

# The Bell Tower

August 2015

NEDERLAND COMMUNITY PRESBYTERIAN CHURCH

A Congregation of caring friends and neighbors . . . growing to live our motto: *open doors, open minds, open hearts*



NCPC . . . a Charter for Compassion Partner

## State of the Congregation Meeting

On 12 July after worship, the church gathered for a Congregational Meeting, to hear about what God is doing in the church, and make a few official actions. Congratulations to:

Sue Churches joins Michael O'Neill and Wes Stiefer on the Pastoral Relations Committee.

Marylou Harrison, Judy Hubbard, and Wes Stiefer were called to be the Nominating Committee.

## Challenge Grant

Our Nederland Community Presbyterian Church family, members and non-members alike, has been presented with a generous challenge:

With the intention of showing appreciation for Hansen as our pastor and as a concrete way to show how much we, as a congregation, value him and all he does not just in our church community but also in the greater mountain community, two of our church families have presented NCPC with an opportunity. These families have offered a combined gift of \$5,000 above their committed pledges, to be used as a match of 50 cents for each dollar that pledging congregants give above their committed pledges or, for non-pledging congregants, the amount they would typically place in the weekly collection plate. For example, if our church community contributed \$1,500 above normal pledged/collection plate amounts, these families would contribute \$750. If \$10,000 were raised, the maximum match of \$5,000 would be contributed. To simplify, for every dollar raised during this challenge, NCPC receives another 50 cents.

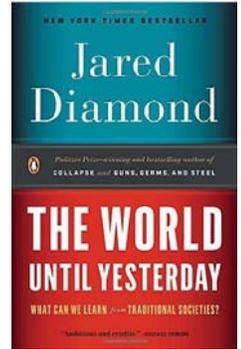
There are a few caveats:

- This opportunity has a defined time period. This offer is open until December 31 of this year.
- The money contributed to this matching opportunity is above

## Book Club

The Book Club will be reading Jared Diamond's *The World Until Yesterday*, starting on 11 August. Join us each Tuesday at 6:30 for good discussion!

The bestselling author of *Collapse* and *Guns, Germs and Steel* surveys the history of human societies to answer the question: *What can we learn from traditional societies that can make the world a better place for all of us?*



our committed pledges and above the amount we usually put in the collection plate if we don't pledge.

- The purpose of challenge is not to correct our anticipated budget shortfall. The session is working hard to achieve a balanced budget. Please understand that this matching grant opportunity is a way to show Hansen how important he is to this church and to show how serious we are about keeping him here.
- Anonymity surrounding this challenge is important to prevent awkward feelings or uncomfortable interactions, both for those participating as well as those not participating in the challenge. And we would never want to make Hansen feel awkward, either.

If you would like any more information or explanation regarding the challenge, please give me a call. My number is 303.258.3432.

Marylou Harrison  
NCPC Finance Elder

## August Birthdays!

7	Linda Bennett	24	Emily Haynes
9	Michael Rundle	24	Sierra Rae Tomlinson
15	Kristina Heller	28	Dean Rundle
22	Jaydene Morrison	30	Dennis Whalen
23	Julia Stadele	31	Tami Kochen

**STOP HUNGER COMMUNITY EVENT**  
*Let's Get Packing!*  
 WED. AUG 5th  
 5:30pm  
 at TEENS, Inc.

**CALLING ALL COMMUNITY MEMBERS WHO WANT TO STOP HUNGER NOW!**

*What are you doing Wednesday evening - August 5th?*

For just a few hours we will be working side by side as a community packing food to be shipped to those in need!

Thanks to the collaborative efforts of TEENS, Inc., the Nederland Community Presbyterian Church and Peak to Peak Rotary Club - we have the ingredients to put together to package 10,000 meals and need your help.

*Join Us!*

Let's get families, kids of all ages and abilities to gather to make this happen!

**When:** Wed. Aug. 5th - 5:30 pm

**Where:** TEENS, Inc.

**What:** Working together to make a difference!

\* We will cook actual meals to taste what we will be packaging!

\* One of the teens has volunteered to create beautiful hennas for us.

\* Bring your favorite instrument, a guitar or your voice.

Info: sue@teensinc.org

## Treasurer's Report

For 2015 through 06/30/15:

**Budgeted Income \$36,350**

**Actual Income \$34,528**

**Budgeted Expenses \$49,272**

**Actual Expenses \$50,675**

## New Directory Photos

Violet and Rich are arranging to have photos taken by a professional photographer. Check the Sunday bulletin for the date once it is set - most likely before and/or after worship - soon before our seasonal folks take flight before the snow arrives. (Some say earlier than last year because of the little boy - el Niño - in the Pacific Ocean)

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## Mission

The Nederland Food Pantry has finally received the first of the two parts of the Emergency Food and Shelter Program (EFSP) grant from United Way. This was delayed for a variety of reasons, including a change in leadership at United Way. This money allows the Food Pantry to purchase various items for our clients that are not available from the Boulder County Community Food Share such as cleaning supplies, toiletries, and high protein food.

Community Food Share is seeking to increase its outreach to the Nederland area, perhaps by delivering food to home bound individuals and families. The Food Pantry is working with Community Food Share to identify the best approach for this increased service to our community.

The Emergency Family Assistance Association (EFFA) of Boulder County has made some adjustments to their budget and will now be able to provide an EFFA person in the Nederland area for several hours per month. Prior to this people seeking assistance had to travel down to the EFFA office, which was a difficult trip for many of those needing help.

Currently Nederland has no public showers available. To help the campers who spend the Summer in the Nederland area, the Food Pantry has purchased

several Solar Showers for use by these folks. Since these have been made available it's been noted that the campers are generally cleaner, which is better for their health and for those working with the campers.

Finally, the Food Pantry meets with the Inter Mountain Alliance (IMA) when possible to better coordinate delivery of food and other needed items to the under served in the mountain communities of Boulder County. The IMA is an award winning group of representatives from most all the Mountain communities that meets monthly to discuss issues and share ideas around the items that impact the membership. The primary focus is on disaster response and preparedness, but many other items have been discussed, allowing all the members to learn from each other in a collaborative and supportive environment. The Nederland Food Pantry's participation has helped us to learn from and provide support for the other food pantries such as sharing food items when we have an abundance of some items, or passing on good working appliances when the Nederland Food Pantry is able to find the means to obtain higher quality, commercial grade appliances.

Dennis Whalen  
Home: 303-642-1435  
Mobile: 303-862-1501

**SUMMER SOCKS AND SANDWICHES** has been awesome thus far! Through July we've seen over 95 folks experiencing homelessness, including three families camping with children. The vibe has been so peaceful, with so many great volunteers.

Stop by any Thursday at noon in the Guyer Garden to share a sandwich and offer kindness to some of our neighbors in need.

### Youth Group

Our next 'regular' time to hang out is 17 August, 3-6ish pm. We're going to hang onto summer with a Pool Party at the Gilpin Rec Center! Free for youth and any friends you drag along! And there might even be a birthday cake for the church building, which turns 100 years old that very week!

**MAKE SURE TO TELL HANSEN** if you want to come, so we can arrange enough seat belts.

**Men's Group** meets the third Sunday of each month at 4 pm. All men are welcome, whether you want to share a beer or help plan our next outreach project. This month it's 19 July at Salto.

### Coffee and Conversation

Every Thursday, 9 am, at *The Train Cars* back room, everyone is invited for coffee and conversation about life, faith, church and everything in between.

### CWS: OUR VISION REVISED

— JUSTINE IRWIN

At our regular meeting on July 14 with 6 members present, we revised our mission as an ecumenical community service organization to meet changing needs. We will keep our name, Christian Women in Service. However, we adopted a new more realistic meeting schedule as follows:

December...pot luck luncheon at the church. Pack nuts and candy for the community Christmas boxes and address and mail Christmas cards to long time members or friends who need comfort.

January on the last Tuesday, meet to make and address Valentines for the love notes from Loveland project. Bring a sack lunch.

No meetings in February, March, or April our stormiest weather months.

June, July meet at the church on the second Tuesday of the month to welcome summer members and to fill community needs as requested.

August meet on the second Tuesday at a member's home for our annual summer/winter potluck luncheon.

We determined we need to promote ourselves more widely in the community through public presentations about what we have done in the past and to gather ideas for new service projects to be funded, not by major fund drives but by a system of NO BAKE SALES fund collections at our meetings as needed. We will continue a our regular penny fund collection at each meeting in place of dues. Because our budget will

currently allow it ,we voted to continue to provide foot care for seniors in need and to continue the candy and nuts donation to the community Christmas baskets. We are continually looking for new community service projects as Christian outreach to those in special need. Our regular Bible study ,chapter by chapter ,will continue as we close our meetings with tea and cookies.



Vacation Bible School leaders from Highlands Camp enjoying an after dinner jam session at the Harrison's home with Luke.

## SWITCH THE LENS

“Most of us are conditioned to worry and complain. Fretting sometimes feels like a tax we have to pay to remain relatively safe and sound – and our bodies play along, converting stress into pain.

“Think positive” may sound hollow, but the health benefits of looking on the bright side are massive. If you’re reading this book, you probably have all the basics – shelter, food, water, a community of people who care about you.

“So next time you find yourself indulging in the habit of negative thinking (“I hate this traffic,” “I’ll never get out of this job,” “Why can’t I meet someone already?”), **reframe your thinking – find a silver lining or focus on something you’re grateful for.**

“When you switch the lens and heal your mind of negativity, it actually helps heal your body of exhaustion, aches, and pains.” (Source: *The New Health Rules – Simple Changes to Achieve Whole-Body Wellness*; Frank Lipman, M.D. & Danielle Claro, p. 158)

### Doing Compassion



“Remember the pianist who said that if he did not practice every day he would know, if he did not practice for two days, the critics would know, after three days, his audience would know.”

Preface to *Zen in the Art of Writing*  
Ray Bradbury

### Bluegrass Camp

For the second year in a row, this past June, the *Pickin’ in the Peaks Family Bluegrass Camp* found a home in your awesome facility. We had vocal harmonies in the halls, families writing songs together in your sanctuary, kids of all ages picking banjos and mandolins in your Sunday School rooms and fiddles galore in your picnic areas, playground and every room in between.

We are grateful beyond measure for the perfect space to hold this once in a lifetime opportunity for many of our kids and adults. We gave out 2 scholarships courtesy of an anonymous member of your congregation (one of which literally “saved her middle school social life” says grandma). We had 5 more kids on scholarships generously donated to a wonderful group of kids who really

## COMPASSION... is our business

**EACH MONTH I LIKE TO THROW IN** something which may help stimulate some thoughts about compassion; What is it? How does one practice it? Is it something one does for others, or do we need to learn self-compassion too?

This month’s examples, below and on the left,

### Celebrate Who and What You Are

There’s always a tendency in each of us to question ourselves when we consider our supposed foibles, but the following folk tale from Sacinandana Swami shines a different light on how we may choose to embrace our sense of worth.

*A water bearer in India had two large pots, each hung on one end of the pole he carried across the back of his neck. One of the pots had a crack in it, and while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream, the cracked pot arrived only half full. This went on every day for two years, with the bearer delivering only one and a half pots of water to his master’s house.*

*Of course, the perfect pot was proud of its accomplishment and saw itself as perfectly suited for the purpose for which it was made. But the poor cracked pot was ashamed of its imperfection and miserable that it was able to accomplish only half of what it had been made to do. After two years of what it perceived as bitter failure, it spoke to the water bearer one day by the stream. “I am ashamed of myself and I want to apologize to you.”*

*“Why?” asked the bearer. “What are you ashamed of?”*

thrive on music and do much to bring it back to the community.

As the director, it is half an act of service and half the joy of calling music education my career that allows for these kinds of large scale events that help kids and adults alike mine a love of music that can stay with them for the rest of their lives. I know that it did mine.

Thank you Nederland Community Presbyterian for “paying it forward” and helping us do the same. You have a great facility with tremendous positive energy and we are grateful to you beyond measure for sharing it with us!

– Annie Savage and the staff & campers of *Pickin’ in the Peaks*.

are from medical doctors, one from the website of a renowned and well published neurologist and the other from a book written by functional medicine practitioner.

Both are influencing change in conventional medical practice; helping folks understand how to take charge of their health. Check out their work. Might change your game too. – Gary Ennor

*“For the past two years, I have been able to deliver only half my load because this crack in my side causes water to leak out all the way back to your master’s house. Because of my flaws you have to work without getting the full value of your efforts,” the pot said.*

*The water bearer felt sorry for the old cracked pot, and out of compassion he said, “As we return to the master’s house, I want you to notice the beautiful flowers along the path.” Indeed, as they went up the hill, the old cracked pot took notice of the sun warming the wildflowers on the side of the path. The pot felt cheered.*

*But at the end of the trail, the pot still felt bad because it had leaked out half its load, and again it apologized for its failure. The bearer said to the pot, “Did you notice that there were flowers only on your side of your path, but not on the other pot’s side? That’s because I knew about your flaw and took advantage of it. I planted flower seeds on your side of the path, and every day while we walk back from the stream, you’ve watered them for me. For two years I have been able to pick these beautiful flowers to decorate my master’s table. If you were not just the way you are, he would not have such beauty to grace his house.”*

(Source: <http://www.drperlmutter.com/>)



### August Anniversaries

- 2 Larry and Lynn James
- 4 Dean and Janice Rundle
- 5 Carolyn Armstrong – Mark Moll

**Do you have questions or comments about NCPC?**

In the Presbyterian denomination, the ministry of administration for each congregation is handled by its Session of Elders (like a spiritual Board of Trustees), and the ministry of compassion is directed by the Deacons.

**Here are your church leaders and staff:**

Clerk of Session, Nancy Lynd

Elder for Finance, Marylou Harrison

Elder for Worship, Emily Haynes

Elder for Fellowship, Claudia O'Neill

Elder for Property, Jim Reis

Elder for Mission, Dennis Whalen

Deacon, David Ford

Deacon, Katie Haynes

Deacon, Kathleen Henningsen

Deacon, Bette Ventrella

Treasurer, Wes Stiefer

Piano, Daniel Herman

Childcare, Pam North

Sexton, John Callahan

Pastor, Rev Hansen Wendlandt

**In our Prayers**

Please keep the folks and circumstances noted below in your daily thoughts and prayers.



Violet Aandres and Rich Deubel; Judy Anderson; Elizabeth Azcarate; Delores Cieloha; Gail Eddy's mother; Rev Gibney's brother; Linda Jones; David Lynd; Chuck Miller; Anastasia and family; Karen Moss; Miles Pancoast and family; Rhonda Skeie and her brother, Steve Holland; Gail and David Skinner; Mike Smith; love and consideration within the church and denomination; for those serving in the military; for all the churches involved in Rocky Mountain Mission; for all who have been touched by Charleston



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