January 2023

THE COURIER

A Monthly Publication of The Inter-Faith Chapel A House of Prayer for All People

From the desk of Rev. Dr. Woodie Rea

I recently had to replace the windshield in my car. The Safelite AutoGlass invoice informed me that my vehicle's windshield is four feet by thirty inches in dimension. In comparison, my rearview mirror inside my car is 9 inches by 2 inches. There's a reason for that difference in size. Cars are designed to be driven forward and drivers need a clear view of where they're headed.

It makes a big difference how much time we spend looking forward and how much time we spend looking backward. Rearview mirrors are important, but if we spend all of our time looking behind us, we are bound to miss things along the road in front of us.

Many people spend their days trying to steer their way through life while driving by their rearview mirrors. If we reflect only on what has been or could have been, we potentially miss out on the wonderful road of what is and what can be. In general, we need to spend more time looking through the windshield than we do looking in the rear view mirror.

Janus, the Roman goddess for whom January is named, is depicted as having two faces – one face looking back to the past and the other looking forward toward the future. It is a powerful image and many of us seem to be doing the same thing at this time of year – looking back on 2022, and looking ahead to 2023.

This past year brought about some significant changes and movements in my family's life. However, even as those transitions and passages are still fresh in our rearview mirror, we can also see the potential and possibilities of 2023. This is the hope of a new year! This is the perspective of faith!

What is visible in *your* rearview mirror from last year? What lies ahead for you and your family? What is in view when we look forward through The Inter-Faith Chapel's windshield?

God's intention is that we maintain a proper balance between looking back and looking ahead. Both are important. Let us consider these two aspects of living as we look back on 2022, and look ahead to 2023!

Looking back and looking forward. It is a formula for good driving and a recipe for engaged and meaningful living.

Looking forward to seeing you in 2023!

-Woodie

Upper Room — Devotional Books



January/February Upper Room issues are now available. Copies are placed in a basket outside our front doors.

You may pick up copies Monday through Friday from 9:00 am—3:00 pm.

Please also consider picking up a copy for a friend or neighbor who is not able to get out.

Affiliates and Friends Residing in Nursing Care Facilities

Each month, we encourage our members to wish a happy birthday to our affiliates and friends who live in nursing care facilities or group homes. Please send a card.



January 26 Glenna Jackson Grace House 3214 Norbeck Road #104 Silver Spring, MD 20906

Many Hands Make Light Work!

Each January, we must make time to take down the Christmas decorations.

Please come and help us on **Wednesday, January 4** starting at 10:00 am.

All are welcome and your help is appreciated!



IN MEMORIAM

Charles N. Mason, Jr. November 23, 2022

Josie Conover November 27, 2022

Arthur Taylor, Jr. December 9, 2022



A Prayer for the New Year

Heavenly Father, for this coming year
Just one request I bring.
I do not pray for

happiness or any earthly thing.

I do not ask to understand the way You lead me;

But this I ask, teach me to do the thing that pleases You.

I want to know Your guiding voice,
To walk with You each day.
Heavenly Father,
Make me swift to hear and ready to obey;
And thus the year I now begin
A happy year will be,
If I am seeking just to do
The thing that pleases You. Amen

Author unknown

A Prayer: In the Midst of Winter

by Cal Wick

Lord:

In the midst of Winter, when the days are cold and wind can pierce, remind us of the warmth of your love.

In the midst of Winter, when days are short, dawn comes late, and dusk arrives early, remind us that in the darkness your light still shines.

In the midst of Winter, when the flowers of spring still lie hidden in the earth, when leaves are off the trees, and the world can seem bleak, remind us that Easter is but a short time away.

And when in our lives, we feel as if we are experiencing a season of winter, reach out to us with the power of your resurrection so that we may feel the warmth of your love and see your light that alone can take away the darkness of our soul. Amen

Slate of Council Officers and Chairs To Serve on The Inter-Faith Chapel Council From January 2023 through December 2023

Council Chair	Elizabeth Brooks-Evans
Council Vice-Chair	Ralph Sheaffer
Council Secretary	Peggy Miles
Treasurer	Roman Czujko
Building & Grounds	Rick Kaiser
Finance	Maureen Harris
Inter-Faith Women	Ginger Samara
Membership	Maggi Lindley
Missions	
Music	Katherine Latterner
Outreach and Fellowship	Tyra Thompson
Pastor Affiliate Relations	•
Worship	<u>Heidi Bender</u>

Audit 2023 Calendar Year...Rose Banda, George Samara, Sue Williams Audit Committee members are not and may not be members of the Council.

Names in bold and underlined are new appointments

2023 Offering Envelopes

Offering envelopes for 2023 are available for pick up. The envelopes are in the Meditation Chapel and will be in the Narthex, after the Christmas season. You may pick your box up on Sunday morning or Monday – Friday from 9 am - 3 pm.

If you give by mailing your offering, dropping it off at The Chapel, or placing your gift in the offering plate, using envelopes makes the counting and tracking process more efficient and accurate.

Please call Bonnie at 301-598-5312 to request a box of envelopes if you have not used these in the past. The Sunday morning counters will thank you!

2022 Contribution Statements

Contribution statements will be mailed, no later than January 31, to everyone who contributed a total of \$250 or more to The Chapel in 2022.

If you do not receive a statement or have any questions about your statement, please call Bonnie at 301-598-5312 or email her at b.bonner@inter-faithchapel.org.



Remembering MLK: A Service of Jazz, Prayer, Poetry, and Proclamation Monday, January 16, 2023 @ 10:00 A.M.

In 1964, Martin Luther King, Jr. penned an essay concerning the significance of jazz. It remains as one of the most profound essays about jazz in modern times. He wrote:

God has wrought many things out of oppression.

He has endowed his creatures with the capacity to create and from this capacity has flowed the sweet songs of sorrow and joy that have allowed man to cope with his environment and many different situations.

Jazz speaks for life. The Blues tell the story of life's difficulties, and if you think for a moment, you will realize that they take the hardest realities of life and put them into music, only to come out with some new hope or sense of triumph.

This is triumphant music...Much of the power of our Freedom Movement in the United States has come from the music. It has strengthened us with its sweet rhythms when courage began to fail. It has calmed us with its rich harmonies when spirits were down.

To commemorate the legacy of Martin Luther King Jr., The Inter-Faith Chapel and The Leisure World Association for African American Culture present Remembering MLK: A Service of Jazz, Prayer, Poetry, and Proclamation on January 16, 2023. It will be held at The Inter-Faith Chapel at 10:00 A.M.

This worship service will feature music from the Paul Carr Quintet, guest organist Everett P. Williams, Jr., soloist Francese Brooks and be led by ministers from The Inter-Faith Chapel and Leisure World clergy.

All are welcome to join us on Monday, January 16 for the Leisure World Martin Luther King, Jr. celebration.

Please note: Masks are mandatory.

Centering Prayer Centering Wednesday, January 18 & Wednesday, January 25, @ 6:00 pm – 7:00 pm

> You are invited to join others who seek to deepen their relationship with God through prayer on Wednesday, January 18 and January 25 at 6:00 in the Chapel's

Fellowship Hall. Attendees will devote 20 minutes to the practice of Centering Prayer, a spiritual practice of intentional silence, in which we let go not only of the noise and sounds of the outside world, but also seek to let go of the inner noise of our mind's wandering thoughts.

Centering prayer invites us to contemplation: communion with God beyond thoughts, words, emotions, sense experiences, and actions. In addition to centering prayer, facilitator Bertie Knisely will lead the group in deepening prayer practices such as breath prayer, sacred movement, and chanting. To register, call the Chapel office (301) 598-5312, or email Bertie at bertiek@moravian.edu.

THE INTER-FAITH FILM FESTIVAL PRESENTS The Best of 2022 Movies

This year our Film Festival takes a look at the best uplifting family films of 2022. Come and bring a friend and join us on Tuesdays in January at 1:00 p.m. in the Fellowship Hall for the feature film of the week. If time permits, we will have a discussion following each movie.



Tuesday, January 10th @ 1:00 PM — Tyson's Run 1h 43 min 2022 PG

When fifteen-year-old Tyson attends public school for the first time, his life is changed forever. While helping his father clean up after the football team, Tyson befriends champion marathon runner Aklilu. Never letting his autism hold him back, Tyson becomes determined to run his first marathon in hopes of winning his father's approval. With the help of an unlikely friend and his parents, Tyson learns that with faith in yourself and the courage to take the first step, anything is possible.



Tuesday, January 17th @ 1:00 PM — The Mulligan 1h 50 min 2022 PG-13

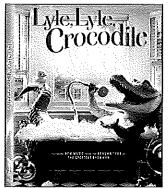
An inspiring story about relationships, forgiveness and second chances. Paul McAllister seems to have it all as a successful businessman, but his life starts to fall apart. Guided by the wisdom and advice of an old golf pro. Paul learns about playing a good game both on and off the course. Based on the popular book, The Mulligan is an inspiring reminder that second chances are only one shot away.



Tuesday, January 24th @ 1:00 PM — Mrs. Harris Goes to Paris

2022

1h 56 min PG Mrs. Harris Goes to Paris tells a humorously heartwarming tale about a London housecleaner Ada Harris (Lesley Manville) who thinks her lonely life might turn around if she can become the owner of a Christian Dior gown. Saying goodbye to friends like Archie (Jason Isaacs) won't be easy, and neither will be winning over elite people in Paris from Madame Colbert (Isabelle Huppert) to idealistic accountant André (Lucas Bravo). But Ada's irrepressible charm just might end up saving the whole House of Dior in this uplifting story of how an ordinary woman becomes an extraordinary inspiration by daring to follow her dreams.



Tuesday, January 31th @ 1:00 PM — Lyle, Lyle Crocodile 1h 47 min PG

When the Primm family moves to New York City, their young son Josh struggles to adapt to his new school and new friends. All of that changes when he discovers Lyle - a singing crocodile who loves baths, caviar and great musicliving in the attic of his new home. The two become fast friends, but when Lyle's existence is threatened by evil neighbor Mr. Grumps, the Primms must band together with Lyle's charismatic owner, Hector P. Valenti to show the world that family can come from the most unexpected places and there's nothing wrong with a big singing crocodile with an even bigger personality.



Thanks to All for a Successful Ministry this Christmas

Thanks to crafters, quilters, bag stuffers and bag deliverers who spent so many loving hours creating the holiday gift bags, and for the other seasonal craft items that have been provided to many who do not get out very often. In the two weeks before Christmas, about 100 members and affiliates received holiday packages.

We are most thankful for Tyra Thompson, chair of the Outreach and Fellowship Committee for her arduous work and great organizational skill in coordinating this effort. She assembled a group of dedicated workers who helped make this season of the year a blessing for so many!

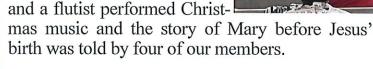


The Inter-Faith Women Christmas Program



A wonderful time was had by all in attendance at the Inter-Faith Women's Christmas Program despite the cold rainy weather.

The Bell Ringers, a violinist and a flutist performed Christ-



Thanks to Ginger Samara and others for organiz-





BALTIMORE MUSICALES PERFORMS ON SUNDAY, JANUARY 29 @ 3:30 PM | Angeli | Ferrette | Matthew Malsano | Claire Galloway | Patricia McKewen Amato | Min Jin | | Music. Poetry. Community.

Join the artists of Baltimore Musicales for an afternoon of music, poetry, and community on Sunday, January 29 at 3:30 PM at The Inter-Faith Chapel. With songs and spirituals that will lift your spirits and warm your heart, this program explores the ways in which we find solace—in nature, in the divine, and in our relationships with those we love. Works by Johannes Brahms, Fanny Mendelssohn Hensel, Hall Johnson, Jacqueline Hairston, Lena McLin, Ralph Vaughan Williams, Clara Edwards, Maurice Ravel, Gunnar de Frumerie, Gwyneth Walker, Steven Mark Kohn, Hyo Geun Kim, and Susan LaBarr will be performed by Angeli Ferrette, Claire Galloway, Min Jin, Matthew Maisano, Thea Tullman Moore, and Patricia McKewen Amato.

General Admission is \$20.

Tickets are available online or at the door. Masks are encouraged.

Thank you for helping to keep our community healthy!

CORRECTION NOTICE: In the December issue the pictures were inadvertently switched.

JEAN HJELLE

Jean Hjelle moved to Leisure World earlier this year. Jean was a school psychologist in Rochester, NY. Following retirement, she and her husband moved to Fearrington Village in the North Carolina Piedmont near The Research Triangle. Jean has travelled extensively and has enjoyed taking her grandchildren on substantial and active trips. She is now an Aqua Fit instructor and enjoys playing bridge. Jean comes to The Inter-Faith Chapel with a rich and diverse denomina-

tional history that includes most recent affiliation with The Duke Chapel in Durham, NC. We are delighted to welcome Jean and receive her into the fellowship of The Inter-Faith Chapel!



LEONA O'REILLY

Leona O'Reilly has lived in Leisure World for seven years and began her connection with The Inter-Faith Chapel through our broadcast ministry. Leona was born in Nebraska. The family lived in Idaho before moving to Maryland. She lived in Derwood, MD for nearly 50 years. Leona graduated from Newman University earned a Master of Arts in Education, and taught for a number of years. Her professional career was with The Food and Drug Administration Office of Regulato-

ry Affairs, Division of Human Resource Development where she served as Division Deputy. Leona comes to The Chapel from the Catholic tradition. She enjoys reading, gardening, playing cards (Canasta) and being involved in social ministries. We welcome Leona into the family of faith here at The Inter-Faith Chapel.



The Inter-Faith Women Buy Two Water Buffalo

No, you won't be seeing these buffalo grazing on the Leisure World golf course! The offering at The Inter-Faith Women's December meeting totaled \$520, enough to purchase these two animals through Heifer International. Heifer International is a development organization working to end hunger and poverty around the

world by providing livestock and training to struggling communities. Your gift can help lead a hungry family out of poverty and help give them a chance at a brighter future. Thank you!

Water buffalo live in tropical and subtropical forests in Asia and are valuable additions to a family farm. In these communities, water buffalo provide draft power for planting rice and potatoes, plus manure for fertilizer and fuel. A farmer can plant four times more rice with a water buffalo than by hand – generating added income to use for clothing, medicine, school, and other essentials. Additionally, their milk is incredibly nutritious and is highly valued.

Ginger Samara, Chair

Staying Positive with Age

The Mayo Clinic states that attitude is a route to good health and happiness. Genetics, lifestyle and disease affect the rate at which you age, as there is no timetable everyone follows. Remind yourself that every age is a package deal. You don't gain wisdom without some wrinkles. Growing older doesn't mean becoming static, nor does it automatically signal decline. The changes that come with aging can mean opportunities for new ways of thinking and doing. No one is ever too old to learn, hope or renew. There's no one size fits all solution to staying positive with age. There are some common threads, including maintaining health, living a healthy lifestyle, keeping active and socially engaged, and taking time to cultivate mental, emotional and spiritual health.

Very often, one of the nice things about aging is that you begin to appreciate what really matters in life, including the small things you may have previously taken for granted. Gratitude is being thankful for every experience life throws at you. Research shows a daily practice of gratitude can boost your energy, improve your mood, increase optimism and enhance well-being. Gratitude can help you accept the things you can't change. Be grateful to those you help and thank the people who seek your help. Be grateful that you're able to share your wisdom and unconditional love as a gift to others. There will be bad days, no doubt. But focusing on the positive and looking for the silver lining can make even the bad days more tolerable. Gracefully accepting the changes that come with normal aging doesn't mean that you give up on maintaining your health. Normal aging and disease are distinctly different. Your body will naturally change with age, but that doesn't have to lead to disease.

Don't compromise your sleep, your time for exercise or your healthy eating habits trying to do it all. Remember, if you don't take care of yourself, you won't be able to care for those who need you. The choices you make now can help you transform your health, your relationship and your life for decades to come, so make strong choices. A.) Take time to do something you enjoy, B.) Pamper yourself, C.) Take care of your spirit, D.) Stay curious, E.) Laugh, F.) Practice optimism. Set your expectation high. Your expectations are a powerful tool. Use them to carve out the life you really want. It's never too late to turn out some of your best work.



The Grace of Les Misérables Lenten Bible Study Presented by: Arlene Kaiser Tuesdays, February 14—March 28 at 1:30 pm

Join us on Tuesdays beginning February for a seven-session study of Matt Rawle's The Grace of Les Misérables. Over 150 years after its 1862 publication, Victor Hugo's Les Misérables persists as one of the greatest

works of fiction. We will follow the characters on their journey from poverty, hunger, bitterness, crime, despair, and even love, to their moments of redemption.

You are not required to read the novel. The textbook gives a summary of the story. Also, movies and recordings of Les Misérables are available on YouTube. We will explore one character per week.

Jean Valjean – sent to prison for stealing a loaf of bread to feed his sister's children **Javert** – the police inspector who knows only the letter of the law

Fantine –a woman whose dream turns to shame, left alone and unmarried with a child

Cosette - Fantine's child

Marius – An angry fighter in the 1932 French uprising who falls in love with Cosette

February 14 View the movie. February 21 Grace Well Received: The Story of Jean Valjean February 28 When Grace and Justice Collide: The Story of Javert The Poor Are Always with you: The Story of Fantine March 7 The Gift of Love: The Story of Marius and Cosette March 14 Building the Barricade: The Story of Les Amis (The Friends) March 21

March 28 The Blessed Garden: A Hopeful Vision

Our required textbook (not the novel) for the course is available on Amazon. Please register for this class by calling The Chapel office at 301-598-5312. If you want the Chapel to order the book for you, payment of \$10 is due no later than February 6.

NEW YEAR, NEW BEGINNINGS, NEW YOU!

Rita Mae Brown is credited with saying "The definition of crazy is repeating the same thing over and over and expecting a different result". But really, don't we all do that one way or another when looking at our New Year's resolutions? BODY&BRAI Research shows that most resolutions fade out by February and repeat on our lists year after year.



Did you make a resolution about getting healthier or losing weight or being less stressed in these times of rising prices and static income? Body & Brain Yoga is your chance for you to take concrete action and stick with it. The IFC Chair Yoga class will meet on Zoom and will start on Thursday, January 5.

This ongoing class is free to members of the IFC. Classes start promptly at 3pm but the room opens at 2:45 so everyone can arrange their cameras and chairs and be ready to start at 3pm. To join, email Christine Tetrault at ctetral 1@aol.com get the information you need to attend. Let's make 2023 a happy, healthy and blessed year.

WE WELCOME OUR NEW MEMBERS AND AFFILIATES



COL. (RET.) PAUL AND BETTY ARNESON

Paul and Betty Arneson moved to Leisure World in June of 2022 and have been attending The Chapel since that time. They are both natives of Minneapolis and graduates of the University of Minnesota. Paul is a retired Colonel with the Air Force and Betty had an extensive career as Assistant to the CEO of the American Diabetes Association. Betty now enjoys quilting and sewing and Paul is engaged in golf, maintaining a regular regime at the Fitness Center. He just recently received certification as a trained Hospice Volunteer. We welcome Paul and Betty into the life and ministries of The Inter-Faith Chapel!



MARY HINDS

Mary Hinds was born in Mississippi, studied Fashion Design in New York, earned a degree in Speech Pathology from the University of District of Columbia and graduated from George Washington University with a degree in Human Development. Mary worked extensively in the DC government assisting individuals with disabilities. She moved to Leisure World about three years ago and first attended The Inter-Faith Chapel in 2020. Her participation with The Chapel was put on pause due to pandemic restrictions and closures, but she is now happy to be able to return. Mary comes to us on transfer of membership from 16th Street Church of Christ in Washington, DC where she was active in various aspects of church life. Welcome Mary, into the family of faith here at The Inter-Faith Chapel!



DR. ALAN AND JAN SCHMETZER

Alan and Jan Schmetzer moved to Leisure World approximately five years ago and had also been attending The Chapel prior to the pandemic. Both are graduates of Indiana University. Jan, graduating with a Master of Arts in Education, was an art teacher and professional portrait artist with her own studio. Dr. Schmetzer received his Medical Degree and completed a post-graduate fellowship in Psychiatry. His clinical practice was with emergency psychiatry and addictions. Academically, he taught at the Indiana School of Medicine for 40 years and served as the Chair of the Department of Psychiatry. Alan and Jan come to The Chapel from the Presbyterian tradition. They are both involved in several literary societies and book clubs. In addition, Alan is active with The Greens Condo Board and enjoys making miniature room boxes. We are very pleased to welcome them into the full fellowship of The Inter-Faith Chapel!



Thursday, January 5

Tuesday, January 10

Thursday, January 12

Monday January 16

Tuesday, January 17

Thursday, January 19

Tuesday, January 24

Thursday, January 26

Sunday, January 29

Tuesday, January 31

@ 1:00 PM — Chancel Choir

(a) 1:00 PM — Movie: Tyson's Run

@ 1:00 PM — Chancel Choir

@ 10:00 AM — Remembering MLK

(a) 1:00 PM — Movie: The Mulligan

Wednesday, January 18 @ 6:00 PM — Centering Prayer

@ 1:00 PM — Chancel Choir

(a) 1:00 PM — Movie: Mrs. Harris Goes to Paris

Wednesday, January 25 @ 6:00 PM — Centering Prayer

@ 1:00 PM — Chancel Choir

@ 3:30 PM — Baltimore Musicales

(a) 1:00 PM — Movie: Lyle, Lyle Crocodile



Happy New Year





Ball Drop Herrera Midnight **Party Hat** Celebrate **Hopkins**

New Year Sparklers **Fireworks** Kiss **New York**

Time Square

Happy McEvou **Party**

This Year:

Recognize your uniqueness

Offer your support to someone who needs it

Keep going

Focus on love. forgiveness, and peace

Keep growing

Steer clear of people and things that wound you

See the love around you

Strive to be happy

Speak and be heard

Support what is right in the face of what is wrong

> Look forward and live today

THE INTER-FAITH CHAPEL 3680 S. LEISURE WORLD BLVD SILVER SPRING MD 20906

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phone 301-598-5312 www.inter-faithchapel.org

Rev. Dr. Woodie Rea, Senior Minister
Rev. Dr. Ramonia L. Lee,
Minister of Congregational Life
Dr. Holly Oberle, Director of Music

Bonnie B. Bonner, Administrator

Joy M. Dufour, Administrative Assistant

Steve Buck, Gary Carpenter Video Technicians and Chapel Sextons

