

The Bell Tower

NEDERLAND COMMUNITY PRESBYTERIAN CHURCH

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

FEBRUARY 2016

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Treasurer's Report

Fiscal 2015 (through 12/31/15)

Income \$88,954

Budgeted Income \$72,700

Expenses \$105,616

Budgeted Expenses \$99,544

In December the Deacon's Fund received \$1,839.83 in Christmas Eve offerings and other gifts. The fund starts 2016 with a balance of \$2,161.37 for the needs of folks in the community. Thanks to all who made this available.

Sunday School

Sunday school has started back up! It's been full of kids, with fun activities, a very welcome room, and great teachers!

If you have a youngster anywhere between pre-K and 6th grade, bring them along at 9 am. If you might be willing to serve as a backup teacher once in a while, talk to Aimee Tomlinson.

Childcare during worship remains with Ms. Pam, for toddlers through 4th grade.

(By the way, if you are a parent, and don't know what to do while your kiddo is learning about their story with God, might we suggest Choir, or help with fellowship, or go have a coffee and conversation with some other parents. Sooner or later, we might even have an adult Bible study on Sunday mornings; if that might appeal to you, talk to Hansen.)

The cultivation of compassion is no longer a luxury, but a necessity, if our species is to survive. — Dalai Lama

It is our hope that this protocol (CCT) can be a small contribution to this effort — CCARE [see page 3]

Coffee and Conversation

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

Worship in 2016

Through the New Year thus far, we've been in a worship series called *All Mixed Up*. Our lives can seem all mixed up. Our faith is often confusing. Our relationships are in flux. Our sense of good and bad in the world shifts all over the place.

Why does prayer seem to help one time, and appear unanswered the next? How do we get along when our community is all mixed up in each other's way? How do we meet God or grow at all, if our journey isn't obvious or straightforward?

The various sanctuary arrangements have, hopefully, helped us think about those sorts of questions and ideas. At the worst, it has made some people uncomfortable. At the least, it has forced all of us to experience worship with a new perspective. At the best, your soul may have had some 'aha' moments.

However it felt to you during January, do know that starting on 14 February, we'll be back to the normal order. ("Praise God!") That is the first Sunday of Lent, the season of penitent growth that helps us prepare for Easter and new life.

Men's Group

We meet the third Sunday of each month at 4 p.m.

This month, we're hitting up Salto on 21 Feb.

Hansen's Lenten Devotional

— Hansen

Disclaimer: I was asked by a colleague in Nebraska, to write one article for their Lenten Devotional. This is approximately what I sent, snarky and sweet

What I **don't** like about Lent: hollow chocolate bunnies, saccharine art on church bulletin covers, and the fact that football season is over. Seriously, this year we almost made it, with only three days between the Super Bowl and Ash Wednesday. Why can't we have head ashes with helmet crashes? (sigh) I guess I'll learn to settle into my self-denial, like all the rest of the people who give up something they love.

What I **like** about Lent: intimate Maundy Thursday worship where we can eat and sing together, the liturgical colors that change a sanctuary from purple and black to white and gold, and kids at a Palm Sunday processional. You wouldn't think I would like kids at a Palm Sunday processional, if you knew anything about me, but you don't really know much about me. I'm a complicated man.

And, really, if you avert your eyes from the confused looks on children who are waving green leaves for no reason they can discern, you can watch parents making even funnier faces to encourage them to participate. And I *love* parents who want their kids to participate, especially participate at church.

What I **don't like** about Lent: the idea of 'fasting' from meat by eating fish on Fridays. Come on, it's not fooling anyone, especially the vegetarians. It's not a fast; it's a substitution, and a weak one at that.

Lapsed Catholics, I know you can do better! If you can give up the pomp and procedure of high mass to worship at a place like this, surely you can give up meat for a season!

Or, maybe even better for some of us, what if we pledged to cook new things, and paused to eat with our families, and gave thanks for the whole process of your food production, and were a little more aware of how your simple actions can have striking impacts on the world?

What I **like** about Lent: really creative Lenten practices, except on Facebook, where my Pastor friends can be just relentless with their 40 days of avant-garde pictures of grace or joy or courage. Ack! That's worse than organ music... But when someone is thoughtful and sincere, and adds some meaningful practice into their life, rather than simply giving up [Continued on page 2]

mustard or video games, that's fantastic. Even if you aren't creative, just pledge to read some Bible every day for these six weeks, and you'll learn something about penitence, I'm sure of it.

What I **don't like** about Lent: Lenten devotionals. Seriously, I've never read one. I've even managed to get out of writing a piece like this for the last 15 years that I've worked at a church. But another Pastor asked me to write an entry for her church, so I did. (sigh, again)

Honestly, aren't we all more interested in eating a nice solid piece of chocolate every day of Advent? No? Well ok, I've been wrong before. So I'll consider those wrongs, and keep writing, just for you.

What I **like** about Lent: the message and point of it. "Look... and live." (Numbers 21:6) "Come, follow me..." (Matthew 4:19)

Let us prepare ourselves for new life, by taking real stock of our patterns, behaviors, and relationships, and let us find ways to rise up with God.

New Elders & Deacons

Congratulations and welcome to the new leaders at NCPC!

Aimee Tomlinson, new Elder for Christian Education, has been a Nederland resident for 12 years. She and her husband, Jeremy, have 2 daughters, Sierra (7) and Annabelle (4). Before having kids, Aimee was an Interior Designer specializing in commercial and multifamily residential architectural projects. Currently she enjoys being a stay at home mom and she is very involved volunteering at the Elementary School and as a local Girl Scout Brownie troop leader. She now adds Sunday School teacher to her resume.



Dean Rundle, new Elder for Worship, says "I'm blessed with my wife, Janice, of 42 years, daughter Amber of Denver and son Michael of Steamboat Springs and 3 grandkids in Denver. We've been in Nederland since 2003, and I attended NCPC off and on for a long time before

Every church, perhaps every worshipping community in the history of the world, has people who have *strong and very different feelings* about the music.

One person wants praise songs; another wants the good ol' hymns. Some care most about the message of a hymn; others about its melody or familiarity. While one person's favorite old hymn will spark great memories for some folks, another person's idea of a classic hymn is actually very foreign to most of the congregation.

What we can agree on (I hope), is that music is integral to worship, and that our music should reach as many people as we can, with hymns, anthems, Daniel's pieces, etc.

So, to help that process, we are going to set up a box at the back of the sanctuary, for you to write down *what songs you would like* for us to use in worship. There will also be slips of paper there for you to offer a Scripture passage you would appreciate our using.

Hansen already has a great list of over 130 songs that the congregation has named as familiar and favorites, through two series

joining last year—a life-long Methodist before that. I'm retired after 36 years with the U.S. Fish and Wildlife Service, having had a great career managing National Wildlife Refuges all over the country. I love to hunt and fish, camping and messing with the grandkids."

Kathleen Henningsen, new Elder for Fellowship, has a gift for hospitality! She says of herself, "I am a 64 year old, retired bilingual (English/Spanish) teacher. My

previous two NCPC positions have been as Fellowship Elder and Deacon. My passions are hiking, dancing, biking, back-country skiing, camping, t'ai chi, yoga, singing, and traveling. Spiritually, I believe that people in community reflect God's goodness."

Tricia Stiefer, new Deacon, describes her faith background thusly: "I grew up in a Christian home and attended many church related activities throughout my whole life. I dedicated my life to Christ at a young age and throughout my journey

of data gathering over the last few years. (We've used about 100 of those so far, some you would recognize immediately, some are very obscure but loved by someone.)

Along with that, I have a list of about 110 other songs that might be worth singing or learning. (We've used about 80 of those so far, including some real standards that weren't named in the surveys, like *All Creatures of Our God and King* or *Immortal, Invisible, God Only Wise*.) As well, I've retired about 25 songs that were on those two lists, but just didn't seem to work well.

When you put a slip of paper into the Worship Box, whether it's a song or a Scripture, one you want us to use more or one you haven't heard in a while, I want you to know that you are helping shape the ministry of this congregation. Your sense of the Spirit of God is absolutely valuable, and your comfort in the practice worship is very important.

So, please share your ideas, and trust that we can really work together to bring a blend of known and loved songs, alongside the new classics.



I have taken a few detours, and I know God is always there to help guide me. My father is/was a Deacon in the Baptist church and while watching him and the other Deacons help those in need inspired my love of helping others. Being a deacon is another way I can help others in need."

In our Prayers

Please keep these folks and circumstances in your daily thoughts and prayers: Violet Aandres and Rich Deubel; Judy Anderson; Anastasia and family; Delores Cieloha; Rev Gibney's brother; Janet Irwin; Linda Jones; Holly, Mikey and Miles Kreps; Kaitlyn Lammers; Chuck Miller; Karen Moss; Carol Nowak; Morggan O'Neill; Miles Pancoast and family; Torin Perret; The Family of Matt Shannon; Rhonda Skeie; Gail and David Skinner; Mike Smith; Keri Stiller; Pat Whalen; Love and consideration within the church and denomination; for those serving in the military.

Corner for Youth

A place for news, reports and updates on our church youth AND a place for our youth to let folks know what's happening, what's needed, your concerns. Let your VOICE be heard!!

Youth Group – The Youth Group religious diversity program has been a blast! We learned about Buddhism in January, Judaism in December, and upcoming we get to discover how some of our Native American neighbors understand and practice spirituality. Teenagers (or so), you can come to the fellowship hall on 7 Feb 11:45, for lunch and fun together, as we learn more about our diverse world. All young people in town are invited, but adults have to be patient, until maybe next year, to have their own series like this.

Also, one Wednesday a month, Youth Group gathers to figure out what makes their Christian heritage unique and meaningful. See you there on 24 Feb 6:30, with dinner!

Director of Music Ministries

SEARCH UPDATE – In January, the Session approved an advertisement for this position, and it was quickly posted around town and to the Boulder community. We have received a number of applications, and in early February, a search committee will meet with a few candidates.

If all goes well, we should someone in place during Lent, ready to lead the choir for great Easter music, and help Hansen and Daniel choose music that will inspire us all to a closer walk with God.



Learn how to train your mind to intentionally choose compassionate thoughts and actions and develop skills that help you relate to others—and yourself.

Compassion Cultivation Training (CCT) was developed at Stanford School of Medicine, the Center for Compassion and Altruism Research and Education (CCARE)

“A compassionate attitude can greatly reduce the distress people feel in difficult situations and can become a profound personal resource in times of stress.

Mission

FOOD PANTRY – Dennis Whalen

The Emergency Family Assistance Association (EFAA) has received a grant to partially fund a person to work in the mountain communities for approximately 11 hours/week to provide complete support for EFAA and Housing and Human Services. This person will travel among the mountain communities. The Food Pantry is providing some funding for this person. A job description will need to be prepared and then a hiring process completed. We hope to have this person start working within the next 30-60 days.

The Food Pantry is exploring options to assure that students that are involved with the Free Lunch program in the schools will also have food available during the summer months. We've not yet determined how this will be accomplished but we've several ideas and are working with the schools to find the optimal solution.

During December the Food Pantry was able to gather 1200 pounds of donated food from Trader Joe's in Boulder thanks

“Compassion Cultivation Training (CCT) is an 8-week educational program designed to help you improve your resilience and feel more connected to others—ultimately providing an overall sense of well-being.”

A research study showed that...CCT resulted in significant improvements in all three domains of compassion—compassion for others, receiving compassion from others, and self-compassion.

Another study noted that the findings suggest that compassion cultivation training effects cognitive and emotion factors that support psychological flexible and adaptive functioning. Amanda Mahoney, MA, a certified CCARE instructor from Ft. Collins teaches CCT in Boulder. The next series begins March 29.

Want to learn more? Ms. Mahoney speaks about CCT to the Rotary Club in Black Hawk on Thursday, February 18 at noon at the Isle Hotel-Casino. You're invited. Join us for lunch at 11:30 or come at noon.

For more information or to RSVP, contact Gary at ennorg@gmail.com (“Rotary: CCT” in the subject line) or call 303-258-1418.

to the willingness of some of the Food Pantry volunteers to pick up donated food on Sunday afternoons.

Thanks to Workforce Boulder County, a government organization that will fund internships for up to six months, the Food Pantry and others may be able to help interested individuals get career training, while also helping businesses get ‘free’ assistance.

Canyon Cares, an organization with small amounts of dollars to help people who have an immediate need, and an organization that the Food Pantry works closely with, has granted \$800 for back rent for one person in need, and \$200 for a truck repair for another. Canyon Cares is able to provide these grants thanks to individual donations and a larger grant from United Power.

During 2015 the Food Pantry served 78,000 pounds of food to 3447 people from 416 households. This was accomplished thanks to volunteers donating approximately 3659 hours, or slightly over 1 hour for every person served.

2 — Look at Your Own World

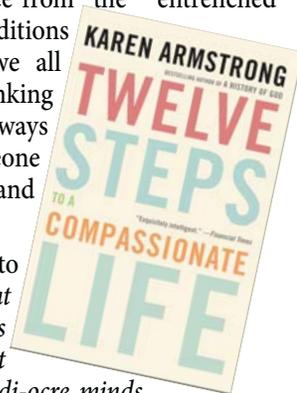
Great thinkers and spiritual leaders in our past were willing to make fundamental changes to the cultural traditions in which they were born. This willingness and direction was met with great resistance from the entrenched thinking and traditions of the time. As we all know, changing thinking and behavior is always easiest when someone else has to do it; and not us!

Einstein is reputed to have said that *great spirits have always encountered violent opposition from mediocre minds.*

Might this evoke the question, “Am I one of those mediocre minds?” Or perhaps more usefully, “As a great spirit *in training*, what thoughts and behaviors must I begin to adopt right now — today?”

“As we seek to create a more compassionate world,” this is the challenge that confronts us; right in our faces as a drill instructor at boot camp! We are just too resistant to meaningful

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February Birthdays

4 Erik Skeie	21 Judy Hubbard
6 Donna Collier	23 John Anderson
10 Bette Ventrella	23 Samantha Harrison
12 Gaylord Morrison	

February Anniversary

8 Ed and Eleanor Busch

Look at Your Own World – continued

change, or we'll wait until the tide turns before jumping on board. After all, *what would people say?*

Herein Armstrong sees the call for the heroine and the hero; an archetype and myth found worldwide in every culture as revealed by Joseph Campbell. These individuals perceive something is missing or a danger looming in the future of the people. They leave all that is familiar and safe, knowing they may die during the quest or upon return to their people.

And when the hero and heroine return to the people to share what they have learned or become—a living truth—if they are not run out of town or sacrificed, they may be little more than “a voice crying in the wilderness, ‘Make straight the way of the Lord.’”

Jesus, and Buddha before him, as well as Muhammad and Gandhi, all pursued

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, Dean Rundle
Elder for Fellowship, Kathleen Henningsen
Elder for Property, Jim Reis

Elder for Mission, Dennis Whalen
Elder for Christian Ed, Aimee Tomlinson
Deacon, David Ford
Deacon, Katie Haynes
Deacon, Tricia Stiefer
Deacon, Bette Ventrella
Treasurer, Wes Stiefer
Piano, Daniel Herman
Childcare, Pam North
Custodian John Callahan
Pastor, Rev Hansen Wendlandt

such quests. We must do likewise, at least contemplatively; go to the mountain or the wilderness and examine our community with compassion, noting its strengths as well as its weaknesses; assessing the possibilities and the access points for meaningful change.

Armstrong does not advocate the drill instructor approach to cultivating compassion. She suggests small initial steps—create a compassionate family as the Confucians taught—raise your young in a compassionate ethos.

When this is up and rolling, move the fence out and expand the “community.” It might be business which Armstrong notes is *often geared for efficiency rather than compassion.*

Be bold without being confronting. Be persistent without becoming dogmatic or a litmus tester. Be flexible without being a doormat.

Remain steadfast facing the enormity of a task no one person can shift overnight. But *shifts happen!* It is possible to change attitudes and behaviors—one person at a time—for example, many of us behave differently toward race and gender than we did twenty years ago.

Armstrong encourages us to *remember Xunzi's optimism and make it your own: every man or woman in the street can become a force for good in the world.*

Next month: #3 – *Compassion for Yourself*



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