING GROUPS AT LIVING HOPE

This spring, Living Hope is offering several groups designed to encourage growth, healing, and connection. All groups are led by licensed counselors or counselor trainees. To learn more or register, visit www.livinghopecs.com/groups or call 513 371 5135.

TO BE TOLD

An 8 week group study based on Dan Allender's book, *To Be Told*. Together, we'll explore the stories of our lives—recognizing the themes God has woven through both joy and hardship—and discover how they can shape our future with purpose. **For young adults ages 22+.** **Tuesdays, March 3–April 21 | 7:00–8:30 PM** Cost: \$80 (includes book; subsidies and scholarships opportunities).

ALTOGETHER YOU: PERSONAL & SPIRITUAL TRANSFORMATION WITH IFS

If you feel stuck in patterns of emotion

or behavior, this small therapy group offers a gentle, spiritually grounded space to understand your inner parts and experience meaningful transformation. Building on concepts Jeanne Schneider introduced in last year's sermon, Jeanne and counseling interns will guide participants through an **8 week journey toward clarity and freedom.** **Thursdays, March 12–May 14 | 6:00–7:30 PM (No group April 2 & 9) Cost: \$225** (Subsidies and scholarships available)

GRIEF MOVEMENT

This compassionate, body-centered approach to grief invites participants to use movement, breath, and sound to support emotional healing. All practices can be done from a chair, making the group accessible to everyone. **Come as you are—and feel free to bring a friend.** **1st & 3rd Wednesdays, April 1–June 3 11:00–11:30 AM Free of charge.** Donations to Living Hope are welcome.

If you or someone you know could benefit from exceptional, faith-integrated counseling, Living Hope is here to walk alongside individuals, couples, and families with compassion and evidence-based care.

THE NEED FOR COUNSELING CONTINUES TO GROW

and we invite you to partner with us in making these services accessible to all. Financial gifts help provide support for those who otherwise could not afford care.

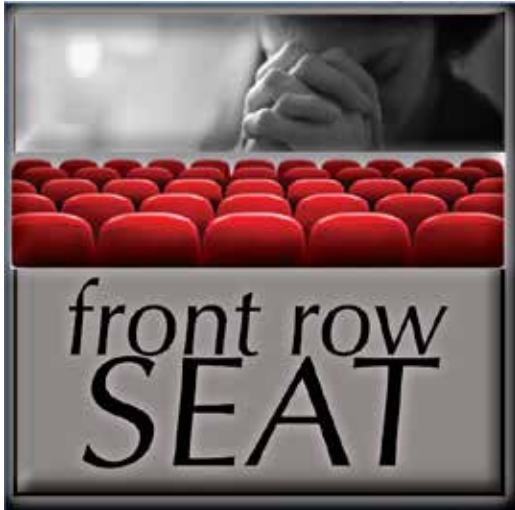
To contribute, visit livinghopecs.com/submitdonations or mail a check to: Living Hope Counseling Services, 5742 Hamilton Ave Cincinnati, OH 45224.

We also welcome your prayers for our clients—that each one may experience the deep and restorative healing Jesus Christ offers.

2026 IS THE YEAR FOR A CHPC MISSION TRIP TO KENYA, AFRICA

CHPC Pastor Samuel Mock and his wife Liz will be leading this trip as they did last year's to Honduras. The DATES are JUNE 10-20. WATCH FOR MORE INFORMATION in the March *Bell Tower News*, at CHPC Outreach Team Gatherings and at chpc.org.





4TH IN A SERIES

By Christy Roediger, Session Elder

Christy Roediger retired from a corporate career in Human Resources (HR). She 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 trained to be a hospital chaplain. Share in the drama and opportunities for ministry she experiences—the joys, losses, laughter, and “prayer lessons” that reveal God’s love and faithfulness to all generations at all times.

God is able to [carry out His purpose and] do superabundantly more than all that we dare ask or think [infinitely beyond our greatest prayers, hopes or dreams], according to His power that is at work within us. Ephesians 3:20 (Amplified)

Visiting patients in the hospital brings a smorgasbord of personalities, conditions and circumstances. Seeing what’s on the other side of the door is an adventure, and the wide spectrum of how God works is continually amazing. Recently I met a patient who was in an intensive care unit and as I talked with him it became apparent that he probably had some developmental challenges and needed some assistance with

basic life tasks. He had a visitor who I assumed was his daughter, but God had something more to show me. His visitor was simply a friend from the small town where they lived who took it upon herself to help him. The patient was actually sort of homeless – yet he had a place to live because a man who owned a gas station in their little town gave him the “back room” for a home. He had a refrigerator, a bed and a TV – what more could anyone need? This community just rallied together to provide for this man. The woman visiting him has her own busy home and family but makes time for this man, manages his medical appointments and helps him manage his finances. She had traveled at least an hour to visit him the day we met, and said she came at least every other day while he was in hospital. She was making sure this man was cared for was something she could do, she could fit that into her own responsibilities — her faith in action. God making a way for a lamb through His flock.

Next I met a woman who had had her larynx removed due to a nasty malignant condition. She no longer had the mechanism to speak, but God gave her the gift of speech. We spoke. Her voice was quiet, but she was able to communicate with me very clearly. She said that when she had gotten sick her grandson



had been upset that his own children wouldn’t get to hear his precious grandmother’s whispers – something that had blessed him in his own childhood. This grandson had been raised in Christian faith but had strayed away from God as he grew up. When he saw how God had met and blessed his grandmother – granting her speech when doctors told her she would lose the ability to speak—he came back to God in praise and thanksgiving. This woman now was able to whisper her love to her great grandchildren and remained a beautiful blessing to her family.

God does more than we expect – and so often He comes in ways that are very different from what we see. Let’s pray that He opens our eyes and hearts, so we catch a glimpse of His movement all around us every day. He is indeed worthy of praise and walking with him is the greatest adventure of all.



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. Open to the community. “A great place to go and unwind.”

Valentine—Who You Are Because of God's Great Love in Christ.

(CONTINUED FROM THE FRONT COVER)

The Word of God Says: I am reconciled to God—2 Cor. 5:18

I am overtaken with blessings—Deut. 28:2

I am healed by the wounds of Jesus—I Peter 2:24

I am in the world as He is in heaven—I John 4:17

I am a fellow citizen with the saints of the household of God—Eph. 2:19

I am sealed with the promise of the Holy Spirit—Eph. 1:13

I am complete in Christ—Col. 2:10

I am the apple of my Father's eye—Ps. 17:8

I am free from condemnation—Rom. 8:1

I am the righteousness of God through Jesus Christ—2 Cor. 5:21

I am chosen—I Thess. 1:4

I am firmly rooted, built up, strengthened in the faith and overflowing with thankfulness—Col. 2:7

I am a disciple of Christ because I have love for others—John 13:34-35

I am built on the foundations of the apostles and prophets, with Christ Jesus Himself as the chief cornerstone—Eph. 2:20

I am a partaker of His divine nature—2 Peter 1:4

I am God's workmanship, created in Christ Jesus for good works—Eph. 2:10

I am being changed into His image—Phil. 1:6

I am one in Christ! Hallelujah!—Jn. 17:21-23

I have all my needs met by God according to his glorious riches in Christ Jesus—Phil. 4:19

I have the mind of Christ—I Cor. 2:16

I have everlasting life—John 6:47

I have a guaranteed inheritance—Eph. 1:14

I have abundant life—I John 10:10

I have overcome the world—I John 5:4

I have the peace of God which passes understanding—Phil. 4:7

I have access to the Father by one Spirit—Eph. 2:18

I have received the power of the Holy Spirit: power to lay hands on the sick and see them recover; power to cast out demons; power over all the power of the enemy—Mark 16:17

I can do all things through Jesus Christ—who strengthens me.—Phil 4:13

I walk in Christ Jesus—Colossians 2:6

I possess the Greater One in me because greater is He in me than he who is in the world—I John. 4:4

I press toward the goal for the prize of the high calling of God—Phil. 3:14

I live by the law of the Holy Spirit—Rom. 8:2

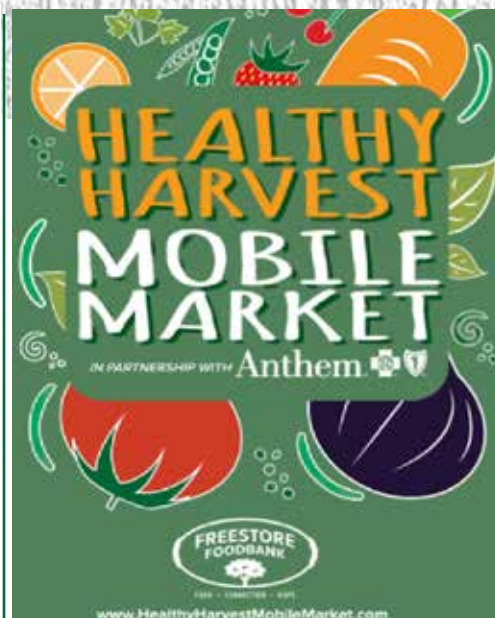
I know God's voice—John 10:14

I show forth His praise—I Peter 2:9

I always triumph in Christ! —2 Cor. 2:14

CHRIST IS IN ME THE HOPE OF GLORY—Colossians 1:27

Based, with permission, on original work



**CHPC PARKING LOT, 10-11 AM
Monday, February 9 and 23**

Healthy Harvest Mobile Market is working to make it easier for us and our neighbors to access fresh, healthy, and affordable food. The mobile van comes stocked with a full selection of produce and other healthy foods. TRY IT!

by Anthem Health Care and Freestore



Special guest Christy Samad of the Cincinnati Center City Development Corp. (3CDC) a private, non-profit real estate developer formed in 2003 to revitalize downtown Cincinnati will share insights on what's happening downtown. All are welcome - come reconnect, enjoy lunch, bring a friend, and enjoy a fun afternoon together!

Growing stronger marriages at CHPC

The Marriage School

Growing Better Together



Learn more by visiting our website at themarriageschool.net

Wednesdays 6:30-8:30pm beginning September

JANUARY 14 TO APRIL 29, 2026

The Marriage School offers skills-based classes full of real people overcoming real problems with real solutions. We offer 3 semesters per year, all of which include free childcare. *Because the 14 lessons stand alone, couples can start on any week.*

FAST FACTS

1. The Marriage School offers trusted Christian marriage support for as long as you need it.
2. While we request a donation, we believe that money should never be an obstacle to a healthy marriage. So we offer financial assistance.
3. Couples or individual spouses can start any week on any topic.
4. Free childcare is offered at every in-person class.

Register Now — CHPC.org/Events

SEMESTER TOPICS

1. Respect
2. The Blame Game
3. Understanding Expectations
4. Power Struggle

5. Control
6. Listening
7. Personality Differences
8. Childhood
9. Anger
10. Speaking the Truth
11. Conflict Resolution
12. The Hurt Spiral
13. Forgiveness
14. Rebuilding Trust



Daniel & Rachel Sachs,
President & Executive Director
The Marriage School, Inc.
admin@themarriageschool.net
(513) 223-2545
<https://themarriageschool.net>



COOKING UP THE TASTE OF HONEY

Saturday, Feb. 21, 9AM-1PM
CHPC KITCHEN—BRING YOUR APRON



PHOTOS FROM THE "TASTE OF HONEY" 2025




Learn the secrets of cooking "soul food" on Saturday. Enjoy eating the food after worship on Sunday. Watch for art and events for adults and youth. The 2026 them song is "Swing Low, Sweet Chariot" a song with many meanings and uses. Together, our foods and our spirituals remind us that African American history is not just a story of struggle, but a testimony of creativity, faith, and enduring hope—passed down, shared, and remembered at the table and along life's journey.

WOMEN'S TUESDAY BIBLE STUDY

INVITE A FRIEND AND COME TRY the Women's Tuesday Bible Study (continuing Feb 3 to March 3, 2026). It's guided by the book "Matchless" authored by Angie Smith.

QUESTIONS? Susan Koch (513) 673-3029 or frogtown54@gmail.com

REGISTER: CHPC.ORG/TUESDAY



Join us for this 5-session Bible Study!

Tuesdays 9:30 - 11am

FEB. 3 TO MARCH 3.

register: @chpc.org/tuesday
*child care available



BY CHRISTY ROEDIGER, ELDER

"Jesus, show us how to pray..." that's what the people who lived and traveled with Jesus asked. The people who knew Jesus in the flesh and saw him feed thousands from a picnic basket and experienced his mercy when he touched a leper asked Jesus to teach them how to pray.

"One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, 'Lord, teach us to pray, just as John taught his disciples.' [Jesus] said to them, 'When you pray, say: Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.'"

Luke 11:1-4 (NIV)

So, give it a try. Pray the model that Jesus provided. Father, guide us as we lean into prayer. Align our prayer with your Spirit and Your heart for us. Cause us to dive deeper into Yourself as we practice praying the way Jesus invites. Be glorified in our prayer in Jesus. AMEN

Looking for great sermons? go to CHPC.org/sermons

More Bob Sjogren?

GO TO YOUTUBE.COM. SEARCH FOR BOB'S NAME. YOU'LL FIND CAT & DOG THEOLOGY, MATURING THE BRIDE (THE CHURCH), AND MORE.

February is American Heart Month, and it is a powerful reminder for all of us to take care of our hearts and the hearts of those we love. Heart disease remains the leading cause of death in the United States, and symptoms can appear differently in men and women, sometimes in subtle ways that are easy to overlook. By learning these signs, we can all strengthen our ability to act quickly when moments matter.



Adult & Pediatric

First Aid and CPR / AED certification in 4 hours one Saturday.

2026 Options: 12-4 PM
SAT. Jan. 17, Feb. 28, Mar. 14, April 18, May 16, June 13, July 11 or Aug. 22.

REGISTER
[www. CHPC.ORG/CPR](http://www.chpc.org/cpr)

DONATIONS RECEIVED BENEFIT THE CHILDREN'S MINISTRY



A SERVICE TO THE COMMUNITY held at College Hill Presbyterian Church, 5742 Hamilton Ave., Cincinnati, OH 45224



COLLEGE HILL
PRESBYTERIAN CHURCH



BY PASTOR DREW SMITH

God has made us part of His team to participate in His wondrous work to rescue all of creation. God saves us so that we can contribute to what the Spirit is doing today in our world. He has called us to be contributing members of the team. Yes, we may be surprised and even reluctant, but God will get it done even through resistant and shocked people—like Esther and Jonah.

February 1—“For Such a Time as This”—Esther 3,4

Esther faces the reality of spiritual opposition, the temptation to self-protect, and a call to risky obedience. We can face the same in our lives. In what ways are you called to fast, pray, and work closely with one another to fulfill God’s beautiful plan?

February 8—“Courage at the King’s Door”—Esther 5,6

Esther decides to approach the king uninvited with her famous resolve, “If I perish, I perish.” Her courage and humility significantly change the trajectory of the story. Let’s celebrate God’s powerful presence in the little things done with great love.

Feb 15—“The Great Reversal”—Esther 7,8,9

In the end Haman is judged, the Jews are rescued, and the people establish the feast of Purim to remember God’s deliverance. God’s justice, mercy, and covenant faithfulness all converge as the threatened people become a rejoicing people. Let us rejoice in God’s salvation in Christ from sin, death, and every enemy.

Lent Begins —Ash Wednesday Service Feb. 18, 7 PM
Sermon Series – Prayer: Talking with God Through the Seasons of the Soul

February 22 – “Praise: From Whom ALL Blessings Flow”

Celebrate ALL the good God gives to us!



BY ROSA BRINKMAN, ELDER

Much of human history is a history of eating and taste. Across time and cultures, food preparation has served not only as nourishment for the body but also as a profound expression of identity, memory, and survival. As we enter Black History Month, we invite you to take a closer look at the history of taste and the deep, enduring legacy of African American food traditions—stories carried not only on the tongue, but in the soul.

African American food is *American food*. Forged through generations of enslavement, endurance, creativity, and cultural reclamation, what we now call soul food is rooted in West and Central African traditions and shaped by centuries of resilience. African Americans have not simply contributed to American cuisine; they have laid its foundation. From plantation fields to church kitchens, from family tables to communal gatherings, these foodways tell stories of survival, resistance, and love. Likewise, African immigrants across the globe continue to bring their culinary traditions with them, weaving new threads into a global tapestry of flavor, faith, memory, and identity.

Food is often called a universal love language, and within the African American community, this love runs especially deep. It reflects the desire to nourish others, to gather together, to honor ancestors, and to create abundance even when resources are scarce. Dishes such as collard greens, black-eyed peas, and rice carry centuries of history, symbolism, and survival. These foods have sustained bodies, anchored communities, and preserved culture long before written records could fully capture their meaning.

