### February 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

A woman came by The Chapel Office the other day and asked what was meant by our sign out front which reads, "A House of Prayer for All People." I explained to her that it was based on Isaiah 56:7 and that it gives notice that everyone is welcome here for prayer and worship.

"What kind of congregation is this?" she inquired further. She commented that she had never encountered a church that was open to accepting persons regardless of their beliefs, behaviors, or backgrounds.

The notion of an open and accepting congregation is an unfamiliar, and perhaps even uncomfortable concept for some. However, when we say that we are "A House of Prayer for All People," what we are saying is that "all" really means all.

The word "church" stems from the Greek *ecclesia* meaning a gathering. The Inter-Faith Chapel is a gathering of various denominations, backgrounds, cultures, and walks of life. The etymology of the word "religion" links it with *religare* (*re*-again + *ligare*-to connect). In this use, "religion" implies a re-ligament or reconnecting of separated components. True religion does not divide or categorize others but seeks to unite.

This is what The Inter-Faith Chapel does and that is the kind of congregation that we are. We are sensitive to the differences of others while maintaining our own integrity as a Christian congregation. I like to say that we strive for unity while celebrating our diversity. Despite distinctions in doctrinal interpretation and liturgical style, we all come together in love.

February is a month associated with a season of love. Also during February, the Lenten season begins, observing our journey toward the cross. These two elements are closely connected in our Christian faith. The cross is a symbol of the greatest of all acts of love.

Each Wednesday during Lent we will offer a Mid-Week worship service and "Lift High the Cross." A guest minister will bring a message using a "cross-hymn" selected for that week, and special music will enhance our worship experience.

Each time the faith family of The Inter-Faith Chapel meets, everyone is invited to come in for worship, to come forward to an open table during Communion, and to come away with a sense of grace and belonging.

Thank YOU for being a part of this "House of Prayer for All People." YOU put the "U" in Unity. I hope to see you this month because YOU put the "U" in February!

Agape,

-Woodie

### **A Lenten Prayer**

Holy God, as we begin our Lenten journey, the cross of Jesus Christ is ever before us.

That you have taken this symbol of humiliation, weakness and death and turned it into a symbol of hope, strength and resurrection is testimony to your desire to redeem all creation and your power to work all things for your good and holy purposes.

We praise you for the hope we have in Christ Jesus.

We affirm that your resurrection power is still at work in our lives and our world.

We recommit ourselves to trust you and to follow in the way of the cross. For the sake of Christ, we pray. Amen.

### **Invite Us Deeper**

Almighty and ever loving God, you invite us deeper into your world, your people, your Lent.

May this time be one of outward focus, seeking you in those we often ignore.

Help us live a Lent focused on freedom.

Help us live a Lent focused on freedom, generosity, and encounter.

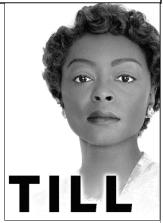
Give us hearts hungry to serve you and those who need what we have to give.

Amen.

- Author Unknown

### Movie: TILL 2022 PG-13—2h 10m Tuesday, February 7 @ 1:00 PM The Fellowship Hall

Mamie Till becomes one of the leading educators and activists in the burgeoning Civil Rights



Movement after 14-year-old son, Emmett, is severely beaten, shot dead, and thrown into the Tallahatchie River with a 75 pound cotton gin fan tied around his neck with barbed wire, by white men in 1955. He supposedly whistled at a white woman, while visiting his cousins in Money, Mississippi. Mamie insists that the casket containing her son's brutalized body be left open to show the nation what they had done to him. Photographs of the funeral made front-page news and the murder became a turning point in the Civil Rights Movement in America.

The film is told entirely from her perspective; Emmett's murder is heard, but not shown in the film. The movie captures Mamie's fighting spirit in the face of such a gutwrenching event and the racism she continued to face as a civil rights advocate.

Join us Tuesday, February 7<sup>th</sup> at 1:00 p.m. for a viewing and discussion of the movie *Till* in the Fellowship Hall.



### Greetings!

I hope your Christmas and New Year celebrations were happy and fulfilling. The choir is starting to work on music for Lent, Palm Sunday, Holy Week, and Easter. I would love to have more people in the choir, especially men!



If you're not sure, we would still love to have you regardless of how much time you can commit. Besides Advent and Christmas, Lent, Holy Week and Easter are the big times of the year for good music.

We would love to have you join us to make this good music. We practice on Thursdays at 1:00 pm in the Fellowship Hall.

Holly Oberle, Director of Music

### The Examen: A Daily Prayer Discipline for Lent

The Daily Examen is an ancient spiritual practice in the Church that will help us see God's hand at work in our whole experience. The Examen simply follows a set of introspective prompts that help you reflect on the current day, focusing on memories from the events of the day as a way of recognizing God's Divine Presence.

There is no designated way to go through the prayer or even length of time needed to complete it; in fact, just 10 minutes should be enough time. In the approach outlined below, the daily examen is practiced at the end of the day.

Begin by putting yourself in the presence of God. Create a quiet, prayerful space. Breathe in the love of God that surrounds you. Become aware that you are in the presence of the Holy as you work through each step:

### **†**Thanksgiving

What am I especially grateful for in the past day . . .

The gift of another day...

The love and support I have received...

The courage I have mustered...

An event that took place today...

### **†**Petition

I am about to review my day; I ask for the light to know God and to know myself as God sees me.

### **†**Review

Where have I felt true joy today?

What has troubled me today?

What has challenged me today?

Where and when did I pause today?

Have I noticed God's presence in any of this?

### **†**Response

In light of my review, what is my response to the God of my life?

### **†A** Look Ahead

As I look ahead, what comes to mind?

With what spirit do I want to enter tomorrow?



### ASH WEDNESDAY WORSHIP SERVICE February 22 at 12:00 PM

Wednesday
Service

Lent is the season of preparation leading up to Easter dedicated to a time of reflection, repentance, and renewal. It is a six week period of restoration and deepening in our relationship with God.

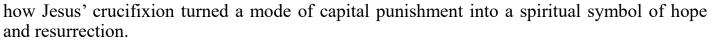
Our Lenten observance begins on **Ash Wednesday on February 22**<sup>nd</sup> with a Communion Service at **noon** and will include the traditional *Imposition of Ashes*. We are marked with the sign of a cross of ashes on our forehead (or hand) to be reminded of the cross Christ experienced and to remember our deep need for God in our lives and in the world. Our message for this special service will be "The Way of the Cross" by Dr. Woodie Rea.

### **DRIVE-THRU ASHES**

We will once again be offering the sign of ashes to those who could not be together for our Ash Wednesday worship service, and are also extending this ritual to the greater Leisure World community. Drive-Thru ashes will be offered in front of The Chapel under The Portico on Wednesday, February  $22^{nd}$  from 1:30 PM - 3:00 PM in a socially safe manner. Pastors will offer a short prayer, a blessing, and ashes.

# 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



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





### Lenten Prayer Series: Seven Wednesdays in Lent, 6:00 – 7:00 pm.

February 22: Centering Prayer

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. *Please register by February 27 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.

(Quotes from Christine Valters Paintner)

### WE WELCOME OUR NEW MEMBERS AND AFFILIATES



### **LUIS ALOMAR AND CASANDRA SINGLETON ALOMAR**

Luis Alomar and Casandra Singleton Alomar moved to Leisure World from Clarksburg, MD. Luis worked in Information Technology and retired as Senior Compliance Analyst with Lockheed Martin. Casandra retired from the Federal Reserve Board, working with their Office of Diversity and Inclusion. They have lived in this community for one year, along with Casandra's mother (Maggie Singleton). Luis is an avid golfer and Casandra is learning. They both enjoy dancing, reading, and spending time with family. Luis joins the Inter-Faith Chapel from the Catholic tradition and Casandra comes on transfer from Metropolitan Baptist Church. We welcome Luis and Casandra into the life and ministries of The Chapel!



### **DEBBIE COMBS**

Debbie Combs moved to Leisure World eight years ago and has been attending The Inter-Faith Chapel's worship, community, and spiritual enrichment programs for the past two years. Debbie worked in the financial industry and retired as a Risk Compliance Officer with Morgan Stanley. Debbie is a long-time Episcopalian and as a spiritual seeker, attended Tacoma Metaphysical Chapel. In The Chapel, she has found a place where she can learn and grow while being nurtured and supported. Welcome Debbie to The Inter-faith Chapel!



### PAT AND RON HARTMAN

Pat and Ron Hartman are "back home" in this area. They lived in the Aspen Hill area for many years where Ron was a landscape architect and site planner for an architectural firm and Pat worked for Montgomery County Public Schools for 33 years. Upon their mutual retirement, they moved to Bethany Beach, DE. They returned to this area to be near family. They moved into the Leisure World community last year and have been attending The Chapel since then. Pat and Ron come to The Inter-Faith on transfer of membership from St. Peter's Lutheran Church, Ocean City, MD. We are very pleased to welcome them into the full fellowship of The Inter-Faith Chapel!



### **JOYCE HENDRIX**

Joyce Hendrix has lived in the Capital area most of her life. She graduated from high school and business school in Washington, DC and worked for 30 years in the insurance industry. She moved to Leisure World approximately 7 years ago and has attended The Inter-Faith Chapel regularly for the past year. Joyce has an interest in jazz music and has been involved with several regional jazz events and festivals. She has been a volunteer at MedStar Montgomery General Hospital and now faith, family, and friends are central in her life. We are delighted to welcome Joyce into the family of faith here at The Inter-Faith Chapel!

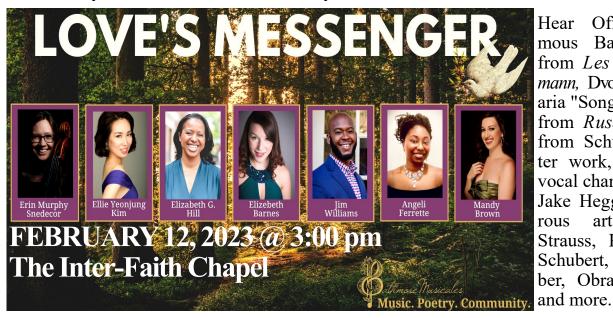
### WE WELCOME OUR NEW MEMBERS AND AFFILIATES



### **CAROLE SIMMS**

Carole Simms moved to Leisure World from Olney, MD approximately 10 years ago and has attended The Chapel since 2021. Carole retired after 20 years in Administration at William Farquhar Middle School in the Montgomery County School System. She enjoys reading, playing Canasta, and spending time with her grandchildren and great-grandchildren. Carole was a member of Oakdale United Methodist Church for 40 years and comes to The Inter-Faith Chapel on transfer of membership. Welcome Carole!

Join the artists of Baltimore Musicales on Sunday, February 12th @ 3:00 P.M. for an early Valentine's Day celebration of love in its many forms.



Hear Offenbach's famous Barcarolle duet from Les Contes d'Hoffmann, Dvořák's stunning aria "Song to the Moon" from Rusalka, excerpts from Schumann's master work, Dichterliebe, vocal chamber music by Jake Heggie, and amosongs rous art Strauss, Rachmaninoff, Schubert, Bellini, Barber, Obradors, Quilter,

Featured artists include Elizebeth Barnes, Mandy Brown, Angeli Ferrette, Ellie Yeonjung Kim, Jim Williams, pianist Elizabeth G. Hill, and cellist Erin Murphy Snedecor.

General admission is \$20.

Tickets are available online at or at the door. <a href="https://www.baltimoremusicales.org/performances/loves-messenger">https://www.baltimoremusicales.org/performances/loves-messenger</a>

### 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. February 26

Russell Kelly 1200 Kathryn Rd Silver Spring, MD 20904



# MOVIE: Les Misérables — Tuesday, February 14<sup>th</sup> at 1:00 P.M. The Fellowship Hall / PG-13 for suggestive language / 157 minutes

Set in 1800s France, *Les Misérables* is a faithful adaptation of the massively popular stage show -- which is based on the classic novel by Victor Hugo. The basic story centers on Jean Valjean (Hugh Jackman), a fugitive who's wanted for breaking parole after serving 19 years for stealing a loaf of bread (and then trying to escape). The dogged and misguidedly by-the-book Inspector Javert (Russell Crowe)

is at his heels, even though it's been years since Valjean left prison. Meanwhile, the former convict has dedicated himself to helping others -- especially Cosette, the young daughter of doomed factory worker Fantine (Anne Hathaway), who loses her job and turns to prostitution in desperation. After Fantine's death, Valjean raises Cosette (Amanda Seyfried) as his own until they're both caught up in the June Rebellion of 1832 in Paris, when Valjean encounters Javert again and must decide whether to continue to live on the run or take a stand. Cosette, meanwhile, has fallen for the young revolutionary Marius (Eddie Redmayne) -- but little does he know that Eponine (Samantha Barks), the daughter of the crooked innkeepers who had initially raised Cosette on Fantine's behalf, is enamored of him. Love and duty are intertwined in this searing epic about faith, forgiveness, class struggles, politics, poverty, and change.

Our Lenten Bible study, *The Grace of Les Misérables* is based on this movie. The viewing of *Les Misérables* is open to all and highly recommended to those who are participating in the study.



### The Grace of Les Misérables—Lenten Bible Study Presented by: Arlene Kaiser Starts on Tuesday, February 21 at 1:00

Join us on Tuesdays beginning February 14 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 21 Grace Well Received: The Story of Jean Valjean
When Grace and Justice Collide: The Story of Javert
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 (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.



# Finance Committee 2022 End of Year Report

Despite dealing with the triple-demic of COVID, RSV and flu, we have managed to continue worshiping in person. Additionally, we have been blessed with wonderful programming; the return of our Chancel Choir; our

new Director of Music Dr. Holly Oberle, and many new, involved members. For all of these blessings, we are thankful, and we are happy to report that The Chapel has ended the year in very good financial condition.

At the end of 2022, our Year-to-Date income exceeded our budgeted amount by \$20,000. Despite our Envelope and Loose Plate Offerings for the year (\$385,000) falling under the budgeted amount (\$404,000) by about \$19,000, our Credit Card Online Giving (\$60,000) doubled our budgeted amount (\$30,000). Because The Chapel was able to do better than budget in terms of income, we transferred less (\$75,000) than budget from our Endowment Fund during the year. At the end of 2022, the Endowment Fund of the Inter-Faith Chapel was \$940,000.

As we move forward into 2023, we know that there will be areas of our building and grounds that will need cleaning, fixing or renewing. We have our Administrator and knowledgeable and capable Building and Grounds Chair who keep a watchful eye on the building as well as the expenditures that are necessary to maintain it. We have utility bills that are on the rise and supplies that have become more costly. None of this is a surprise to any of us who pay to maintain our own homes. Because of your continued financial support; however, we are able to meet our financial obligations and continue our commitments to our community. For this we are grateful.

We wish you a healthy and prosperous New Year, and we look forward to seeing you at The Chapel.

Maureen Harris Chair, Finance Committee

2022 END OF YEAR FINANCIAL SUMMARY				
		Actual		Budget
<b>Total Expenses</b>	\$	566,301	\$	584,283
<b>Envelope/Loose Plate Offering</b>	\$	385,042	\$	404,000
Credit Card Online Giving	\$	60,728	\$	30,000
Other Receipts	\$	37,556	\$	29,000
<b>Total Income</b>	\$	483,326	\$	463,000
<b>Endowment Transfer</b>	\$	75,000	\$	121,283
<b>Total Available Receipts</b>	\$	558,326	\$	584,283

# IN MEMORIAM Marge (Marguerite) Perikles January 8, 2023 Kenneth Mc Mahill January 16, 2023



### **Souper Bowl of Caring**

On Sunday February 12<sup>th</sup>, the best of the AFC and the best of the NFC will strive for the title of being the best of the NFL. We call it Super Bowl Sunday!

It is also a day that strives to bring out the best in us, as we remember those in need. We call it "Souper Bowl" Sunday. It's a simple, yet significant act of caring for others.

The Missions Committee invites you to place a cash donation to The Shepherd's Table (a faith-based organization offering

meals to the homeless) in the large soup pot located in the Narthex, or if you prefer, you may bring in a can of soup as your contribution to a local food ministry. Donations of any amount are appreciated.

Enjoy watching Super Bowl LVII in Glendale, Arizona. But when you participate in Souper Bowl MMXXIII at The Inter-Faith Chapel, you are really a part of the game of helping someone in need and our local food ministries are the real winners!

# To: Dr. Rea, Dr. Lee, and all my faith family and friends at the Inter-Faith Chapel:



Throughout my illness and ongoing recovery, I have been blessed beyond measure by your constant messages of hope, prayer, love, and community that have buoyed me every day. I can honestly say that my spir-

its have never flagged simply because you would not let them! The Good Lord blessed me with a spiritual family in this community that is as beloved by me as any group of people with whom I have affiliated.

I don't have adequate words of gratitude for all you have done and continue to do for me. I will, however, offer my overwhelming gratitude in prayer for you, dear ones, and know that the Good Lord who blesses me with you every day, will bless you with faith for your lives. I love you all and can't wait to be back with you singing, ringing, laughing, talking, and worshipping by your side. Be well, be happy, live in faith, as you have taught me. God Bless you all.

~Nancy Czujko

It's February and winter is fully if not



fiercely upon us. The Christmas glow has worn off and all the bright hopes we had for the new year may or may not be working out for us.

Join the ongoing IFC Chair Yoga class and learn ways to bring about advances in any or all of your goals. On Thursday afternoons, power up your computer, grab a chair and ZOOM into the IFC Chair Yoga class.

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 to get the information you need to attend at <a href="mailto:ctetra11@aol.com">ctetra11@aol.com</a>



Thursday, February 2 Thursday, February 9 Sunday, February 12 Tuesday February 14 Thursday, February 16 Monday, February 20 Tuesday February 21 Wednesday February 21

Wednesday, February 22

Wednesday, February 22

Thursday, February 23
Tuesday February 28

Tuesday February 28

@ 1:00 PM — Chancel Choir Rehearsal

(a) 1:00 PM — Chancel Choir Rehearsal

@ 3:00 PM — Baltimore Musicales

(a) 1:00 PM — Movie: The Grace of Les Misérables

<u>@</u> 1:00 PM — Chancel Choir Rehearsal Presidents' Day — OFFICE CLOSED

@ 1:30 PM — Bible Study: The Grace of Les Misérables

(a) 12 noon — Ash Wednesday Service

@ 1:30 PM—3:00 PM — Drive Thru Ashes

@ 6:00 PM — Centering Prayer

(a) 1:00 PM — Chancel Choir Rehearsal

@ 1:30 PM — Bible Study: The Grace of Les Misérables



# February is Heart Month a Healthy Body, a Happy Heart

The National Institutes of Health (NIH) states that February is the month to focus on cardio-vascular health. You can take steps now to lower your risk of heart disease, the nation's leading cause of death. Heart disease develops when the blood vessels supplying the heart become clogged with fatty deposits, reducing the flow of oxygen and nutrients. Major risk factors for heart disease include smoking, high blood pressure, high cholesterol levels, diabetes, obesity, and physical inactivity. Regular checkups, including blood pressure and cholesterol levels are important for early detection and treatment.

Eat a healthy diet, be physically active, maintain a healthy body weight, and avoid smoking and exposure to secondhand smoke. When dining, half of your plate should be fruits and vegetables, a quarter should be lean proteins, and the remainder should be starches. Limit salt, a major contributor to high blood pressure and risk of heart disease.

President Lyndon B. Johnson declared February the month of the heart in 1964, nine years after his heart attacks. In 2002, the GO RED campaign was launched, with the mission to eradicate cardiovascular disease among women. The National Wear Red Day is observed on the first Friday in February.

Andra Matthews, RN, BSN, COHN



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

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### RETURN SERVICE REQUESTED

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







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

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

You may view the Worship Service on YouTube or visit our website at: www.inter-faithchapel.org