

October 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**



*“For everything, there is a season...” -Ecclesiastes 3:1*

When we think of the month of October and the season of autumn, we tend to think of cooler temperatures, fall colors, harvest festivals, and perhaps pumpkin spice lattes.

We are all aware of the changes that the seasons of the year bring, but we are also affected by other seasons of life.

We have recently gone through a season of notable losses here at The Inter-Faith Chapel. Mind you, *every* death in our faith family is significant and each passing has an impact on all of us. Grief and bereavement are often made more intense when the losses occur in close succession with one another.

In my own personal family, we have experienced the passing of three matriarchs within a nine month period. We remember, we cry, we grieve.

Early Christian writers spoke of the “gift of tears” and “the grace of grief.” They were referring to the emotional and physical release that can bring healing through crying, as well as the personal presence of God that can bring peace to our grieving.

Tears are a response of the heart. The shedding of tears through grief is a sacrament of love. Some ask when they will “get over” their grief. I suggest that we never fully “get over” it, but with God’s help, we “get through” it. We continue to live in phases and cycles of grief, because we continue to love and remember.

Tears are a gift of grace from God, and their mature fruit can be joy. Ecclesiastes may be nowhere more correct than here. There is definitely “a time for weeping,” but there is also “a time for joy.”

Through this season, many of us may be experiencing a season of grief and tears. But “we do not grieve as those who have no hope,” (1<sup>st</sup> Thessalonians 4:13) for we also know that “weeping may stay for the night, but joy comes in the morning” (Psalm 30:5).

We grieve together, we cry together, we laugh together, and we celebrate life together. That is what Church does!

Prayers and cares to each and all of you, through this season, and all seasons.

*-Woodie*

# BIBLE TRIVIA

## Jesus and His Disciples

Jesus appointed twelve men to be his disciples during his earthly ministry. These men would walk alongside him throughout his life—to his crucifixion and eventually his ascension to heaven. His disciples were far from perfect, yet all but one demonstrated faithful devotion to our Savior.

1. What was our Savior's last command to his disciples? A. Help widows and orphans B. Love others C. Make disciples of all the nations and baptize them. D. Honor the Sabbath.
2. Of whom did our Savior say, "I will make you fishers of men?" A. Of Matthew, Peter, and Simeon B. Of Simeon, Peter, and Andrew C. Of James, Peter, and Andrew D. Of Thomas, Matthew, and Peter
3. What two distinct promises did our Savior make to his disciples when he was about to leave them? A. The gift in heaven and his return B. The salvation of their souls and the gift of the Comforter C. The riches of the world and a place in heaven D. The gift of the Comforter and his own personal return
4. Which apostle told Christ he had left all to follow him? A. Matthew B. James C. John D. Peter
5. Who took Judas's place among the twelve? A. Matthias B. Stephen C. Jude D. Paul

*Answers to trivia questions on page 11*

## PRAYER OF THE MONTH



Dearly Beloved,  
Grace and Peace to you.  
Loving One,  
in deep trust of your grace  
I rest in your mercy.

Trusting your goodness,  
I call to mind how I have needed your forgiveness,  
and how greatly, how deeply and completely,  
how continuously you have forgiven me,  
and I give thanks.  
Love, have mercy. ...

Shine the light of your love  
where I have shaded my guilt from your grace,  
where I have not allowed myself to be forgiven.  
May your will be done, your love find home.  
and assure me again.  
Christ, have mercy. ...

Gentle One, shine the light of your love  
where I have not forgiven.  
Heal me of my blame;  
release me from the burden of my judgment.  
Help me be as forgiving as I am forgiven.  
Love, have mercy. ...

In the name of the One who broke bread with his betrayer,  
in the Spirit of the One who forgave his torturers,  
I pray for the gift of forgiveness.

Amen.

## *In Memoriam*

Dick Carlson  
September 3, 2023

Joanne Karppi  
September 15, 2023



## **Financial Health of The Inter-Faith Chapel through August 2023**

### **Maureen Harris, Chair, Finance Committee**

For the third consecutive year, we find ourselves grappling with COVID—the plague that never quits! It seems that every time we begin to feel confident that it is over, it rears its head and shows us that our optimism is misplaced. At The Chapel, we have enjoyed increased attendance—even during the summer months, and that is a blessing.

As we end the third quarter of the 2023 year, we find that our giving is somewhat less than the amount that we budgeted—both our In-Person giving and our Online giving. You should have received within the last week or so a mailing that reflects where you stand with your yearly giving. Usually, we see a downward trend in giving during the summer months; however, this trend started before the traditional summer months. Additionally, our Building Usage funds, those funds that are derived from outside organizations or people using our Chapel, are only about half the amount that we budgeted.

Luckily, we have not had any major projects—repairs or replacements, so our Building and Grounds expenses are below the budgeted amount. Our biggest increase this year, of course, was our electric bill. We did switch to a different carrier and have avoided the tremendous increase that was expected if we had remained with our previous carrier.

All of us who have investments know that the market is volatile, so our balances ride the roller coaster that is the stock market. Our Endowment Fund is subject to that same volatility, so we see balances that are up one month and down the next. It remains healthy, however.

Reflecting on where we were last year this time financially, and comparing it with where we are now, we are not alarmed or disheartened. We are trusting in Almighty God, and we are confident that you will continue your support of the Chapel. With your help, we look forward to continuing the programs and meeting the commitments that we have provided and supported over the years.

With thanks,

Maureen Harris  
Chair, Finance Committee

<b>Financial Report</b>			
Giving Actual Month of August 2023	Giving Budget Month of August 2023	Giving Actual Year to Date 8/31/2023	Giving Budget Year to Date 8/31/2023
\$32,316	\$31,906	\$276,368	\$285,742

You may call Bonnie Bonner, Chapel Administrator, at 301-598-5312 if you desire a more detailed financial report.

## Please Join Us for Fall Centering Prayer:

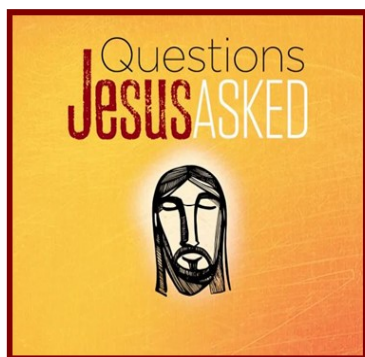
Wednesday, October 18, 6:00 – 7:00 pm

Wednesday, November 15, 6:00 – 7:00 pm

# Centering Prayer

You are welcome to join others who seek to draw closer to God in a sacred circle of prayer on the third Wednesday of October and November. During each session, we will devote 20 minutes of silence to the practice of centering prayer, a method of contemplative prayer with the sole intention of offering ourselves to God and consenting to God's presence and work within us. Centering prayer 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.

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



## Fall 2023 Bible Study Continues Questions Jesus Asked Bible Study Tuesdays—October 3; 10; 17; 24 1:30 pm in the Fellowship Hall.

When we ask questions of ourselves, we grow spiritually, so come grow with us as we examine these 4 questions Jesus asked his disciples:

**Tuesday, October 3** – Why Are You Anxious? —Luke 12:25-31

**Tuesday, October 10** – What Do You Live For? —Mark 8:34-38

**Tuesday, October 17** – Whom Will You Love? —Luke 6:27-36

**Tuesday, October 24** – What Are You Looking For? —John 1:35-38



## Do you live outside of Leisure World?

Leisure World Security has requested that The Chapel provide gate passes to those who regularly attend services here and live outside of the community. This pass would be shown at the gates when you enter.

Please call Bonnie Bonner at 301-598-5312 or email her at [b.bonner@inter-faithchapel.org](mailto:b.bonner@inter-faithchapel.org) if you drive into Leisure World for services and do not already have a pass. She will mail it to you. Thanks for your help!

## Blessing of the Animals

**Wednesday, October 4 @ 10:00 AM Blessing of the Animals Service**  
**10:30 AM Under the Portico Drive thru Blessing of the Animals**



The Inter-Faith Chapel will hold its annual Blessing of the Animals on **Wednesday, October 4th**. There will be a brief service outside at 10:00 AM including readings, prayers, and songs, followed by drive-through or walk up pet blessings under our portico beginning 10:30 AM. The 10:00 AM service will be held in the Fellowship Hall in case of inclement weather.

This is always a wonderful and joyous time to celebrate the special relationships we have with our beloved pets. Dogs, cats, birds, rabbits, all pets of every size, are invited - along with their human drivers! Each pet will receive a "Certificate of Blessing," along with a pet "goody" bag.

We hope you will join us, and be sure to invite your friends, as we celebrate the blessing and goodness of all of God's creation!

## POTLUCK & HYMN SING

### NOTE: NEW DATE AND TIME

**AN OLD-FASHION POTLUCK AND HYMN SING**

**Wednesday, November 1, @ 5:00 pm**

On Wednesday, November 1, at 5:00 pm we will gather in the Fellowship Hall for an old fashioned POTLUCK meal.

- ◆ If your last name begins with A-K, bring an entrée
- ◆ If your last name begins with L-R, bring a salad or a side
- ◆ If your last name begins with S-Z, bring a dessert
- ◆ All dishes should serve from 8-10 people
- ◆ Beverages will be provided by the Outreach and Fellowship Committee.



After we have had our fill with the potluck, we'll fill our hearts and souls with joy and sing our favorite hymns. Our HYMN SING will be led by Rev. Glenda Clay.

Please sign up for this event in the Narthex (church lobby) or by calling the church office at 301-598-5312 no later than Sunday, October 29. This is a great time to invite friends and family to join you for an event at The Inter-Faith Chapel.

# HIGHLIGHTS OF SEPTEMBER ACTIVITIES! IN PRAISE OF AGE



## SAFE HARBOR CONCERT



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

Thankful  
 Grateful  
 Blessed

I wanted to take a moment to thank each and every one of you who sent love, light, and prayers as I was going through treatment. Everyday at least one card or text message would show up and it just took my breathe away. Thank you so much. I am truly blessed to a part of such a loving and giving faith family as The Chapel.

Blessings, Heidi Bender



## Missions Sunday October 22, 2023



Amy Javaid  
President & CEO  
A Wider Circle

The Chapel Missions Committee is responsible for coordinating our missions support program. The committee annually selects and reviews both domestic and international ministries whose programs serve the spiritual and humanitarian needs of others.

Each year, we designate a Sunday to emphasize our commitment to missions in general, and to highlight one of the specific missions that The Inter-Faith Chapel supports. We are pleased that on **Sunday, October 22nd**, Amy Javaid of A Wider Circle will be our speaker for our **10:00 AM** worship service.

“Rising up is best done together. A Wider Circle’s collaborations with clients, volunteers, partner organizations and donors demonstrate its community commitment and belief in the power of many to improve the lives of all.”

Amy was named A Wider Circle’s President & CEO in July 2021, after having served as A Wider Circle’s Interim President & CEO since January 2021. She has been with the organization as a staff member since 2017, most recently serving as Senior Vice President, and spent many years prior as a volunteer. She has held many roles across several departments, including Workforce Development, Neighborhood Partnerships, and Development, and is honored to lead into the new era of A Wider Circle.

Amy offers close to 20 years experience working with non-profits in the U.S. and across the globe in project design, implementation, management and monitoring. Specifically she has led activities in workforce development, reproductive health and HIV/AIDS prevention. She has worked with an array of populations in need and is committed to engaging partners in the movement for greater equity and opportunity for all.

We hope you can join us for this valuable worship experience. Following the service, the Missions Committee invites you to join them for light refreshments in the Fellowship Hall to speak with Amy and to hear more of her work with A Wider Circle.



### Inter-Faith Women Thursday, October 26 at 1:30 PM Friendship is the Thread that Weaves Us Together

All women are invited to attend the next Inter-Faith Women’s program, Friendship is the Thread that Weaves Us Together, to be held on **Thursday, October 26 at 1:30 pm** in the Fellowship Hall.

The program will include singing of hymns and new songs, along with table games to learn about those sitting at our tables. A special soloist will sing a song about weaving fellowship. We will finish by enjoying refreshments and fellowship. Chapel recipe books will be distributed.



Please join us **Monday, November 6<sup>th</sup>** from **1:30pm-2:30pm** in the Fellowship Hall for a discussion on “Stepping Out: Finding Way to Connect while Keeping Safe.”

Learn the importance of socialization and what loneliness is and the importance of relationships and sense of well-being.



**AIRMEN OF NOTE**  
**Performance**  
**Thursday, October 5**  
**@ 6:00 PM**

The Airmen of Note Septet will perform on **Thursday, October 5** from **6:00 pm – 7:00 pm**. This is a free concert and tickets are not required. Donations to support Chapel concerts will be accepted.

**Note: If there is a government shutdown, they will not be able to perform.**

The Airmen of Note is the premier jazz ensemble of the United States Air Force. Stationed at Joint Base Anacostia-Bolling in Washington, DC, it is one of the six musical ensembles that form The U. S. Air Force Band. Created in 1950 to continue the tradition of Major Glenn Miller’s Army Air Forces dance band, the current band consists of 18 active-duty musicians, including one vocalist. Through the years, the Airmen of Note has presented its own brand of big band jazz as well as more contemporary forms of jazz to audiences via annual tours across the United States, deployments around the world, and local performances throughout metropolitan Washington, DC. For smaller, more intimate venues, the Airmen of Note Combo and various individual musicians perform apart from the full band to support military and civilian ceremonial, diplomatic, and community events.

The concert will feature six instrumentalists and one vocalist. The 60 minute concert will showcase exciting and toe-tapping arrangements spanning the breadth of the “Note’s” musical library. There will be a little something for everyone. The audience can expect to enjoy classics from the Glenn Miller songbook as well as a variety of jazz standards and patriotic selections.

**CONCERT**  
**WEDNESDAY, OCTOBER 25**  
**@ 6:00—7:00 pm — Sanctuary**

**The Fabulous Music from the Forties and Fifties**  
**Farah Kidwai, Mezzo Soprano**

Farah has lent her rich, melodic voice to numerous film, TV, and video game soundtracks, including Mission Impossible 4, Big Bang Theory, Call of Duty: Black Ops Cold War, and Disney. We know her well as she is one of our soloists at The Inter-Faith Chapel. This gifted vocalist will present a program of beloved melodies that will warm your heart and have you singing along with her.







## Donate to the Winter Coat and Caps for Kids Drive on Wednesday, October 18

The Club Helping the Homeless and Working Poor (CHWP) is holding its annual winter coats and caps for kids drive on **Wednesday, October 18 from 9:00 am — 12:00 noon** under The Chapel portico.



CHWP is accepting new winter coats and/or clean, gently used winter coats of any size for men, women and children. Please start looking through closets and asking family and friends for outgrown kids' coats. Residents who knit or crochet are asked to consider taking some time to create caps for children in need. The CHWP is accepting handmade knitted, crocheted and/or store-bought winter caps for children.

All donated coats and caps will be given to Interfaith Works Clothing Center serving Montgomery County residents. Interfaith Works will pick up the coats and caps the day of the drive. CHWP thanks residents for caring enough to keep others warm in the coming cold weather. For questions, contact Kathleen McCauley at [mccauley31@gmail.com](mailto:mccauley31@gmail.com).



## Thanksgiving Food Drive — For Manna Food Center Tuesday, November 7 & Wednesday, November 8 Drop off outside under the Portico from 10:00 a.m. – 2:00 p.m.

In our community, hunger is an especially complex issue. Hunger is prevalent yet often goes unnoticed, and its prevalence remains steadily on the rise. Local families struggle with increasing costs, such as rent, food and prescription medicines.

Manna strives to end Montgomery county's hunger problem. Collecting and distributing food is a mainstay of their work. Manna's Food for Families program is their multifaceted response. Manna's focus and belief is that our community is a place where all people at all times have access to safe, sufficient, nutritious food in order to lead fulfilling lives and contribute to making Montgomery County, MD a place where all live in dignity.

Their most needed food list includes instant oatmeal, brown rice, 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 sodas, cakes, candy, and cookies. Please do not donate any items in open or damaged containers.

To donate your items, drive up or walk up to The Chapel to drop off your non-perishable food items. Blue bins will be available outside from **10:00 am — 2:00 pm on Tuesday, November 7, and Wednesday, November 8.**

## Avoiding Pickleball Injury

The Harvard Sports Medicine Department stated that the “pickleball craze is going strong with no sign of souring.” Many people play pickleball one time and enjoy it so much they begin playing it every day for hours at a time. The sport, which looks a bit like tennis, has people of all ages swinging paddles and socializing with teammates. This puts people at a higher risk for developing pickleball elbow. Pickleball elbow is a type of tendinitis that causes elbow and arm pain and limits your ability to use your wrist and fingers.

Injury can result from gripping a pickleball paddle tightly for long periods or repeatedly twisting and turning your wrist as you prepare to hit the ball. The intense demand stresses muscles in your forearm and creates tiny tears in the tendons. That’s where you feel the pain, tenderness, and weakness of pickleball elbow. Those symptoms can radiate to the forearm and wrist, weakening your grip.

The strength of your swing shouldn’t come from your forearm, but from the core muscles in your abdomen, the abductors in your hips, and the quadriceps in the front of your thighs. These muscles need to be conditioned to transfer strength to your arm.

The Harvard Sports Medicine Department recommends approaching the sport carefully to avoid pickleball elbow. Here are six preventive suggestions for you to always follow.

- 1) Ease into it. Don’t play for three hours your first day, gradually build your time.
- 2) Use right grip size. One that is too narrow will cause you squeeze it too tightly.
- 3) Use two hands for a backhand to reduce stress on your forearm.
- 4) Warm up first. Take five minutes to do arm circles and gently flex wrists and elbows.
- 5) Stretch your shoulders, arms, and wrists afterwards.
- 6) Ice on your arm after a game wards off inflammation.

Enjoy your game with no injury.

Andra Matthews, RN, BSN, Health Advocate

### 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 or note to those celebrating birthdays.

#### October 13

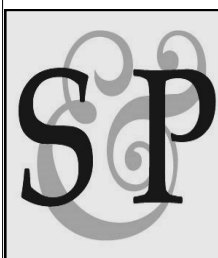
Louise Langley  
7605 Alloway Lane  
Beltsville, MD 20705

#### October 30

Betty-Printz Sims  
6200 Oregon Ave., NW  
Washington, DC 20015



### SPIRITUAL PRACTICE FOR THE MONTH



*So long as we enjoy the light of day may we greet one another with love. So long as we enjoy the light of day may we pray for one another.*

~Unknown in *1000 World Prayers* by  
Marcus Braybrooke

#### To Practice This Thought:

Try to lovingly greet everyone you encounter today, and offer a brief prayer of blessing and protection for them.



# CALENDAR

**Monday, October 2 @ 1:00 pm — Movie: 5000 Blankets**

**Tuesday, October 3 @ 1:30 pm — Bible Study**

**Wednesday, October 4 @ 10:00 am — Blessing of the Animal Service**

**@ 10:30 am—12:00 noon — Drive thru Blessing of the Animals**

**Thursday, October 5 @ 6:00 pm — Airmen of Note Jazz Band Concert**

**Friday, October 6 @ 5:00 pm—8:30 pm — Retreat**

**Saturday, October 7 @ 9:00 am —4:00 pm—Retreat**

**Tuesday, October 10 @ 1:30 pm — Bible Study**

**Tuesday, October 17 @ 1:30 pm — Bible Study**

**Wednesday, October 18 @ 9:00 am—12 noon — Winter Coats and Caps for Kids Drive**

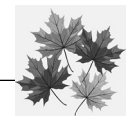
**Wednesday, October 18 @ 6:00 pm—7:00 pm — Centering Prayer**

**Sunday, October 22—10:00 am Worship Service — Mission Sunday**

**Tuesday, October 24 @ 1:30 pm — Bible Study**

**Wednesday October 25 @ 6:00 pm — Concert — Farah Kidwai**

**Thursday, October 26 @ 1:30 pm — Inter-Faith Women**



## FALL WORD SEARCH

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

- |           |           |         |              |           |
|-----------|-----------|---------|--------------|-----------|
| ACORN     | APPLES    | AUTUMN  | CANDY        | CIDER     |
| FOOTBALL  | HALLOWEEN | HARVEST | HAYRIDE      | LEAVES    |
| NOVEMBER  | OCTOBER   | PUMPKIN | RAKE         | SCARECROW |
| SEPTEMBER | SUNFLOWER | SWEATER | THANKSGIVING | TURKEY    |

**"Another fall,  
another turned page..."**

—WALLACE STEGNER

**"Autumn is  
a second  
spring  
when  
every  
leaf is  
a flower."**

—ALBERT CAMUS

*Answers to Trivia questions  
on page 2*

1. C. Make disciples of all the nations and baptize them (Matt 28:19)
2. B. Of Simeon, Peter, and Andrew (Mark 1:17)
3. D. The gift of the Comforter and his own personal return John 12:16, 19, 22, 28)
4. D. Peter (John 13:37)
5. A. Matthias (Acts 1:23)

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Rev. Dr. Woodie Rea, Senior Minister

Rev. Dr. Robert W. Perry  
Minister Emeritus

Rev. Dr. Ramonia L. Lee,  
Minister of Congregational Life

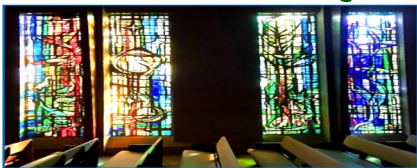
Dr. Holly Oberle, Director of Music

Bonnie B. Bonner, Administrator

Joy Dufour, Administrative Assistant

Steve Buck, Gary Carpenter  
Video Technicians and Chapel Sextons

Come  
Worship  
with us



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](http://www.inter-faithchapel.org)

October blessings  
"May all things work  
together for your  
good as the Lord  
lights up every room  
you walk into."

