

February 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

The date of Easter, and the date of Ash Wednesday, is determined by a multi-part calculation. Easter is always the first Sunday, after the first full moon, after the first day of Spring. This year, due to this “moveable” date, Ash Wednesday and Valentine’s Day fall on the same day.

While some might find it challenging to observe Valentine’s Day on Ash Wednesday, I think the convergence of these two days can make the sacredness of Lent even more meaningful.

Both of these days are about love, and sacrifice, and giving. The more we live into love, the more we live into Lent. The more we sacrifice, the more Christ-like we become. The more we give, the more we are freed from those things that control us.

The coincidence of Ash Wednesday and Valentine’s Day is a way for us to reflect on the true gift and practice of love.

Here is a Valentine’s story that reminds me of the good works that are the hallmarks of Lent:

Chad was a quiet boy. His mother agonized when she watched the children laughing and playing together, with Chad always lagging behind and not included.

One day, he came home from school and told his mother that he'd like to make valentines for everyone in his class. Her first thought was, “Why should he include them since they never included him?” Nevertheless, night after night, Chad painstakingly made 35 valentines.

Valentine's Day came and Chad was full of excitement as he started out for school. That afternoon, as usual, Chad's mother looked out the window and saw the children coming home laughing and having the best time. And, as usual, there was Chad all alone in the rear of the group.

As he came into the house she noticed that his arms were empty. Obviously, he had not received any valentines, and she fully expected a breakdown. He could hardly restrain himself and all that he could say was: "Not a one. Not a single one."

Her heart sank.

And then, he added: "I didn't forget a one, Mommy! Not a single one!"

(from Dale Galloway, [Dream a New Dream: How to Rebuild a Broken Life](#))

The moment you have in your heart this extraordinary thing called love, and the moment you feel the delight of sharing love, you will have experienced an important aspect of Lent.

It seems to me, then, that Ash Wednesday and Valentine's Day have a lot in common after all - for the goal of both is to renew our passion for love and to remind us that not a single one of us is forgotten.

Continued on page 2

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This Valentine’s Day, this Ash Wednesday, “Remember that you are loved, and to Love you shall return.”

Happy Valentine’s Day and hope to see you on Ash Wednesday!

*Woodie*

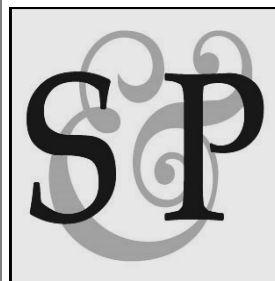
**Affiliates and Friends Residing in Nursing Care Facilities**

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

*Happy Birthday!*

**SPIRITUAL PRACTICE FOR THE MONTH**



*For those who have come to know God, the whole world is a prayer mat.*

~Bawa Muhaiyaddeen in *The Illuminated Prayer*

**To Practice This Thought:**

Let your prayers be uttered in word and deed in the midst of your daily life.

**Lenten Prayer  
By John Birch**



It is customary, Lord to give something up during the season of Lent. What would you have me do without? I who have so much. Chocolate? Cream cakes? Cigarettes? Sweets? Swearing? The list is endless and I could give up all those things for the span of 40 days quite easily and almost painlessly. But what difference would it make other than making me feel 'holier' than my friend who makes no such sacrifice? What would you have me do without? I who have so much. Selfishness? Conceit? Envy? Pride? I fear before I ask, that the answer might be 'yes' and the giving up would be all too real, Lord. It would be difficult, painful, sacrificial, a real cross to carry for 40 days, and more? Amen.

**PRAYER FOR FEBRUARY**

Invite us deeper Almighty and ever living 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, generosity, and encounter. Give us hearts hungry to serve you and those who need what we have to give.

~ Author Unknown





## THE INTER-FAITH CHAPEL LENTEN BIBLE STUDY

*Entering the Passion of Jesus:  
A Beginner's Guide to Holy Week*  
By Amy-Jill Levine

**Tuesdays, February 13, 20, 27, and March 5, 12 and 19  
1:30 p.m. in the Fellowship Hall  
Facilitator: Dr. Ramonia L. Lee**

Jesus' final days were full of risk. Every move he made was filled with anticipation, danger, and the potential for great loss or great reward. Jesus risked his reputation when he entered Jerusalem in a victory parade. He risked his life when he dared to teach in the Temple. His followers risked everything when they left behind their homes, or anointed him with costly perfume. We take risks as we read and re-read these stories, finding new meanings and new challenges.

In *Entering the Passion of Jesus: A Beginner's Guide to Holy Week*, author, professor, and biblical scholar Amy-Jill Levine explores the biblical texts surrounding the Passion story. Levine looks into characters such as Judas, Pilate, Caiaphas, the disciples, and the women around Jesus to understand their relationships and roles in the Passion story. She shows us how the text raises ethical and spiritual questions, and how we all face risk in our Christian experience.

The sessions will explore the following:

February 13	Jesus' Triumphal Entry into Jerusalem: Risking Reputation
February 20	The Temple Incident: Risking Righteous Anger
February 27	The Anointing of Jesus and the Role of Women: Risking Challenge
March 5	Jesus' Teachings in the Temple, The First Dinner: Risking Rejection
March 12	The Last Supper Traditions: Risking the Loss of Friends
March 19	Gethsemane: Risking Temptation

Join Dr. Lee on Tuesdays during Lent: **February 13, 20 and 27, and March 5, 12 and 19** at 1:30 pm in the Fellowship Hall. The text for the class is *Entering the Passion of Jesus: A Beginner's Guide to Holy Week*. The cost of the book is \$13.00. It is also available on most e-readers at a reduced price. Call 301-598-5312 to register no later than Wednesday, February 6. Please let us know if you want a book when you register. Payment for the book is due no later than February 6.



## ASH WEDNESDAY WORSHIP SERVICE

February 14 at 12:00 PM

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, February 14th at Noon** with a worship service that will include Holy Communion and 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 “Lent: Do I Hafta?” 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 14<sup>th</sup> from 1:30 PM – 2:30 PM**. Ministers will be available to offer a short blessing and the sign of ashes to all desiring to observe this holy day.

## LENTEN MID-WEEK WORSHIP SERVICES

**Wednesdays: February 21, 28  
March 6, 13, 20**

### *PRAYERS OF THE PASSION*



Come join us as we gather on **Wednesdays** during Lent at **12:00 PM** for a series of special worship services. The meditation for each service will be a devotional reflection pertaining to a familiar prayer of Jesus' Passion.

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 2024 is as follows:

### Wednesday Mid-Week Services

<b>February 21</b>	“Why Have You Forsaken Me?”	Dr. Sharon Stanley-Rea
<b>February 28</b>	“Father, Forgive Them”	Rev. Barbara Beale
<b>March 6</b>	“Jesus, Remember Me”	Rev. Barbara McKenzie
<b>March 13</b>	“Into Your Hands”	Rev. Diane Hugger
<b>March 20</b>	“I Have Prayed For You”	Dr. Robert Perry



**Baltimore Musicales**  
**Featuring Glenda Clay**  
*Lift Every Voice and Sing*  
**Sunday, February 25, 2024**  
**at 3:30 PM**  
**The Inter-Faith Chapel**

Join the artists of Baltimore Musicales for *Lift Every Voice and Sing* on **Sunday, February 25, 2024 at 3:30 PM** at The Inter-Faith Chapel. This afternoon of music, poetry, and community will celebrate the tremendous contributions of Black artists, both past and present,

who have shared their talents and their stories and changed the course of music history. Hear ensembles by Leisure World resident Glenda Clay, who serves as the Gospel Choir director at The Inter-Faith Chapel, as well as art songs and spirituals by Hall Johnson, Jasmine Barnes, Margaret Bonds, Moses Hogan, H. Leslie Adams, William Grant Still, Thomas Kerr, and Betty Jackson King. Featured performers include Angeli Ferrette, Shana Oshiro, Jarrod Lee, Justin Harrison, Hakeem Henderson, cellist Jodi Beder, and pianist Elizabeth G. Hill. The concert will be followed by a reception--the perfect opportunity to chat with the artists and meet fellow music lovers. Tickets are \$20, available at the door or online at <https://www.baltimoremusicales.org/performances/lift-every-voice-and-sing>.

Leisure World resident Glenda Clay began composing music in 2001. Since that time, she has written for solo voice, SSA, SAT, SATB, and children's ministry. She has produced one CD, *My Testimony in Song*. Her song, *Precious Jesus* was recorded by the Mark Dubbeld Family. Her hymn, *Taste and See*, can be found in the GIA hymnal, *One Lord, One Faith, One Baptism*. During her professional career as a vocal general instructor, administrator, and minister, Glenda enjoyed teaching, arranging, and directing choirs. As the first African American honor's chorus director for Prince George's County Public Schools, she was privileged to have one of her arrangements performed at the John F. Kennedy Center in Washington, DC. Additionally, Glenda has served as adjudicator, guest conductor, and minister of music. She currently serves as the Gospel Choir director at The Inter-Faith Chapel. A native of Marshall, Texas, Glenda was an honor graduate of H. B. Pemberton High School. She earned a bachelor's degree in music education from Our Lady of the Lake College (University) in San Antonio, a master's degree in Secondary Music Education from University of Maryland at College Park and completed post-secondary administration and supervision certification. She was the first female graduate of the Certificate of Ministry program at East Texas Baptist University. Professionally, Glenda Clay is a minister, golden life member of Alpha Kappa Alpha Sorority, Incorporated, Sigma Alpha Iota Music Fraternity, and Alpha Chi Honor Society.



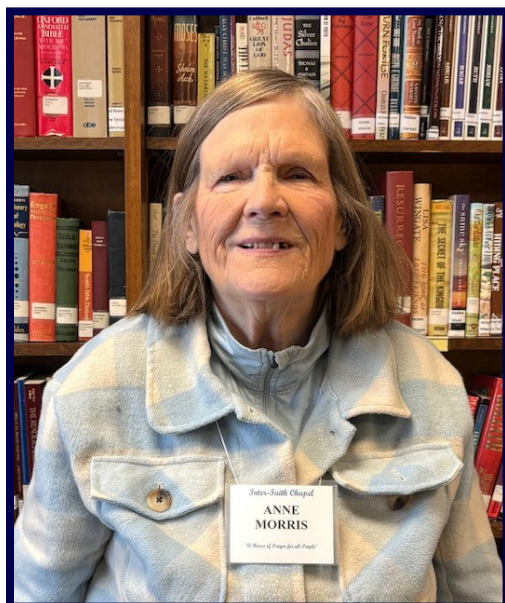
## WE WELCOME OUR NEW MEMBERS AND AFFILIATES



**Dorothy Flowers** lived in Florida the majority of her life, later moved to North Carolina, and now lives with her daughter in the Manor Woods neighborhood just outside of Leisure World. She just recently discovered The Inter-Faith Chapel and immediately felt a sense of peace and acceptance as she worshipped here. Dorothy was raised in the African Methodist Episcopal church but more recently has been attending Baptist churches. She appreciates the various denominations and diverse cultures represented at The Chapel. In addition to building and raising a family, Dorothy held several production and manufacturing positions. She is now retired and enjoys reading and staying active with exercise classes and social activities. We are delighted to welcome Dorothy into the family of faith here at The Inter-Faith Chapel.



**Robin Littlejohn Marshall** first began attending The Chapel with her mother who lives here. Robin grew up in the Baptist denomination (originally Zion Baptist Church in WDC) and attended several Baptist churches in the area, seeking a congregation that embraced worship components important to her. She appreciates the sense of welcome, respect, and equity she found at The Inter-Faith Chapel. Robin worked for years as an account coordinator with several retail companies and department stores. Currently, she teaches line dancing for Leisure World (Leisure World Legendary Line Dancers) as well as local senior centers. In addition to her love of dance, she enjoys theatre, music, and travel. Robin joins The Chapel by affirmation of faith and through the holy sacrament of baptism. We celebrate with Robin her entrance into the body of Christ and into the portion of the family of God here at The Inter-Faith Chapel!



**Anne Morris** is a native of the DMV metropolitan area. She was born and raised in Chevy Chase, attended parochial schools in the region, and graduated from Montgomery College with a degree in Advertising Art and Graphic Design. This work has carried her through numerous positions in retail, fine arts, and business. Anne was raised in the Roman Catholic tradition but has most recently identified with churches of the Episcopalian denomination. She comes to The Chapel most directly from Good Shepherd Episcopal Church in Silver Spring. Anne enjoys reading, playing the piano, and a regular gym/fitness program. We welcome her to The Inter-Faith Chapel!

## SOUPER BOWL OF CARING SUNDAY

### Sunday February 11<sup>th</sup>



On Sunday February 11<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 Colesville Council of Community Congregations (C-4) in the large soup pot located in the Narthex. C-4 has been helping families in need in Montgomery County since 1968. We are also collecting cans of soup to help C-4 with their food distribution ministry. Donations of any amount or type are appreciated. Please write any checks to The Inter-Faith Chapel with Souper Bowl in the memo line.

Enjoy watching Super Bowl LVIII in Las Vegas, Nevada, but when you participate in the “Souper Bowl” at The Inter-Faith Chapel, you are really a part of the game of helping someone in need. Our local food ministries are the real winners!



## SWEATER DRIVE

### Thursday, March 7 from 10am until 2 pm

### The Inter-Faith Chapel



The Missions Committee at The Inter-Faith Chapel is sponsoring a sweater drive for new and clean, gently used sweaters for men, women, and children on **Thursday, March 7 from 10 am – 2 pm**. You may drive under the portico at The Chapel to drop off your sweaters.

All sweaters will be donated to Interfaith Works to help local residents in need. Interfaith Works is a community based nonprofit agency that provides emergency shelter, supportive housing, essential needs, and employment programs to over 35,000 residents

of Montgomery County, MD every year.

Interfaith Works was founded in 1972 by local faith communities who saw Montgomery County residents in need and felt collaborative action was the best way to help them. Though today it is not a part of a religious organization, it maintains the original spirit of striving to provide Montgomery County residents in need with the best possible assistance through various programs. Interfaith Works strives to affirm its programs and practices around the core values of diversity, equity, and inclusion.



## Eating to Promote a Healthy Heart Saturday, February 10 at 12 noon

February is American Heart Month, a time dedicated to increasing awareness about heart disease, prevention and the small lifestyle changes that can help improve heart health. On **Saturday, February 10, 2024 at 12 noon**, we invite you to a healthy brunch followed by a workshop on heart health with renowned cardiologist, Dr. Patricia Davidson, from Medstar Washington Hospital Center. This program will be held in the Fellowship Hall.

Dr. Davidson will discuss how heart disease can affect groups of people in different ways, risk factors associated with the disease in older adults and prevention through lifestyle choices and regular wellness screenings.

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Maintaining a healthy heart can save your life, so plan to join us and learn what you can do to live healthy and happy in the coming year.

There will be door prizes, cardiovascular handouts, and question and answer time along with a heart healthy brunch. The event is free, **but advance registration is required**. Call 301-598-5312 to ask if the event has reached capacity.

## Centering Prayer

### Lenten Centering Prayer: Seven Wednesdays in Lent, 6:00 – 7:00 pm. An Invitation to be still before God through Centering Prayer

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

Wednesday, February 14  
(Ash Wednesday)  
Wednesday, February 21

Wednesday, February 28  
Wednesday, March 6  
Wednesday, March 13

Wednesday, March 20  
Wednesday March 27

Do you have a desire to deepen your relationship with God during Lent? If your answer is yes, please join others who seek to be still and know God more deeply through centering prayer. Participants will meet in a sacred circle of prayer each Wednesday evening in Lent 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 February 11 by calling the Chapel office at 301-598-5312 or by emailing facilitator Bertie Knisely at [bertiek@moravian.edu](mailto: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".



## Our Creator's Wonderful Gift

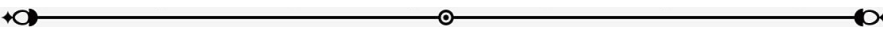


Our lives are precious. Our lives are holy. Our lives are a gift. Our lives come from our Creator. Cardiovascular disease still remains the leading cause of death in the United States. We know that we must do some form of exercising to keep a normal functioning heart. Your heart keeps your body running. Taking care of your physical, mental, and cognitive health is important for healthy aging. Even making small changes in your daily life can help you live longer and better.

Whether you love it or hate it, physical activity is a cornerstone of healthy aging. Older adults who exercise regularly not only live longer, but also may live better. Exercising can help older adults maintain muscle mass as they age. As you grow older, some changes in the heart and blood vessels are normal. We all should be drinking 6 to 8 glasses of water every day for our bodies to remain hydrated. As we age, making smart food choices can help protect us from certain heart health problems and may even help improve our brain function.

We are blessed to have a healthcare professional who can advise us medically on what we should be doing and eating as we are aging. On Saturday February 10, 2024, Dr. Patricia Davidson, a cardiologist from Medstar Washington Hospital Center, will be here at The Inter-Faith Chapel with up to date health recommendations. Maintaining a healthy heart will save your life, so, plan to join us and learn what you can do to live a healthy and a happy life. God Bless.

Andra Matthews, RN, BSN, Healthcare Advocate



### Choir Practices

Do you enjoy singing? Is it time to use your talent to praise the Lord in song?

The Chancel Choir practices each Thursday at 1:00 pm and sings for worship services two or three times each month. Call Holly Oberle at 301-598-5312 for more information.

The Gospel Choir practices each Thursday at 11:00 am and sings approximately every other month. Call Glenda Clay at 903-926-7174 for more information.

Perhaps you have played handbells or would like to learn. The Inter-Faith Ringers practice on Wednesdays at 1:30 pm and provide worship music about every other month. Call Katherine Latterner at 240-669-7650 with any questions.

### *In Memoriam*

Lynda "Marie" Mitchell  
November 13, 1927-  
December 27, 2023

### 2023 Giving Statements

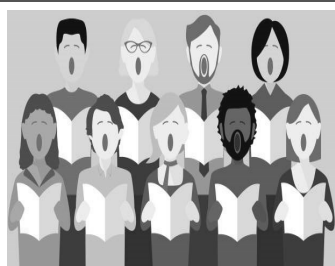
Giving statements were mailed on January 22 to all persons who gave more than \$250 in 2023.

If you have any questions or did not receive a statement, please call Bonnie at 301-598-5312.

<b>Financial Report</b>			
Giving Actual Month of December 2023	Giving Budget Month of December 2023	Giving Actual Year End 2023	Giving Budget Year End 2023
\$66,976	\$48,504	\$486,060	\$440,000

Despite there being periods of 2023 when our gifts and offerings were below budget, thanks to generous year-end giving from our congregation and friends, The Chapel finished the fourth quarter in a sound financial state. We are grateful for these blessings and for your continued financial faithfulness.

This chart summarizes giving through end-of-year 2023. A more detailed financial report is available from The Chapel office. Please call Bonnie Bonner, Chapel Administrator at 301-598-5312 for more information.



**Come and Join the Inter-Faith Chapel Chancel Choir**

This coming Easter, the Chancel Choir will be singing The Halleluiah Chorus from Handel’s *Messiah*.

We would like to invite anyone who has sung this in the past to join us. The more the merrier!

We meet on Thursdays at 1:00 pm and will practice this one first. We have the music just for you!

~Holly Oberle, Director of Music



**Chair Yoga**



This February why don't you do a genuine act of self love and join our chair yoga group on Thursday afternoons? Gentle movement, focused breathing, and deep relaxation all combine to make this class an exercise in self care in the best possible way.

Classes meet online from 3:00 pm to 4:00 pm every Thursday afternoon. You don’t need experience to be welcomed to our friendly group as we improve our physical, mental, and spiritual health through mindful movement. You can start no matter what your health condition is now and gradually you will have more energy, breathe better and move more easily.

To join this ongoing free class for Chapel members, email Christine Tetrault at [ctetra11@aol.com](mailto:ctetra11@aol.com) and she will send you the information you need and answer any questions.



# CALENDAR

**Saturday, February 10 at 12 noon:** Heart Healthy Brunch and Seminar with Dr. Patricia Davidson. **RSVP required. Space is limited.**

**Sunday, February 11:** Souper Bowl Sunday  
Bring cans of soup or special offering to worship service to help feed the hungry.

**Wednesday, February 14 at noon:** Ash Wednesday service  
**Wednesday, February 14 from 1:30 pm—2:30 pm:** Drive Through Ashes

**Wednesday, February 14, 21 and 28 at 6:00 pm:** Centering Prayer

**Monday, February 19:** Office closed for Presidents' Day

**Tuesday, February 13, 20 and 27 at 1:30 pm:** Lenten Bible Study

**Wednesday, February 21 and 28 at 12 noon:** Lenten Mid-week Worship Service

**Sunday, February 25 at 3:30 pm:** Baltimore Musicales

## Lenten Word Search

G	Y	P	R	E	P	A	R	E	F	E	S	V	E
R	K	S	F	E	C	I	F	I	R	C	A	S	F
I	D	C	S	I	H	O	L	Y	W	E	E	K	G
C	Y	N	N	E	P	U	R	P	L	E	S	T	O
C	P	P	S	I	N	T	E	S	N	N	S	N	O
P	E	N	A	N	C	E	E	O	O	F	F	R	D
N	R	L	P	O	I	H	V	I	N	I	E	R	F
O	F	L	G	R	S	I	T	I	I	S	G	I	R
E	O	F	S	A	A	A	R	G	G	H	I	O	I
R	U	C	H	I	T	Y	E	Y	I	R	R	G	D
E	G	T	I	S	S	I	E	R	R	V	O	N	A
C	R	O	S	S	D	S	G	R	I	A	I	F	Y
A	H	S	E	A	S	O	N	R	R	E	C	N	S
G	N	I	T	S	A	F	F	O	R	T	Y	S	G

- ASHES
- PENANCE
- GOOD FRIDAY
- GIVING
- CROSS
- FORTY
- PREPARE
- HOLY WEEK
- FORGIVENESS
- FISH
- PRAYER
- PURPLE
- SACRIFICE
- SEASON
- FASTING
- STATIONS

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phone 301-598-5312  
www.inter-faithchapel.org

Rev. Dr. Woodie Rea, Senior Minister

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

Rev. Dr. Robert W. Perry  
Minister Emeritus

Dr. Holly Oberle, Director of Music

Bonnie B. Bonner, Administrator

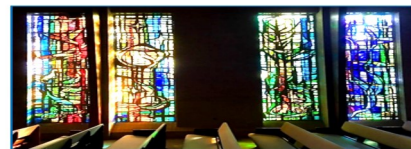
Joy M. Dufour, Administrative Assistant

Steve Buck, Gary Carpenter  
Video Technicians and Chapel Sextons

**Valentine's Day**  
Word Search

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

VALENTINES	SWEET	ROSES	ADMIRE
HEART	CHOCOLATE	AFFECTION	FRIEND
CANDY	CARD	PINK	CUPID
NOTES	GIFTS	LOVE	XOXO



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

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

You may view the Worship Service  
on YouTube  
or visit our website at:  
[www.inter-faithchapel.org](http://www.inter-faithchapel.org).

*Happy Valentine's Day*