

May 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

I was initially hesitant to use this platform to write about the current and escalating Israel-Hamas war. I am not an expert on the Israeli/Palestinian conflict and I am not certain that I have anything new to offer to the already full field of opinions and articles.

At the same time, I feel that our distinctive name and mission: *The Inter-Faith Chapel, "A House of Prayer for All People,"* requires some type of spiritual reflection. It is essential that we navigate this conflict, and all such issues in life, through the lenses of our moral and ethical principles, while grounded in the teachings of our faith.

This ongoing conflict has resulted in a horrific number of human casualties and an unimaginable amount of human suffering. It has raised difficult questions for people worldwide, compelling us to seek a principled and faith-based response.

The Bible has much to say about war and violence. It gives numerous accounts of our human tendency towards power and revenge. Christianity, as reflected in the teachings of Jesus, advocates for peaceful coexistence and encourages us to seek reconciliation over retaliation and revenge.

We grieve this renewed cycle of violence in the Holy Land region. We grieve for the suffering and loss of life on both sides of this conflict. This means grieving for all traumatized victims, every defenseless family, and each innocent child.

Our faith teaches us that every human being is made in the image of God and deserves respect and dignity. This means showing compassion to those suffering from war and violence, regardless of their background.

These are traumatic times for Palestinians and Israelis alike. Historically, both groups, to a different extent and in differing ways, have been victims of hate and violence. It would be misguided to think that all of this happened overnight or occurred in a vacuum. Violence, in all of its forms, is how we got into this mess. It is not the way out.

The situation in the Middle-East is not just a concern affecting those who live there. This conflict has become a global issue impacting Jewish and Muslim relations right here in our communities. This is an occasion to cultivate empathy for our neighbors near and far.

The situation in the Middle-East is volatile and complex. We now find ourselves living with the threat of this conflict expanding to a greater area and including even more nations. Great caution, wisdom, and prayer are needed in order to avoid fueling the conflict further.

Continued on page 2

One of my hopes in writing this article is to encourage all of us to take a deeper look into the nuanced narratives of this region. As people of faith, we need to stay as informed as possible.

May this crisis cultivate a sincere curiosity in us to learn more about the history of the Israeli–Palestinian conflict. Let us follow this thread of curiosity beyond the selected headlines to the human stories of Palestinian and Israeli families. Peace will not be accomplished until the roots of this conflict are addressed with honesty.

The Inter-Faith Chapel stands against aggressive violence of all kinds. We stand against any rhetoric and actions that dehumanize others. We pray for de-escalation of violence throughout the region.

We pray for a commitment to dialogue and trialogue. We pray for an openness to shift from how things used to be, in order to obtain safety and security in the region for the future. We pray for peace to prevail over resentment, revenge, and retaliation

Do not take revenge on anyone or continue to hate them, but love your neighbor as you love yourself.
Leviticus 19:18 (Good News Translation)

There is no salaam, shalom, or peace in revenge. We pray for peace.

Salaam alaikum,

Shalom aleichem,

Peace be unto you,

-Woodie

Affiliates and Friends Residing in Nursing Care Facilities

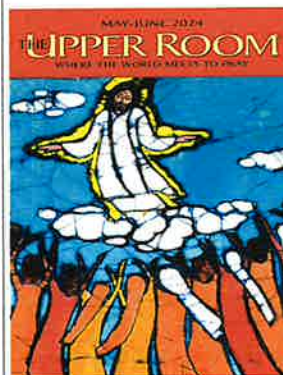
Each month, we encourage our members to wish happy birthday to our affiliates and friends who live in nursing care facilities or group homes.

Please send a card.

May 7
Mab Cantril
6121 Montrose Road
#422
Rockville, MD 20852



Upper Room Devotional Books



May/June 2024
Upper Room issues
are now available.

Copies are placed
in a basket in the
Narthex. 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.

PRAYERS FOR THE MONTH OF MAY

A Prayer for Mother's Day: To the Moms Who Are

To the Moms who are struggling, to those filled with incandescent joy.

To the Moms who are remembering children who have died, and pregnancies that miscarried.

To the Moms who decided other parents were the best choice for their babies, to the Moms who adopted those kids and loved them fiercely.

To those experiencing frustration or desperation in infertility.

To those who knew they never wanted kids, and the ways they have contributed to our shared world.

To those who mothered colleagues, mentees, neighborhood kids, and anyone who needed it.

To those remembering Moms no longer with us.

To those moving forward from Moms who did not show love, or hurt those they should have cared for.

Today is a day to honor the unyielding love and care for others we call 'Motherhood,' wherever we have found it and in whatever ways we have found to cultivate it within ourselves.

~Hannah Kardon

Pastor at Elston Avenue United Methodist Church

A Prayer for Our Graduates

Loving God, we thank you for all who graduate from grade school, high school and college this time of the year. You have blessed them during their years in school with wisdom, friendships, and skills. You continue to challenge them to make this world a better place because of their education.

Help them to look forward to their next steps: continuing in their education or entering the work world. Particularly help those who are seeking employment to find a job suitable to their education.

Give them faith and a sense of purpose in their next steps. Show them how to serve others in effective ways.

And may they be always be aware in everything they do that they will find fulfillment in doing your will, that you will be with them always, and that you will bring to completion the good work you have begun in them.

Amen.

BIBLE QUIZ — The Book of Genesis

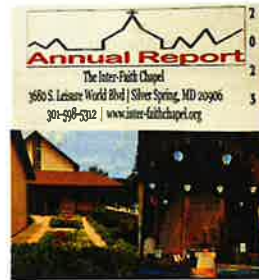
Chapter 1

1. What was created on the first day?
2. What was created on the second day?
3. What was created on the third day?
4. What was created on the fourth day?
5. What was created on the fifth day?
6. What was created on the sixth day?
7. What happened on the seventh day?

Chapter 2

1. From what Substance was Adam formed?
2. From what were the animals and birds formed?
3. From which human body part was Eve formed?
4. What place did God give Adam as a home?

2023 Annual Reports Available



Each year, the Chapel Council prepares an annual report for the congregation. It includes a summary of activities from the ministers and each

Council chair, in addition to year-end financial reports.

The 2023 reports are available for pickup in the Narthex. Please call Bonnie Bonner at 301-598-5312 if you have any questions.

2024 First Quarter Financial Report

Financial Report			
Giving Actual Month of March 2024	Giving Budget Month of March 2024	Giving Actual Year to Date 2024	Giving Budget Year to Date 2024
\$51,130	\$45,192	\$120,209	\$110,252

The chart summarizes giving through the end of March 2024. The Chapel finished the quarter in a good financial situation. We are grateful to our congregation and friends for your continued stewardship and faithfulness.

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

Don Hill, Chair

GARDENING FOR WELLNESS

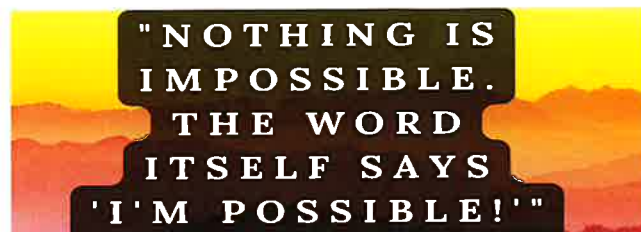


Now that spring is here, we should spend time outdoors, according to the doctors at Harvard Medical School. Just being outdoors with nature is a powerful stress reliever and is free! We are all seeking a place of peace. By working in an outdoor garden with your creator in mind and heart, you will gain positive health benefits. Stress can sneak up on us anywhere at any time. Stress attacks us on all levels. Let's give our mind a rest, get away from TV, cell phones, computer screens and stress. Stop for a bit and quietly take in some fresh air.

Gardening reduces stress and promotes a sense of well-being. Gardening builds strength, lowers your blood pressure, promotes sound sleep and helps you maintain a healthy weight through exercising. Gardening helps nurture your spirit by lifting your mood and enhancing Vitamin D production. Direct contact with the soil in your garden may trigger the release of serotonin in your brain. Serotonin is a natural anti-depressant and strengthens the immune system. Lack of serotonin in the brain can lead to depression.

It is gratifying to plant, tend, harvest and share your own healthy vegetables with others. Gardening is hard work, but it makes you feel more peaceful and content. You can always seek and find spiritual connections while working in your garden. Enjoy.

~Andra Matthews, RN, BSN, Health Advocate





SPRING FOOD DRIVE

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

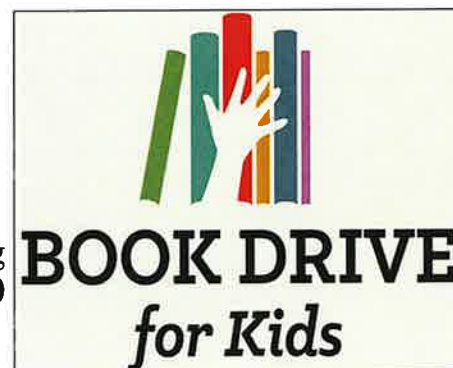
The Inter-Faith Chapel Missions Committee is sponsoring a Spring Food Drive on Tuesday, May 7 and Wednesday, May 8. You may drop off your non-perishable food items under the portico between the hours of 10:00 AM — 2:00 PM.

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.



Book Drive for Kids
Friday, June 7th
@ 9:00 am—12:00 Noon
Clubhouse I — Crystal Ballroom



The Club to help the Homeless and Working Poor is sponsoring their annual *Books for Kids* drive on Friday, June 7 from 9:00 am—12:00 noon at Clubhouse I—Crystal Ballroom.

All books will be donated to Georgian Forest Elementary School and Wheaton Woods Elementary School for students' summer reading enjoyment.

We are accepting new and/or clean, gently used children's books for grades Pre-K through Grade 5. [Please note: no religious or political books].

If you prefer to make a monetary contribution, please make checks payable to: The Inter-Faith Chapel with CHWP Books for Kids noted on the memo line. You may drop off your check at the book drive or mail the check before June 7th.

For your convenience, there will be a drop-off box located in the Narthex at The Chapel from May 10—June 6.

Money collected will go towards buying books to help children served at the Treehouse Child Advocacy Center in Rockville.



**Here's the Line-Up for the 2024 Concerts at
The Inter-Faith Chapel
May – October 2024**

***All concerts are free unless otherwise designated**

- | | |
|------------------------------------|--|
| Tuesday, May 21 at 6:00 p.m. | The Inter-Faith Chapel Music Department |
| Tuesday, June 18 at 6:00 p.m. | The Army Field Band Chamber Series concert |
| Tuesday, July 16 at 6:00 p.m. | Everett P. Williams, Jr: So Many Reasons to Rejoice:
Sacred Songs of Praise |
| Sunday, July 28 at 3:30 p.m. | Baltimore Musicales: To Broadway, With Love
*Tickets are \$20.00 |
| Tuesday, August 20 at 6:00 p.m. | Farah Kidwai and Friends: Blue Grass from the
Highlands |
| Tuesday, September 24 at 6:00 p.m. | Safe Harbor with Sam and Kathryn Ott |
| Sunday, October 27 at 3:30 p.m. | Baltimore Musicals: Around the World In Sacred Song |



**Inter-Faith Chapel
Music Department Concert
Tuesday, May 21st @ 6:00 PM**



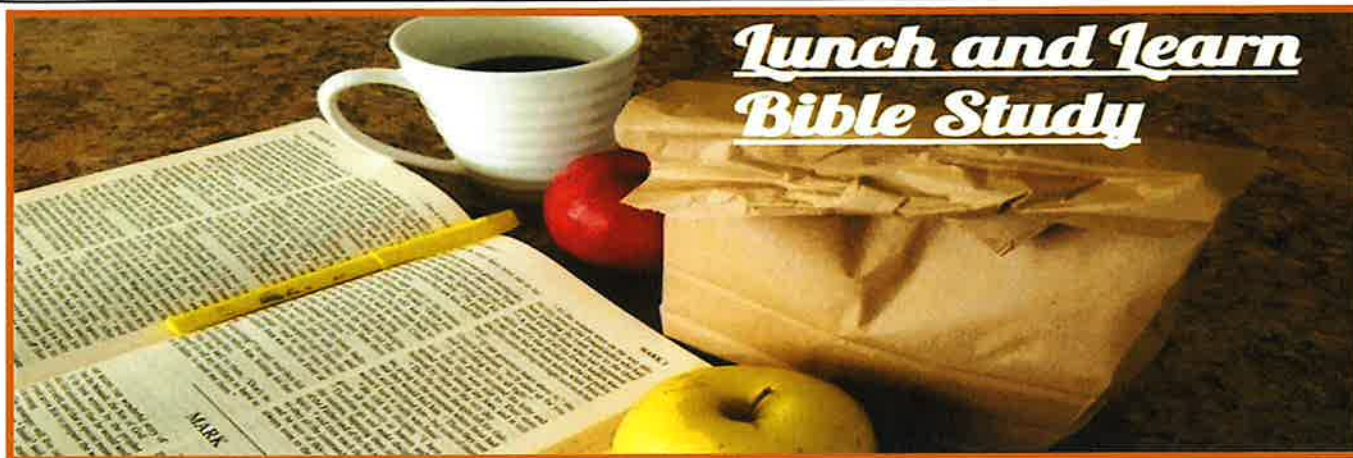
Come join us for an evening celebrating the joy of music. The Music Department of The Inter-Faith Chapel is offering their annual concert on Tuesday, May 21st at 6:00 pm. The Gospel Choir under the direction of Rev. Glenda Clay and the Chancel Choir under the direction of Dr. Holly Oberle will sing

anthems that are toe-tapping and inspirational.



The Interfaith Ringers directed by Katherine Latterner will ring handbells and chimes, and the Generational Joy Dancers will dance. Dr. Holly Oberle will play several silent movie tunes for fun, and you will get a chance to join all of us in singing God Bless America.

If you came to our concert last year, you know that the various groups of the Music Department will be sure to provide a program that will entertain and inspire you! We look forward to your being with us on May 21st.



Join Rev. Dr. Ramonia Lee this summer for a Bible Study exploring Adam Hamilton's book *Half Truths: God Helps Those Who Help Themselves and Other Things the Bible Doesn't Say*. We will meet on the 3rd Mondays each month at noon and every month, a new chapter will be studied.

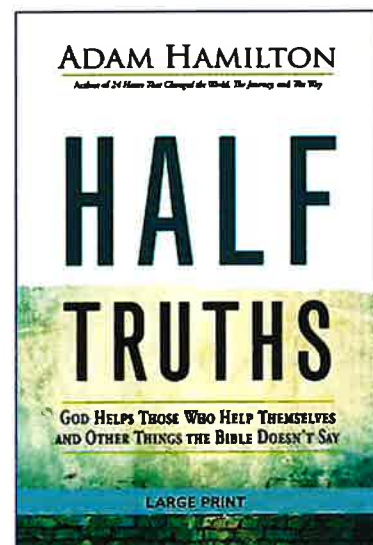
***Half Truths: God Helps Those Who Help Themselves and Other Things the Bible Doesn't Say* by Adam Hamilton**

True or false:

1. Everything happens for a reason.
2. God helps those who help themselves.
3. God won't give you more than you can handle.
4. God said it, I believe it, that settles it.
5. Love the sinner, hate the sin.

All true? Not so fast. We've heard these phrases all of our lives, but in Adam Hamilton's new book, *Half Truths*, you'll learn that although they capture elements of truth, when compared to the wisdom found in Scripture, they are more common Christian clichés than actual Bible verses.

The class will meet on May 20, June 17, July 15, August 19 and September 16 at noon. To register for this study and to purchase the text for \$17.00, call The Inter-Faith Chapel at 301-598-5312. Deadline for registration is Thursday, May 16.



SPIRITUAL PRACTICE FOR THE MONTH



Don't waste any time dividing the world into good guys and bad guys. Hold them both together in your own soul — where they are anyway — and you will have held together the whole world.

~Richard Rohr in
Hope Against Darkness by Richard Rohr,
John Bookser Feister

To Practice This Thought: Pray for all sides of a conflict.

A LOOK AT APRIL'S EVENTS GETTING YOUR LIFE IN ORDER

Thanks to the presenters:

Dr. Ramonia Lee, Terry McHugh, Luann Battersby, and Jessie Lee Washington, for a great workshop, It's Time to Get Your Life in Order.

The well-attended workshop provided participants with the tools needed to organize their plans so they can move on to enjoying their lives with knowledge that their affairs are in order.



Inter-Faith Women's event "Save Their Dreams."

Attendees learned about the most vulnerable children orphaned by HIV/AIDS in Mbeya, Tanzania and the Mercy World Organization that is working with the children.

Artwork from Africa was presented and enjoyed by all.



HUMOR SUNDAY APRIL 21



*A smooth sea
never made
a skilled sailor.*
Franklin D. Roosevelt
⚓

"When we put
God first,
all other things
fall into their
proper place."

Centering Prayer

Centering Prayer
Wednesday, May 8, 2024, 6:00 pm
Fellowship Hall

“Be Still and Know that I am God” Psalm 46:10

If you feel a desire to still yourself through meditation and prayer, please join our sacred prayer circle on Wednesday, May 8 from 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”.

**Come
Worship
with us!**



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 any of our
Worship Service at any time
through our website at
www.inter-faithchapel.org.

ZOOM YOGA



It appears that Spring has finally sprung after another unusual April with snowflakes one day and 70 degree weather the next day. It just shows how important it is to be flexible! You can work out your kinks from shoveling, yard work, or just being alive over 55 at the IFC Chair Yoga classes on ZOOM on Thursday afternoons.

This continuing 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 this welcoming group as we improve our physical, mental, and spiritual health through mindful movement.

If you’d like to try it out, just email Christine Tetrault at ctetrall@aol.com get the rest of the skinny. We look forward to having you join us.



Learn about the Knitting Corner Group

The Knitting Corner group meets on the 2nd and 4th Friday of each month in the Fellowship Hall from 10:00am to 12 noon. The group is comprised of very talented women dedicated to their craft of knitting and crocheting. They make everything from hats to dresses, toys, blankets etc. The two biggest functions that they support are the Caps for Kids drive in October and the Baby Shower drive in April. They also donate hats and scarves to help people in Ukraine, blankets and lap robes to Casey House, a Montgomery County Hospice, plus hats, scarves and blankets for the men's and women's shelter. Several schools in the area also benefit from their work.

The group donated so far this year 135 baby blankets, 24 hats, 17 dresses, 43 sweaters, 14 stuffed bunnies, 2 booties, 1 gnome, 8 octopus, and 2 toy squares to the Club to Help the Homeless and Working Poor.

The Knitting group continues to grow with new members joining in as they look forward to donating more items. They gladly accept yarn donations to continue their efforts to help people in need.

If you would like to learn more about the group, please contact Mary Ann at 240-994-3877.

Meet the group:



A little history: The knitting group was started in 1969 by Freada Lewis and four other women. They met at each other's homes until the group grew too large, then transferred their gathering to The Inter-Faith Chapel Fellowship Hall.



The Chapel provides some funds for the yarn for the women who lend their talents to knit and crochet various items for charitable donation.



CALENDAR

Tuesday, May 7 @ 10:00 AM — 2:00 PM
 Wednesday, May 8 @ 10:00 AM — 2:00 PM
 Wednesday, May 8 @ 6:00 PM
 Monday, May 20 @ 12 Noon
 Tuesday, May 21 @ 6:00 PM
 Monday, May 27 —

Food Drive
 Food Drive
 Centering Prayer
 Bible Study—Lunch and Learn
 IFC Music Department Concert



Memorial Day Word Search

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



AMERICA	MAY	RESPECT
CEMETERY	MEMORIAL	SACRIFICE
CEREMONY	MILITARY	SALUTE
FLAG	PARADE	TRADITION
HOLIDAY	PATRIOTIC	TRIBUTE
HONOR	REMEMBER	WREATH



♥ Mother's Day

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

BEAUTIFUL
 BOUQUET
 CARING
 CELEBRATE
 CHILDREN

FAMILY
 FLOWERS
 GRATEFUL
 HOLIDAY
 HUGS

KISSES
 LOVE
 MOTHER
 PARENT
 SPECIAL

Answers to quiz on page 3

Genesis Chapter 1

1. Light
2. Firmament (sky)
3. Dry land
4. Stars, sun, and moon

5. Sea animals and flying creatures
6. Beasts of the earth and humans
7. God rested

Genesis Chapter 2

1. Dust
2. The ground
3. Adam's rib
4. Garden of Eden

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

Non Profit Organization
U. S. Postage Paid
Suburban MD 20906
PERMIT NO. 0 2 3 3 8

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

