

March 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

As I write this March Courier article, every now and again a gust of wind fiercely blows against my office window, commanding my attention and reminding me that March is a month often characterized by its significant winds. As the weather patterns begin to change from winter to spring, intense frontal systems bring us strong winds and with them, an opportunity for reflection.

You may have heard the idiom, "Opportunity knocks." I would also like to suggest that, "Opportunity blows!" "Opportunity" is a wonderful word in the life of the church.

The word, "opportunity" comes from the Latin phrase ob-portum (ob-toward and portum-harbor) and was the name early sailors gave to a particular type of wind. There were occasions when their ships would become stalled in the open waters of the Mediterranean Sea with no wind for their sails to return them home. And then "opportunity" would come along and they would take advantage of this favorable wind to blow their ships into port. Thus, "opportunity" is the wind that takes you home to your harbor.

Think of an opportunity as something good that blows your way and think of all the opportunities we have. Think of the wind of the Spirit that brings you to your home harbor here at The Inter-Faith Chapel. What a beautiful meaning of a beautiful word.

The winds during these past pandemic years have blown in changes, as well as opportunities. The world in which we live is markedly different and the church hasn't been immune to these changes. Saying things like, "For those worshipping with us online" at the start of worship service is now a part of our ritual. Alternative ways of giving to The Chapel (credit card and mailing checks) that we once resisted, are now common and accepted. Our understanding of The Lord's Table extending to all has been brought to life through bread and cup being shared in coffee mugs or wine glasses with bread or cracker on one's dining room table. All of these provide for new opportunities and new ways to be the church.

The season of Lent in itself is an opportunity for change and an opportunity to examine our lives as we march toward Easter. Several meaningful opportunities for you to experience Lent have been planned as the wind blows you towards your faith home here at The Inter-Faith Chapel. We hope that you will avail yourself of these, and every opportunity we have of worshipping, learning, and being in our faith harbor together with our faith family.

Continued on page 2

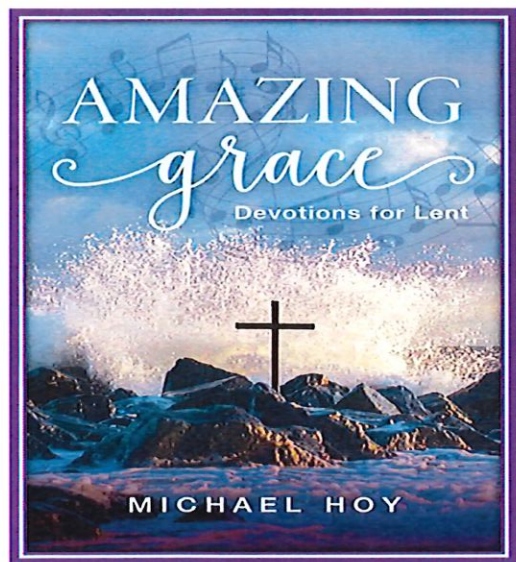
Continued from page 1

The wind of opportunity blows strong in the month of March, during the Lenten season, and always. Let us look to see all the possibilities the Spirit is blowing our way. Let us open ourselves to feeling the breeze of new ways of service, fresh ways of being and to new ways of being faithful to our core values. This is a spiritual discipline, and this is what Lent is good for.

I can still hear the wind howling outside, but it is good to know that it can be the wind of opportunity.

-Woodie

Amazing Grace: Devotions for Lent
by Rev. Michael Hoy



In honor of the 250th anniversary of the writing of *Amazing Grace*, this Lenten devotional by theologian Michael Hoy ties the words of the beloved song (and the history surrounding it) to our lives today and to the lives of those in the Bible who experienced the amazing grace of God revealed most profoundly in the salvation of Jesus. You will find it in the Narthex or you may view it on Amazon Kindle or NOOK by Barnes and Noble.

Prayer for March

Lenten Prayer

by Sharon Hodde Miller

Lord, we need discernment in these days. We need discernment. We are living in a time where our culture is so divided by false religions—and I want to be clear, that is what is happening—it's not just ideological, it's not just political, it's false religion. And that is why everything feels so elevated because we are talking about hope, we are talking about joy, we are talking about peace, and we live in a world where people are seeking them in other things besides You. And so, give us the conviction, give us the clarity of sight to be able to name that—not in judgment, but simply in wisdom, so that we do not succumb and that we can maintain our distinct witness in the world as the people of God. Amen



Lenten Prayer

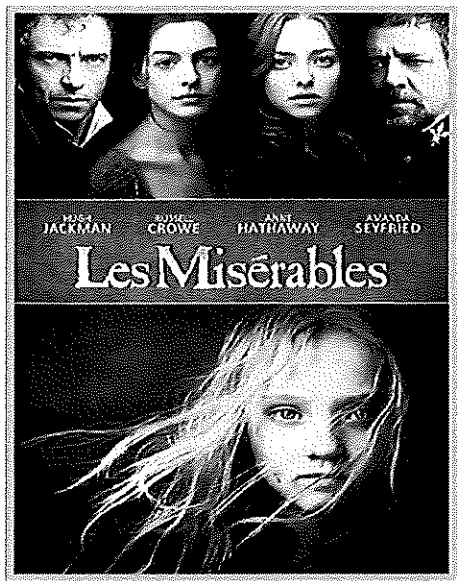
by John Birch

Lord, grant us simplicity of faith
and a generosity of service
that gives without counting cost.
A life overflowing with Grace
poured out from the One
who gave everything,
that we might show
the power of love
to a broken world,
and share the truth
from a living Word.
Lord, grant us simplicity of faith,
and a yearning to share it. Amen

***The Grace of Les Misérables*—Lenten Bible Study**

Presented by: Arlene Kaiser

Starts on Tuesday, February 21 at 1:30 P.M.



Tuesdays at 1:30 PM in the Fellowship Hall, we continue our Lenten study of Matt Rawle's *The Grace of Les Misérables*. *Les Misérables* by Victor Hugo continues to be regarded as one of the best novels more than 150 years after its 1862 publication. We will follow the characters as they overcome hardships including deprivation, starvation, resentment, criminality, despair, and even love as they find moments of redemption and grace in their lives. It is not necessary for you to read the book by Victor Hugo. A synopsis of the story is provided in the course material. YouTube also hosts videos and recordings of *Les Misérables*. Each week, we'll focus on a different character.

Here is the course schedule for March:

March 7	The Poor Are Always with you: The Story of Fantine
March 14	The Gift of Love: The Story of Marius and Cosette
March 21	Building the Barricade: The Story of Les Amis (The Friends)
March 28	The Blessed Garden: A Hopeful Vision

Our required textbook is entitled: *The Grace of Les Misérables* by Matt Rawle and it is available on Amazon.

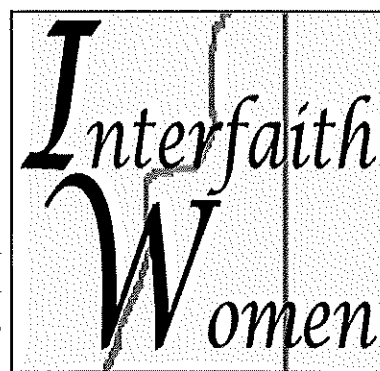
The Inter-Faith Women Presents

“Symbols of Easter”

Thursday, March 30 @ 1:30 PM

On Thursday, March 30 at 1:30 pm in the Sanctuary, the Inter-Faith Women's program “Symbols of Easter” will be presented. What a special and important time Easter is! We will learn about the symbols of the butterfly, Easter eggs, flowering dogwood trees, Easter lilies, palm branches, the Lamb, hot cross buns, and of course the Cross. We will learn how these items relate to Easter.

There will also be paintings of the symbols by Chapel women, music by the Bell Ringers, a special soloist and singing of hymns, as we prepare our hearts for Palm Sunday, Holy Week and Easter. A memento of the program will be your gift as you leave the sanctuary.





Lenten Mid-Week Worship Services Wednesdays: March 1, 8, 15, 22, 29

THE WAY OF THE CROSS

Christian worship has always revolved around the most defining emblem of our faith: the cross. For centuries Christians have celebrated how Jesus' crucifixion turned a mode of capital punishment into a spiritual symbol of hope and resurrection.

Come join us as we gather on **Wednesdays** during Lent at **12:00 pm** for a series of special worship services. Each service will highlight a familiar song of faith that focuses on the cross.

We are pleased to welcome a special guest minister for each of our mid-week services, who will be bringing us a message to enrich our personal faith as we journey through Lent.

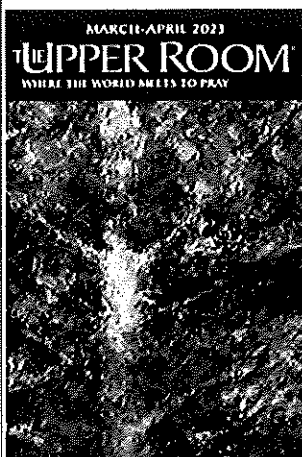
Our time of worship will begin each week with an organ prelude at **11:45 am** provided by Dr. Holly Oberle. Please consider arriving early to fully appreciate this time of meditation.

The schedule for Lent 2023 is as follows:

Wednesday Mid-Week Services

March 1	"When I Survey The Wondrous Cross"	Dr. Tim Bonner
March 8	"At Calvary"	Rev. Diane Hugger
March 15	"At The Cross"	Rev. Barbara McKenzie
March 22	"Near the Cross"	Dr. Robert Perry
March 29	"Beneath The Cross"	Dr. Sharon Stanley-Rea

Upper Room Devotional Books



March/April 2023
Upper Room issues are now available.

Copies are placed in a basket by our front doors. You may pick up copies Monday—Friday from 9:00 a.m.—3:00 p.m.

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



New Pictorial Directory Coming Soon!

Our new church directory will not be complete without YOU! Professional photographers will be at The Chapel on Wednesday, April 26 and Thursday, April 27. You may invite your children or grandchildren to join you for updated family pictures. Each person/family photographed will receive one free photo and be able to purchase other pictures as desired. Look for more information coming soon.

The directory will also include a list of names, addresses and telephone numbers of persons who regularly participate in Chapel activities. If you prefer that this information not be listed, contact Bonnie Bonner no later than March 31. She may be reached at 301-598-5312 or at b.bonner@inter-faithchapel.org.

**Lenten Prayer Series:
Seven Wednesdays in Lent, 6:00 pm– 7:00 pm.
Fellowship Hall**

March 1: Lectio Divina

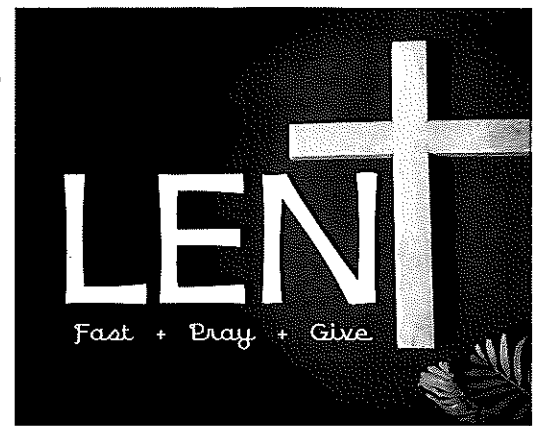
March 8: Centering Prayer

March 15: Ignation Prayer of Imagination Divina

March 22: Centering Prayer

March 29: Lectio Divina/Audio

April 5: Visio Divina



You are invited to join others in a sacred circle of prayer as together we seek to draw closer to God during Lent. In 6 of the sessions, spiritual director Bertie Knisely will lead participants in one of the following ancient prayer practices: Centering Prayer, Lectio Divina, Visio Divina, and Audio Divina. During each session, Bertie will also include centering practices such as breath prayer, sacred movement and/or chanting. On March 15, spiritual director Karen Johnson will lead the group in an Ignatian prayer of imagination. Trained in the Ignatian tradition, Karen is part of a leadership team that leads Ignatian retreats and spiritual exercises at Georgetown Holy Trinity Catholic Church. *Register by calling the Chapel office at 301-598-5312 or by emailing Bertie Knisely at bertiek@moravian.edu.* All are welcome.

Centering prayer: Centering prayer is a method of contemplative prayer with the sole intention of offering ourselves to God and consenting to God's presence and work within us. It is 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. It invites us to contemplation: communion with God beyond thoughts, words, emotions, sense experiences, or acts.

Lectio Divina: Lectio Divina is "an ancient practice of listening deeply to the voice of God speaking through sacred texts". We will follow the four steps of Lectio Divina: sacred reading, reflection, response, and resting in God.

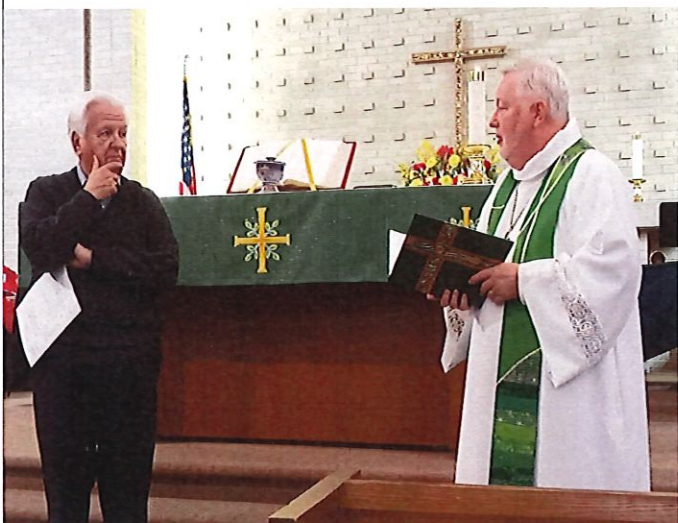
Visio Divina: Visio Divina is an ancient prayer form that "uses images to allow God to speak into your heart. As we practice Visio Divina, art becomes the sacrament that opens our hearts to the indwelling Spirit of God". We will be praying with Salvador Dali's painting, *Christ of St. John of the Cross*.

Audio Divina: We will practice Audio Divina, or sacred hearing, as we allow the music of the Taize chant, *Stay with Me* to serve as a "doorway into prayer".

Ignatian Prayer of Imagination: Ignatian imaginative prayer helps us develop a unique and personal relationship with Jesus, bringing Jesus into our hearts. Spiritual director Karen Johnson will invite us to place ourselves fully in a story from the Gospels. She will guide us in using our imaginations and applying our senses as we become onlookers/participants in the story, helping us to engage with Jesus in a personal way.

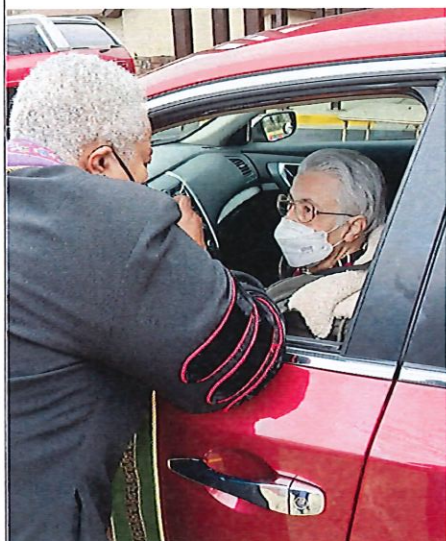
REV. DR. ROBERT W. PERRY HONORED AS MINISTER EMERITUS

On February 12, 2023, we celebrated a most significant event in the life of our congregation. During our Sunday morning worship service, The Inter-Faith Chapel bestowed upon the Rev. Dr. Robert W. Perry the title of Minister Emeritus.



The title of Minister Emeritus honors a person whose extensive ministry in that church has been one of notable and distinguished service. Dr. Perry served this congregation faithfully for 14 years from 1999-2013 providing inspiring preaching, offering a non-anxious presence, and being a visionary for future plans. During his tenure, he served on the boards of numerous nonprofits throughout the county and his ministry remains well-respected throughout the Capital region.

As a sign of our congregation's deep gratitude, this honor lifts up the relationship of care, trust, and respect that already exists between The Inter-Faith Chapel, Dr. Perry, and his family. Please join us in congratulating Dr. Perry as we honor his ministry and give thanks for his pastoral heart.



Ash Wednesday

Thanks to all participants who turned out for our "Drive-Thru" Ritual of Ashes on Wednesday, February 22, 2023.

Not only were ashes received, but a prayer was received as well, as we all desire God's blessing. This is a solemn reminder of human mortality and the need for reconciliation with God and marks the beginning of the penitential Lenten season. What a meaningful



way to start the Lenten season and to prepare for Easter!



Souper Bowl Thank You!

The Missions Committee thanks everyone who contributed to make our Souper Bowl of Caring a success! Over \$600 was donated and sent to Shepherd's Table. The Club to Help the Homeless and Working Poor received a shopping cart full of soup. They will use the canned food for Leisure World residents in need.



Improve Your Health with Walking

Walking is the most popular free form of exercise among older adults and it's a great choice. If you take a 30 minute walk daily, your heart beats a little faster, your breathing rate increases, and you may feel your leg muscles working. On October 1, 2008, Maryland designated walking as the state exercise and became the first state to name a state exercise.

Walking may not seem as beneficial as other cardiovascular exercises like running, biking, or swimming, but walking has many health benefits. A brisk walk can help you lead a happier, healthy life. Maintaining your muscle mass and flexibility goes a long way in keeping you healthy and independent. Being physically active helps people live longer, mainly because regular exercise helps prevent early death from heart disease. Exercise can improve mental health problems like depression and stress. Being physically active is essential for good health for everyone, but it's even more important for women after menopause. Daily health walking can do the following:

- 1.) Strengthen your legs and abdominal muscles by alleviating pressure put on your joints.
- 2.) Improve circulation and lower your blood pressure.
- 3.) Increase your metabolism to burn excess calories.
- 4.) Improve balance and lower your risk of falling.
- 5.) Protect the cardiovascular system and support bone health.

It's OK to use your cane or walker if you already have one. Wear comfortable walking shoes and bring a bottle of water with you. Be sure to tell your healthcare provider if you have any pain or problems walking. Start out slowly. Remember, the most important thing is to just get started. Enjoy your walk.



The season of
Lent is a
blessing.

— Mari-Anna Stålnacke



Lent

By Rev. Steve Garnaas-Holmes

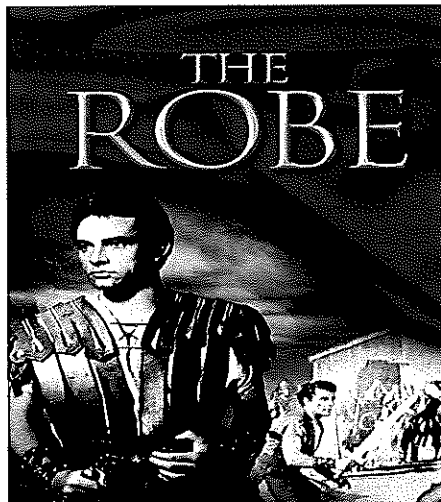
Lent is when we go downstairs,
down into the basement of our souls,
into the dark, dingy, dirty places,
and clear out the junk we need to get rid of.
In Lent we don't need to beat ourselves up.

We need to lighten our load,
bag up those fears and desires
that are leaking all over everything,
take our guilt and shame out to the curb.
It's not easy to lay our hands on broken things,
to look deep into the gummed up works.

That's why Jesus shines with his light,
shines so we can see our way down into the dark,
see to lift up the junk and hand it over,
so he can haul it out into the light
of the dumpster.

The light Jesus shines is good with dark places,
so we know even from the deepest hole down there
we'll come out. The light will lead us. We'll be OK.

Mucking around down there we get dirty,
and we come up with grime on our hands
and ashes on our foreheads for everybody to see.
But we're free of all that blame and disappointment.
And the darkest, deepest cellar hole
becomes an empty tomb. Amen.



HOLD THE DATE — MOVIE: *THE ROBE*
Monday, April 3, @ 1:00 PM — Fellowship Hall

The Robe is a 1953 Biblical epic film that tells the story of Marcellus Gallio (Richard Burton) a Roman military officer who commands the unit that is responsible for the crucifixion of Jesus.

When he wins Jesus' robe in a dice game at the crucifixion, Marcellus, who had never been a man of faith begins experiencing events and visions that challenge his past and challenge his future.

RESPONSE TO EARTHQUAKE

TURKEY & SYRIA EARTHQUAKE APPEAL

In the early hours just of February 6, a 7.8-magnitude earthquake rocked the border of Turkey and Syria, devastating the region. Tens of thousands of people have been killed, and the death toll continues to rise. Thousands more are injured and in need of shelter, medical care and basic supplies.



Many have inquired as to how they, and The Inter-Faith Chapel (IFC), can best help during this global tragedy. One of the most efficient ways of providing immediate assistance is through a monetary gift. We are currently encouraging those who desire to make a financial donation to a helping agency.

The IFC supports several faith-based relief agencies that are already providing assistance. The Missions Committee has made an additional special contribution to helping agencies in response to this extreme need. If you would like to donate directly to an agency helping with relief, please consider:

Church World Service (cwsglobal.org)
PO Box 968
Elkart, IN 46515

World Vision (WVi.org)
PO Box 9716
Federal Way, WA 98063-9716

World Central Kitchen (wck.org)
Attn: Donor Services Team
200 Massachusetts Avenue, NW
7th floor
Washington, DC 20001

We all will continue to offer the powerful contribution of prayer as we lift up those who have lost lives, relief agencies, and all those individuals affected.



Lenten Quiz [Answers on page 11]

1. How many days are there in Lent?
2. What was the original meaning of the word "Lent"?
3. What is the first day of Lent called?
4. What do we call the day before Lent begins?
5. What color vestments does the minister wear during Lent?
6. What word is not said or sung during Lent?
7. What snack originated during Lent because it contains only flour, water and salt?
8. What food was traditionally eaten the day before Lent begins?
9. What event in the life of Jesus do the palms recall for us?
10. When does Lent officially end?

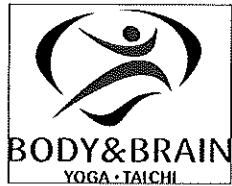
Bus Transportation Available on Sunday Morning

A limited number of seats are available on the Leisure World bus that transports people to our 10:00 am services on Sunday mornings. The bus is designed for those who do not drive and do not have another way to attend services.



To provide transportation to as many as possible, please request service if you plan on attending regularly. Each individual must be able to get on and off the bus without assistance in order to ride.

Please call Bonnie at 301-598-5312 to request bus service.



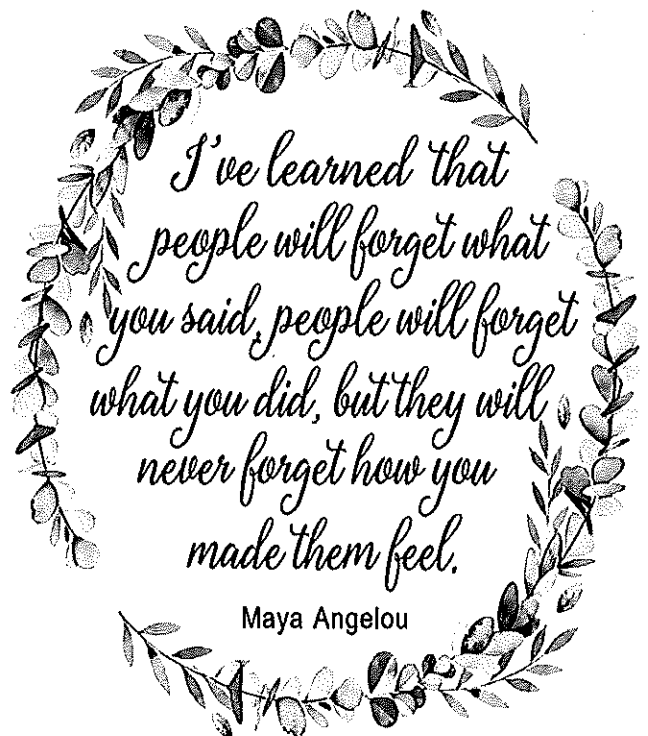
YOGA CLASS IN YOUR HOME THROUGH ZOOM

As you read this, March might be roaring in like a lion with no sign of the lamb in sight. But whether you are clinging to your cozy winter cocoon or starting to venture forth into the world after a winter at home, you might want to add Chair Yoga to your preparations for Spring.

Come breathe new life into your routine by joining the IFC Chair Yoga Class on Thursday afternoons.

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. No previous experience is necessary to join our warm and friendly group as we improve our physical, mental, and spiritual health through mindful movement.

To join, email Christine Tetrault at ctetra11@aol.com get all the information you need to join us.



*I've learned that
people will forget what
you said, people will forget
what you did, but they will
never forget how you
made them feel.*

Maya Angelou

Lenten Prayer Series: Seven Wednesdays in Lent 6:00 pm– 7:00 pm.—Fellowship Hall

March 1: Lectio Divina

March 8: Centering Prayer

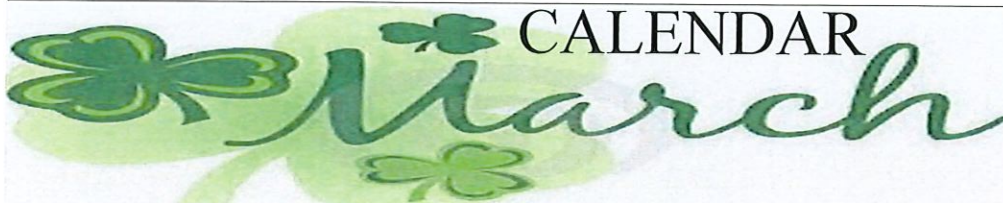
March 15: Ignation Prayer of Imagination Divina

March 22: Centering Prayer

March 29: Lectio Divina/Audio

April 5: Visio Divina

Lent
is a Journey
that moves us
Toward the Cross



Wednesday, March 1 @ 12:00 noon—Lentin Mid-Week Services—Dr. Tim Bonner
 Tuesday, March 7 @ 1:30 pm—The Poor Are Always with you: The Story of Fantine
 Wednesday, March 8 @ 12:00 noon—Lentin Mid-Week Services—Rev. Diane Hugger
 Tuesday, March 14 @ 1:30 pm—The Gift of Love: The Story of Marius and Cosette
 Wednesday, March 15 @ 12:00 noon—Lentin Mid-Week Services—Rev. Barbara McKenzie
 Tuesday, March 21 @ 1:30 pm—Building the Barricade: The Story of *Les Amis* (The Friends)
 Wednesday, March 22 @ 12:00 noon—Lentin Mid-Week Services—Dr. Robert Perry
 Tuesday, March 28 @ 1:30 pm—The Blessed Garden: A Hopeful Vision
 Wednesday, March 29 @ 12:00 noon—Lentin Mid-Week Services—Dr. Sharon Stanley-Rea
 Thursday, March 30 @ 1:30 pm—Inter-Faith Women presents: “Symbols Of Easter”

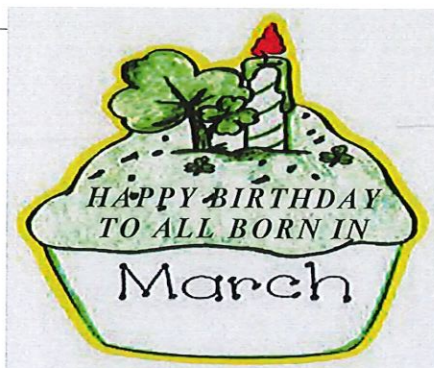
Special Birthday Wish



March 29

Janet Roth

3701 International Dr. #114
 Silver Spring, MD 20906



Answers to Quiz on page 9

1. 40
2. “Spring”
3. Ash Wednesday
4. Shrove Tuesday, Fat Tuesday, or Mardi Gras
5. Purple
6. Alleluia
7. Pretzels
8. Hot Cross Buns
9. The entrance into Jerusalem
10. At sundown on Holy Thursday.

St. Patrick's Day Wordsearch

P	E	F	K	C	O	R	M	A	H	S	D	U	O	D	P	S	T
O	W	R	R	I	A	E	B	M	S	A	T	D	G	Q	A	R	P
X	I	E	D	G	J	Z	L	S	N	I	M	F	R	O	T	I	O
X	S	T	D	K	R	E	C	S	G	N	S	W	M	L	R	U	L
T	H	Y	S	E	Q	N	R	H	G	T	E	W	N	S	I	A	E
S	E	A	N	T	F	I	E	T	A	R	B	E	L	E	C	L	A
T	S	E	I	F	H	I	E	C	B	R	U	S	U	G	K	H	Y
U	O	I	O	X	M	K	H	A	J	K	M	A	C	E	R	N	U
M	A	R	C	H	F	Y	A	E	P	O	I	U	K	Y	S	T	S
I	W	T	S	L	R	P	B	L	A	R	N	E	Y	Q	T	O	H
R	T	A	E	W	O	X	N	I	R	O	P	A	T	N	O	C	I
E	I	C	W	C	E	V	R	N	A	M	T	U	E	C	N	I	L
L	R	G	T	S	E	N	E	M	D	Y	A	O	N	I	D	O	L
A	E	I	L	O	D	L	A	R	E	M	E	N	P	D	H	N	E
N	B	Y	H	E	N	T	Y	A	S	C	N	I	L	Y	A	E	L
D	L	O	G	E	T	K	D	A	I	R	C	N	L	S	E	U	A
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U	W	P	E	S	F	C	X	W	E	T	F	E	S	A	L	I	H
N	B	L	E	L	K	T	J	N	M	D	V	A	Z	F	M	P	U
E	R	S	N	U	A	H	C	E	R	P	E	L	V	C	B	N	Y

Blarney	Emerald	Lucky	Rainbow
Celebrate	Green	March	Saint
Charm	Gold	Parade	Shamrock
Clover	Ireland	Patrick	Shillelagh
Coins	Leprechaun	Pinch	Wishes



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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

DAYLIGHT SAVING TIME



BEGINS

MARCH 12, 2023
at 2:00 AM



Please join us in-person for
Worship Service at
The Inter-Faith Chapel
on Sundays at 10:00 A.M.

You may also live-stream on
Sundays at 10:00 A.M.

In addition, you may view the Worship
Service on YouTube
or visit our website at:
www.inter-faithchapel.org