APRIL 2024

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 was going into Costco the other day, the "doorkeeper" at the entrance said, "Welcome, I'll need to see your Costco card." It made me recall another time when the "greeter" at Walmart was repetitively saying "Welcome" to everyone as we arrived, but never made eye contact with anyone.

I must admit, I didn't feel a genuine welcome on either occasion.

What makes entering The Chapel different from entering the Costco? What makes a 'Walmart Welcome' different from a 'Worship Welcome'?

For starters, no membership card is required when entering The Chapel. Whereas we are a member supported congregation, no one stops you at the door to check your credentials. When we say "All are welcome," we mean ALL!

Another difference is in the type of welcome one receives. When a person enters The Chapel they are not a consumer but are family members, and hopefully each person receives a warm, personal, familiar greeting. There is no expectation that someone is coming to "purchase" something here, but there is an anticipation that someone is coming "home" here. When we say, "All are family," we mean ALL!

When we say "Welcome to The Inter-Faith Chapel," we mean it is *well* that you have *come*, it is well that you are here, and it is well that we are here together. We are made better and more whole with you as a unique and important part of this faith family.

It is amazing how important and powerful a genuine "welcome" can be. No matter who you are, or where you are on life's journey, you are welcome here:

If you have spent your entire life going to church, if this is your first time, or if this is your first time in a long time, you are welcome.

If you feel you are a somebody or you feel you are a nobody, you are welcome.

If you have a disability or are without a visible disability, you are welcome.

Whether you have experienced tears this past week or have known joyful laughter, you are welcome here.

Whether you are feeling brave or broken hearted, fearsome or fearful, you are welcome here.

We extend a welcome to those who are single, married, in partnership, divorced, or widowed.

We extend a welcome to those who are filthy rich, dirt poor, own stocks, or owe taxes.

We welcome vegetarians, junk-food eaters, latte-sippers, and soda big-gulpers.

Continued from page 1

Whatever is on your mind, whatever is on your heart, however it is with your spirit in this moment, you are loved and welcome here.

Come with your gifts, your pain, your hope, and your cares.

Come with your traditions and your life experiences.

Come with a mind ready to engage, and a heart open to the Spirit.

It doesn't matter...you are welcome here! + Adapted from Shaping Sanctuary

Welcome to April!

Welcome to The Inter-Faith Chapel, "A House of Prayer for ALL People."

Remember:

it isn't CH CH, unless UR in it!

-Woodie

Affiliates and Friends Residing in Nursing Care Facilities

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

Please send a card.

April 16

Norma Cottman 20900 New Hampshire Ave Brookeville, MD 20833





Prayer of the Month

A Prayer for Spring by Rev. Mark Bekkedahl

Dear God:

Spring is a metaphor for change. Some changes we eagerly await, and some we abhor. Some changes we plan and others arrive uninvited. To all these changes we ask the gift of Your perspective beckoning us to expectation, hope, and rebirth.

May the sunlight and the rain be reminders that You are at work renewing the earth. As a God of renewal, You are ever at work in our lives, too.

Open our eyes and lives to the needed changes in our lives this Spring. Awaken us to new life and perspective, for we pray in Jesus' name.

Amen.

The Hope of Spring

God, thank you for Spring and the hope of warmer, longer, brighter days.

Thank you for the coming of growth and life and birth.

Thank you that things are coming awake in the world.

This is what our calendar says, and we do see some signs that it is real.

But we also still struggle with the residual layover of winter.

Now we ask that you bring into reality all that belongs in this season.

Your word says that we will have provision, and hope, and joy, and health and loving relationships here and now in this life. We ask that what belongs in this season would become actual in our practical lives. We hope in you and in your promises.

We hope in your gift of Spring.

- Author Unknown

Financial Report			
Giving Actual Month of February 2024	Giving Budget Month of February 2024	Giving Actual Year to Date 2024	Giving Budget Year to Date 2024
\$31,152	\$32,529	\$68,077	\$65,019

A more detailed financial report is available from The Chapel office. Please call Bonnie Bonner, Chapel Administrator at 301-598-5312 for more information.

Consider Donating to the Organ Repair and Replacement Fund

Most of you realized how much our organ contributes to worship when we were without it for a few weeks to complete repairs. This period without an organ also served to highlight the fact that our organ is over 30 years old and reaching the end of its normal lifespan. Fortunately, the necessary repairs were comparatively inexpensive (less than \$1,000) and the technician was able to get parts. However, parts are getting much harder to find, and major repairs, if these can be done at all, will be much more expensive.

You might not be aware that The Chapel has an ongoing Organ Repair and Replacement Fund which currently has a balance of about \$28,000. As we look to the future, a new organ will cost over \$80,000 at a minimum. We feel it would be wise to build up our organ fund to anticipate this need.

If you would like to contribute to this fund, please make your check out to the Inter-Faith Chapel and put Organ Fund on the memo line. Let's make sure we always have our beautiful music.

-Katherine Latterner and Maureen Harris

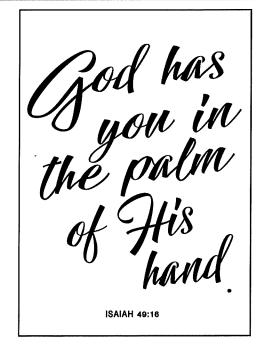
Sunday Bus Service Available



Bus service is available on Sunday mornings for those who live in Leisure World and do not have their own transportation. Riders must be able to get on and off the bus without assistance. This free service is designed for those who are regular

attenders, rather than those who need an occasional ride.

There is room for three more riders. If you are interested, please call Bonnie Bonner at 301-598-5312.



Baby Shower for Interfaith Works

Wednesday, April 3 at Clubhouse I 9:00 am to 12 Noon

On Wednesday, April 3, the Club to Help the Homeless and Working Poor volunteers will be in the Crystal Ballroom and curbside at Clubhouse I from 9:00 am - 12:00 noon to collect layette items for newborns and babies. This annual baby shower benefits the *Welcome Baby Program* sponsored by Montgomery County Interfaith Works Clothing Center which serves over 35,000 residents annually in all of its programs. The center needs disposable diapers, clothing up to 12 months, onesies, sleepers, crib sheets, bibs, blankets, wash clothes, towels and diaper bags. All items must be new.

If you cannot shop for baby items, monetary donations are welcome. Checks should be made payable to The Inter-Faith Chapel with a reference to CHWP Baby Shower. Donations can be dropped off or mailed to The Chapel at 3680 South Leisure World Boulevard. You may also go to www.inter-faithchapel.org and click on Giving. In the designation field, type in CHWP Baby Shower.

Thank you in advance for your continued support of all our efforts to help the community.



SPIRITUAL PRACTICE FOR THE MONTH

Listening is a magnetic and strange thing, a

creative force. When people really listen to each other in a quiet, fascinated attention, the creative fountain inside each of us begins to spring and cast up new thoughts and unexpected wisdom.

~Brenda Ueland in What You Didn't Lose by John Fox

To Practice This Thought:

Find a creative way — writing, painting, singing — to express something you have heard.

Online Chair Yoga Class

Many people begin their April with April Fools' Day, Earth Day, and Arbor Day. In the U.S., we celebrate the outdoors with Na-

tional Garden Month, Keep America Beautiful Month, and National Wildlife Week. It's also Stress Awareness Month, National Volunteer Month, National Poetry Month, National Humor Month, and more.

The common element seems to be welcoming new life and growth into our lives after a long difficult winter.

How will YOU welcome positive change into your life this month? How about rejuvenating your bodily and mental well-being with some low physical impact but highly satisfying yoga movements? You could join the IFC Chair Yoga Class on Thursday afternoons at 3:00 pm.

You don't need to be in great shape to join our friendly group as we improve our physical, mental, and spiritual health through mindful movement. You can start where you are and gradually you will have more energy, breathe better and move more easily.

To join this ongoing free class for IFC members, email Christine Tetrault at ctetral1@aol.com and she will send you the information you need and answer any questions. See you on Thursday!

GETTING YOUR LIFE IN ORDER

Tuesday, April 23 from 9:30 AM—12 Noon

The Fellowship Hall
The Inter-Faith Chapel
3680 S. Leisure World Blvd

Cost: The resource notebook—\$17.00

Register Now: Call the Chapel office at 301-598-5312

IT'S TIME TO GET YOUR LIFE IN ORDER

Have you designated someone to handle your medical and legal affairs if you are no longer able to make decisions for yourself because of illness or incapacity?

Are you worried about the burden your death may have on loved ones?

Does getting your affairs in order make you anxious because you don't know where to start? Many of us share these concerns.

A workshop on end-of-life issues is being sponsored by The Inter-Faith Chapel. The objective of this discussion is to provide participants with the tools they need to organize their plans so they can move on to enjoying their lives with the knowledge that their affairs are in order.

Our Presenters:



Jessie Lee Washington MBA, RICP®, ChSNC® Getting Your Financial Life In Order: A Financial Planning Perspective



Terry McHugh, VP Collins Funeral Home 10 Things Everyone Should Know About Funeral Preplanning & The Pitfalls to Avoid



Luann Battersby, Esq. Are Your Legal Documents in Place, An Elder Law Attorney's Perspective

WE WELCOME OUR NEW MEMBERS AND AFFILIATES

A STANDARD MATERIAL STANDARD M

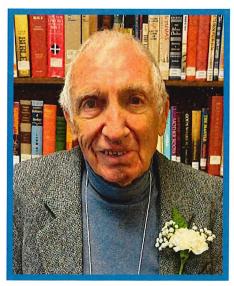
DELORES BEAMON

Delores Beamon grew up in Wilmington, NC, went to Iowa Wesleyan College, and then attended Howard University where she earned both bachelor and master degrees (Masters in Psychology). She went on to pursue post-graduate education in Family Therapy from Georgetown University. Her entire career was devoted to helping others in the field of substance abuse and recovery. Delores has been an active participant in the life of The Inter-Faith Chapel through our worship, education, and music programs. She is currently a member of The Inter-Faith Ringers and The Inter-Faith Gospel Choir. In addition to music, Delores enjoys swimming, scrap-booking, and plant gardening. Delores comes to The Chapel on transfer of membership from Glenmont United Methodist Church. We are very pleased to now welcome her into the family of faith here at The Inter-Faith Chapel.



MARILYN LITTLEJOHN

Marilyn Littlejohn moved to Leisure World in 2019 and began worshipping with us at The Inter-Faith Chapel. Then the great shutdown of the great pandemic occurred. Marilyn continued to watch services through our broadcast ministries and has been active since returning. Marilyn grew up in Richmond, Virginia, then attended Howard University earning an undergraduate degree and later a Masters of Social Work. She had an extensive career as a medical social worker specializing in Pediatric Rehabilitation working with agencies such as NIH Juvenile Amputee Center, Department of Social Work, and Clinical Supervisor for Howard University MSW students. Marilyn grew up in the Baptist church and was a member of Zion Baptist Church in Washington, DC. We are delighted that she has placed her membership with The IFC and we welcome her into this congregation.



RICHARD LAWRENCE

Richard (Dick) Lawrence moved to Leisure World approximately six years ago from Bowie, MD and began attending The Inter-Faith Chapel at the invitation of friends and through his participation in our Centering Prayer and Spirituality Program. Dr. Lawrence received his Ph.D. in Counseling Psychology from Michigan State University and was on faculty with the University of Maryland Department of Counseling for over thirty years. He was also a licensed psychologist and on staff with Shalem Institute for Spiritual Formation in Washington, DC during that same time. His daily meditation and exercise programs remain a central element of his life. Dick comes to The Chapel as a member from Good Shepherd Lutheran Church in Gaithersburg. We welcome him to his new faith family.



Prayer Workshop Monday, April 29 10:00 AM—11:30 AM

On Monday, April 29 from 10 AM – 11:30 AM, the Rev. Dr. Tim Bonner will present the "Essentials of Prayer" in the Fellowship Hall.



The seminar will emphasize both Biblical teachings on prayer as well as an interactive element where participants will engage in praying for the church and community. Attendees will look at scriptural instruction on prayer and examples of prayer from the Old and New Testament.

The workshop is designed for persons who consider themselves novices in their personal prayer life as well as those who wish to learn new insights. No one will have to pray out loud who is uncomfortable doing so, and the practice of prayer during the seminar will follow mainline Protestant traditions. Resources will be suggested for those who wish to learn more about the subject.

Dr. Bonner is the Associate Pastor of First Baptist Church, Rockville, MD. He has over 35 years' pastoral experience serving churches in South Carolina and Maryland. He is also a retired military chaplain, having served 30 years in the Army National Guard and Army Reserve.

Please call 301-598-5312 by April 24 to register for this prayer workshop.

Lenten—Soup and Salad Lunch

March Activities Sweater Drive



Palm Sunday





Inter-Faith Women's Meeting Thursday, April 18 @ 1:30 PM — Fellowship Hall

Travel with Bertie Knisely as she shares her journey to the city of Mbeya located in southwest Tanzania in east Africa. Her slides will tell of vulnerable omen children orphaned by HIV/AIDS there, and how the Tanzanian based not for profit, Mercy World Organization, is working to "Save Their Dreams."

Learn about life in Tanzania and eat typical foods. Art from Africa will be enjoyed as we eat and have fellowship.

All ladies are welcome.

Prayer

Centering Prayer Centering Wednesday, April 24, 2024, 6:00 pm — Fellowship Hall "Be Still and Know that I am God" Psalm 46:10

Please join others in a sacred circle of prayer on Wednesday, April 24, 6:00-7:00 pm in The Chapel's Fellowship Hall. In addition to devoting 20 minutes of silence to the practice of centering prayer, facilitator Bertie Knisely will lead participants in deepening prayer practices such as breath prayer, sacred movement, and chant. Please register by calling the Chapel office at 301-598-5312 or by emailing facilitator Bertie Knisely at bertiek@moravian.edu.

All are welcome.

What is 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. St. John of the Cross tells us, "Contemplation is nothing other than a secret, peaceful, loving inflow of God. If given room, it will fire the soul in the spirit of love".

SPRING FOOD DRIVE

Tuesday, May 7 and Wednesday, May 8 Drop off under the Portico from 10:00 AM – 2:00 PM

The Inter-Faith Chapel is sponsoring a Spring Food Drive on Tuesday, May 7 and Wednesday, May 8. You may drop off your non-perishable food items under the portico between the hours of 10:00 AM — 2:00 PM.

Please check the expiration dates of your donated goods before contributing.

The items will be given to Manna Food Center which works to end hunger in Montgomery County communities. Their most needed food list includes instant oatmeal, brown rice, dry and canned beans, whole grain pasta, canned (in water) tuna, salmon or chicken, nut butters, low sodium canned vegetables, canned fruit in juice, fruit cups, shelf stable milk boxes, cooking oil, spices, infant formula and baby food. They do NOT accept soda, cake, candy and cookies.

Your Invigorating Health Walk



A cheerful heart is good medicine, but a crushed spirit dries up the bones. (Proverbs 17:22) An invigorating health walk is inviting your Creator to walk along with you. When I am walking with my Creator, I enjoy singing and or just talking with him. I feel safe, uplifted, and cheerful and it is invigorating to me. 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, you will notice certain changes in your body right away. Your heart beats a little faster, your breathing rate increases, and you may feel your leg muscles working. A daily invigorating walk with your Creator can improve

mental health problems like depression and stress. Being physically active helps people live longer and helps prevent early death from heart disease.

Maryland designated walking as the state exercise on October 1, 2008, and it became the first state in the nation to name a state exercise. A daily invigorating health walk can do the following:

- Improve circulation and lower your blood pressure
- Improve balance and lower your risk of falling
- Strengthen your legs and abdominal muscles, alleviating pressure on your joints
- Protect your cardiovascular system and support bone health
- Improve well-being with better cognitive function, memory and self-esteem

Lack of a daily invigorating health walk can be partly the blame for your perpetual gloom. We need a dose of joy from our Creator in the morning. He never fails.

It's okay to use your cane or walker for your daily invigorating health walk. Wear supportive shoes and bring water. Making small daily changes can add up to significant health benefits. Remember, to thank your Creator for his healing powers and for your joyful walk with him. The most important thing is to just get started walking. Enjoy your walk.

Andra Matthews, RN, BSN Health Advocate

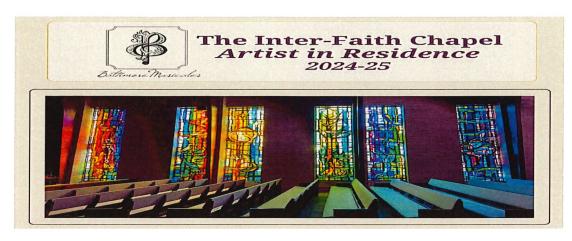
BIBLE QUIZ

1. How many lepers did

Jesus heal?

- 2. How many of Jesus' brothers are named in the Bible?
- 3. When David wanted to fight Goliath, what did Saul try to give him?
- 4. How many sling-throws did it take David to hit Goliath?
- 5. What catastrophe did Joseph predict by interpreting the Pharaoh's dream?
- 6. Who else was in prison with Joseph?
- 7. What is the 10th commandment?
- 8. What is the 9th commandment?
- 9. Who was the first king of Israel?
- 10. Why was Joseph summoned out of prison by the Pharaoh?
- 11. Who bought Joseph when he was sold into slavery?
- 12. How many books have the name John in them?
- 13. What does Jesus say is the second greatest commandment?
- 14. Which book did David write most of?
- 15. What were men trying to do at the Tower of Babel?
- 16. Name one of Jesus's brothers.
- 17. Is Jesus's sister ever named in the Bible?
- 18. What happened when Jesus went into the wilderness?





Baltimore Musicales Begins Residency at The Inter-Faith Chapel

The singers and pianists of Baltimore Musicales will serve as Artists in Residence at The Inter-Faith Chapel for the 2024-25 season, beginning in February 2024 and continuing through April 2025. Historically, an artist residency supports a collaboration between artists and a hosting institution or organization, whereby new creative ideas are explored, relationships with the surrounding community are strengthened, and artists are given time and space to develop their work.

Baltimore Musicales looks forward to presenting new programs of art songs, opera, musical theater, and vocal chamber music at The Inter-Faith Chapel this coming season. A 501(c)(3) non-profit organization founded in 2014, Baltimore Musicales first began performing at the Inter-Faith Chapel in 2022 and remains committed to preserving the art of the song recital, providing performance opportunities for outstanding regional artists, and building community through shared musical experiences.

Save the dates for these exciting concerts:

To Broadway, With Love—Sunday, July 28, 2024 at 3:30 PM

Celebrating the contributions of Jewish composers and lyricists to American musical theater, this program showcases works by George and Ira Gershwin, Jerome Kern, Harold Arlen, Kurt Weill, Irving Berlin, and more.

Around the World in Sacred Song-Sunday, Oct. 27, 2024 at 3:30 PM

A multi-faith exploration of spirituality through song, this program shares texts and music from across the globe and reflects on the human desire for connection and meaning.

Sundays with Estella—Sunday, February 23, 2025 at 3:30 PM

Estella Bonds, mother of composer Margaret Bonds, was a professional musician whose home served as a gathering place for many of the leading artistic and literary figures in Chicago's African-American community in the 1930s. This program explores works by artists who would have attended Estella's Sunday musicales, including Florence Price, Langston Hughes, Will Marion Cook, Abbie Mitchell, and more.

Sundays with Fanny—Sunday, April 27, 2025 at 3:30 PM

Fanny Mendelssohn Hensel was an extraordinary pianist and prolific composer who was discouraged from pursuing a professional career in music because she was a woman. In 1831, she began hosting her own Sunday musicales—the Sonntagsmusiken—with an impressive guest list of composers, writers, and performers. This program explores works by Fanny and her musicale attendees, including Clara Schumann, Franz Liszt, and Heinrich Heine.

All tickets are \$20 and may be purchased at the door or online at www.baltimoremusicales.org.

CALENDAR

Wednesday, April 3 Thursday, April 18

Tuesday, April 23

Wednesday, April 24 Monday, April 29

9:00 AM-12 Noon

1:30 PM

9:30 AM

6:00 PM

10:00 AM

Baby Shower (Clubhouse 1 (curb side)

Inter-Faith Women Meeting

Getting Your Life in Order

Centering Prayer

Prayer Workshop



WORD LIST APRIL **BASEBALL** BIRDS **BLOSSOMS** BUMBLEBEE BUTTERFLIES CHICK CLEANING **CLOVER CROCUS DAFFODIL DAYLIGHT EQUINOX FLOWERS FORSYTHIA GARDEN** JACKET







Answers to Quiz on page 9

- 1.10
- 2. Four
- 3. His armor

LADYBUG

PUDDLES

RAINBOW

SHOWERS

UMBRELLA

MARCH

PICNIC

ROBIN

SEEDS

SPRING

MAY

- 4. One
- 5. A severe, seven-year famine
- 6. The Pharaoh's cupbearer and chief baker
- 7. You shall not covet
- 8. You shall not give false testimony
- 9. Saul
- 10. To interpret his dream

- 11. Potiphar, captain of the Pharaoh's guards
- 12. Four
- 13. Love your neighbor as yourself
- 14. Psalms
- 15. Build a tower to reach Heaven
- 16. James, Joseph, Simon or Judas
- 18. He was tempted by Satan

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 Rev. Dr. Robert W. Perry Minister Emeritus

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 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.