

July/August 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

July hosts one of our nation's most major holidays. Most people know that the word *holiday* derives from "holy days." These "holy days" were designated as sacred – meaning they were set apart and different from other days - in order to offer rest and reflection. Today, we seem to spend our holidays in merriment, multitasking, and marathoning.

The Psalmist seemed to know of our need for intentional rest when he wrote, "Rest in the Lord and wait patiently" (Psalm 37:7). We all need time to rest. When we are rested, we have more energy, mental clarity, resilience for difficulties, and patience with people.

In our modern world, we tend to think of rest and inactivity as synonymous. However, the Hebrew word for rest (*nahat*), instead of suggesting not doing anything, describes a state of peace, calmness, and reflection. We all need time to reflect on life and experience the calming peace of God's presence.

Rest will look different for each person. For some, their rest habits will include the solitude of sleep, the quietness of journaling, or the stillness of meditation and prayer. Others find their rest in walking, exercising, or crafting. Reading a good book can be a Sabbath moment that refreshes the soul. You can rest and run, rest and sit, rest and garden, rest and eat the garden's fruits.

Rest is not laziness. Rest is good stewardship. Be creative in how you rest. Whatever brings you calming peace and enhances your relationship with God could be considered sacred rest.

Are you feeling restless? Do you find yourself having low tolerance for others or high levels of worry for yourself? Come, rest awhile.

As Lucy Maud Montgomery (best known for her novel, "Anne of Green Gables") writes in her poem, *Come, Rest Awhile*:

Come, rest awhile, and let us idly stray,
In glimmering valleys, cool, and far away.
Come from the greedy mart, the troubled street,
And listen for the music, faint and sweet;
That echoes ever to a listening ear,
Unheard by those who do not pause to hear.
You who have forgotten what it is to smile,
In your too busy life - come, rest awhile.

Enjoy the "rest" of your summer!

Restfully,

~Woodie

July / August

A Morning Prayer by John Birch

I enter this day with joy
knowing you are with me
every step of the way,
knowing there is a purpose
to each breath that I take,
knowing there is a hope
toward which I walk.

I enter this day with faith
knowing you are the strength
which I depend on,
knowing you are the love
that is all embracing,
knowing it is your peace
which calms my soul.

I enter this day with praise
knowing that I worship
with service as with voice,
hoping that my words
might reveal your truth,
hoping that your grace
might touch another heart.
Amen.

An Evening Prayer by John Birch

Precious God, in the quietness of the night
I bring to you the jumble of my thoughts
collected in the day just gone, of things
I said and did, or did not do, and afterwards
felt angry with myself, for opportunities missed
to bring a little love or light into someone
else's life.

I bring to you this box of anxieties and concerns
I seem to have been carrying for such a long time,
for my arms and heart now ache with the burden
of the load, and I have finally chosen to
lay it down

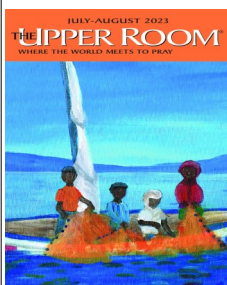
at your feet, admitting that I cannot, on my own
set this world to right, or bring the healing
I would dearly love to see in others' and my life.
So, in this moment, in the quietness of this space
in which I lie awake, I empty myself of all this
and ask that you will fill the void that's left
with your peace, presence, healing and rest,
that I might wake refreshed for the new day
and its opportunities to show your light,
to be the person I know you want me to be.
Amen.

4th of July

Word scramble answers to
puzzle on page 11

Red
Sparklers
Fireworks
Old Glory
Blue
Summer
Family
Betsy Ross
Holiday
Celebration
Pool Party
White
Parade
Bonfire
Flag
America
Stars and Stripes
Independence Day
Barbecue
Patriotic

UPPER ROOM—DEVOTIONAL BOOKS



We have received our order of July/August *Upper Room* devotional books.

Copies are placed in a basket outside the front doors of the Chapel for pick-up. These will be available Monday—Friday from 9:00 am—3:00 pm.

Take a walk or drive by and pick up a copy. If you are not able to pick up a copy, please ask a neighbor or friend to pick one up for you.

IN MEMORIAM

Allyne Ike
June 10, 2023

Bernice Felix
June 18, 2023



Finance Committee Report as of May 31, 2023			
Income	YTD Actual	YTD Budget	Actual minus Budget
Envelope/Loose Plate Offerings (1)	179,244	179,602	(358)
Other Receipts	13,096	15,249	(2,153)
Endowment Principal Transfers (2)	25,000	56,474	(31,474)
Total Income	217,340	251,325	(33,985)
Personnel Expenses	165,259	168,363	(3,104)
Building/Grounds Maintenance	40,591	45,306	(4,715)
Committee/Office Expenses	23,091	28,187	(5,096)
Benevolences (Mission)	11,750	12,333	(583)
Total Expenses	240,691	254,189	(13,498)
Income Minus Expenses	(23,351)	(2,864)	(20,487)
First Five Months of 2023 Compared to 2022			
	2023	2022	
Envelope/Loose Plate Offerings (1)	179,244	176,068	3,176

1 Includes On-Line Giving

2 These transfers occur only when there are not sufficient funds in the operating account to pay all of the Expenses.



Farmers' Market Starts on Thursday, August 3rd

Welcome back to our friends from Red Wiggler Farm! Fresh produce is once again available.



The Red Wiggler Farmer's market will be at The Inter-Faith Chapel parking lot on **Thursdays August 3, August 10, and August 17 from 10:00 AM—12:00 noon**. Fresh items such as tomatoes, peppers, corn, melons, peaches, and herbs will be available for purchase. The produce may sell out prior to 12:00 noon so come early.

The Chapel supports Red Wiggler through mission donations and the farm provides employment to adults with developmental disabilities. The farm was founded in 1996 and

continues to extend its vocational education program and promotion of environmental stewardship each year. Red Wiggler Farm is located in northern Montgomery County.

Thank You



The bedding drive held on June 13th at The Inter-Faith Chapel was a tremendous success. A mountain of towels, bed and table linens was collected for A Wider Circle. As stated on their web site, “the mission of A Wider Circle is to advance equity in the greater Washington, DC region by fostering the exchange of goods, skills, and connections from neighbor to neighbor, and by engaging in advocacy to address the root causes of poverty.”



A heartfelt thank you to all who donated. You are truly a caring community.

Wow! What a great start to our summer!

Scott Zimmermann, a professional flamenco guitarist performed a concert on June 16th. The audience was all eyes and ears and Scott gave an excellent performance. Scott’s relatives are Leisure World residents.



The Chapel, through its Outreach & Fellowship Committee held a picnic on June 22, in the Fellowship Hall. Over 50 people attended and based on the smiles on their faces everyone had a great time. As usual, the music by the “*Good Times Band*” had people dancing in the aisle and singing along to their favorite rock & roll tunes.



BALTIMORE MUSICALES**"Summer Enchantment"****Sunday, July 23 at 3:30 PM at The Inter-Faith Chapel**

BALTIMORE MUSICALES presents "*Summer Enchantment*"--a spirit-lifting program of musical theater favorites from *Brigadoon*, *Show Boat*, *South Pacific*, *Guys and Dolls*, *My Fair Lady*, *Les Misérables*, *The Phantom of the Opera*, *The Sound of Music* and more — on **Sunday, July 23 at 3:30 PM** at The Inter-Faith Chapel. Hear fascinating stories about the composers and lyricists who created these beloved shows along with favorite songs by Jerome Kern, Rodgers & Hammerstein, Lerner & Loewe, Andrew Lloyd Webber, and others who changed the course of musical theater history. The concert will be followed by a reception--the perfect chance to chat with the artists and meet fellow music lovers.

Tickets are \$20 at the door or online at <https://www.baltimoremusicales.org/performances/summer-enchantment>.



Movie of the Month Monday, July 3 @ 1PM—*The World We Make*
PG 1h 28m

18 year old Lee (a spirited equestrian) and Jordan (an academic and football standout) are at the threshold of building a life together. But their character is tested when racial bias surfaces in their otherwise progressive small town.

WE WELCOME OUR NEW MEMBERS AND AFFILIATES



JUDY ASHCRAFT

Judy Ashcraft moved to Leisure World four years ago from San Diego to be closer to her daughter in Gaithersburg, MD. Judy lived most of her life in the Upper Peninsula of Michigan region. She worked for AT&T for 35 years and currently works with Hallmark in Rockville. Judy enjoys walking, reading, and appreciates opportunities to help others along the way. She comes to The IFC on transfer of membership from Incarnation Lutheran Church of Poway, CA in San Diego County. We welcome Judy to the life and fellowship of The Inter-Faith Chapel.



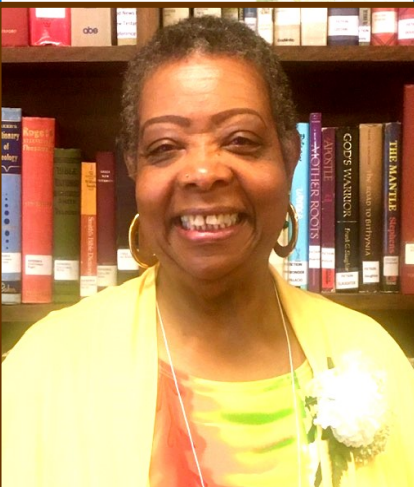
HEATHER BENJAMIN-ALEXIS

Heather Benjamin-Alexis was born in Jamaica and lived in Olney, MD before moving to Leisure World. From 1984-2011, Heather worked for the Washington Hospital Center as a Pharmacist in both clinical services and training capacities. During this time, she also served as an Adjunct Professor of Pharmacy with Howard University. While living at Leisure World, Heather has remained engaged in several organizations and activities, including serving several terms as President of LW Kiwanis. Heather comes to The Chapel from The Church of the Holy Comforter Episcopal Church in Washington, DC. We are pleased to welcome her into the family of faith here at The Inter-Faith Chapel.



JO ANN FREDENBURG-GRANT

Joann Fredenburg-Grant grew up in Berkeley, California. She moved to Leisure World approximately 10 years ago from Montgomery Village. Joann had an extensive career with the U.S. Department of Health and Human Services Office for Civil Rights and with the Social Services Department of Rehabilitative Services. She is currently active with the Leisure World Club for Homeless and Working Poor. She also enjoys Pickleball, Zumba, Tai Chi, and gardening. Joann comes to The Chapel from The Church of the Redeemer in Gaithersburg. We are delighted to welcome her into The Inter-Faith Chapel.



KAREN ROBERTSON

Karen Robertson has been attending The Inter-Faith Chapel for approximately five years and has been involved in many aspects of our life and ministry including regular worship attendance, educational classes, centering prayer, and spiritual development. Karen moved to the Washington, DC area from Pittsburgh to begin a career with the Institute for Behavioral Research working with urban/inner-city children. She has nearly 40 years of classroom experience working with both Washington DC and Montgomery County School Systems. Karen enjoys travel, music of all genres, reading, and sewing. She comes to The IFC from Parker Memorial Baptist Church in Washington, DC. It is a joy to officially welcome her into the IFC congregation!

SUMMER CONCERT SERIES

2
0
2
3

WEDNESDAY, JULY 26 | 6:00-7:00 PM

An Evening of Gospel Music — Francese Brooks

This evening, as we hear rich songs of Gospel music that preach the Good News, Francese Brooks will take us to church and help us experience that ole time religion that nurtured our souls and deepened our faith. Francese, a seasoned vocalist from Trinidad and Tobago, began singing at the age of 4. She is best known for having worked with the Andrew Rankin Memorial Chapel Choir, the Morgan State University Choir, Stanley Thurston's Heritage Signature Chorale, Kenneth Louis' Holy Comforter St. Cyprian Gospel Choir, and the Nathan Carter, conducted Morgan State University Choir. She is pleased to be a part of the The Inter-Faith Chapel music ministry.



WEDNESDAY, AUGUST 23 | 6:00-7:00 PM

All that Jazz — The Paul Carr Ensemble

Come enjoy the cool sounds of Paul Carr and his talented ensemble of world-class musicians share their music at The Inter-Faith Chapel. Paul is a saxophonist, educator and Festival producer. Paul has recorded 8 CD's, which have been well received by critics and jazz fans alike. His new CD "The Real Jazz Whisperer" was released in 2020. Paul has toured Europe, the Middle East, the Caribbean and Central and South America and has shared the stage with many of the greatest names in jazz. Come early to secure your seat!



WEDNESDAY, SEPTEMBER 27 | 6:00-7:00 PM

An Evening of Light Rock and Country — The Safe Harbor acoustic duo has appeared at a variety of venues throughout the tri-state area for almost two decades and were twice named as the GigMasters Rising Star Award Winner for Top Variety Duo. They were nominated in the Best Local Band category in Frederick's "Best Of" contest in both 2020 and 2021. Their song selection spans multiple decades and genres and includes many familiar favorites as well as a few of their original songs, creating an eclectic mix that is sure to please a wide variety of musical tastes.

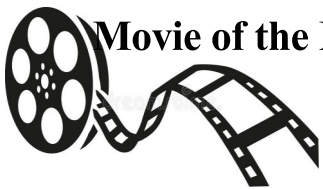


CELEBRATING EVERYBODY'S BIRTHDAY WITH ICE CREAM FROM BEN AND JERRY'S UNDER THE PORTICO

Thursday, August 10th @ 6:00-7:30 P.M.

Cost: \$7.00 per serving An ice cream party is one of the best ways to make a gathering memorable and this year we are celebrating everyone's birthday with ice cream and toppings from Ben & Jerry's !!!! Join us on the portico on Thursday, August 10 from 6:00 until 7:30 for

a delightful ice cream social. Bring a friend and enjoy the cool sounds of a steel band that will lift your spirits. We will move the event into the Fellowship Hall if the weather is problematic.



Movie of the Month Monday, August 17 | 1PM—*Moon Rise* - PG - 1 h 44m

After Country singer Will Brown's wife passes away, his grief sidelines his career and pushes him away from his young daughter until a bright and talented horse trainer shows him strength, forgiveness and grace to live life again.

Would you like to serve?

The Inter-Faith Chapel is looking for people to 'serve' as ushers and to assist in 'serving' communion. Get to know your fellow members while being of service to your greater church community.

You can offer to serve as much or as little as you want. Please come and join our team and be a vibrant part of our community.

Please contact Joy at The Chapel office at 301-598-1512 or Heidi Bender at 240-418-1518.

Heidi Bender
Worship Committee

From the Music Director




The Chancel Choir is taking a break for about six weeks, until the end of August. We have worked hard all year, and I'm quite proud of how they have added to the services. We will meet again for rehearsal on **Thursday, August 24 at 1:00 pm.**


We would like to invite anyone to come and sing with us. I'm sure many of you sing while cleaning your houses and condos, and you know you have always wanted to sing in a choir. We have a new choir member who last sang in a choir when he was in 2nd grade, and he's enjoying singing in the Chancel Choir and the Gospel Choir! There is no audition; just come and enjoy making music and joining in the fellowship of the choir. See you on August 24!



~Holly Oberle

SAVE THE DATE! September/October

 **Movie of the Month MONDAY, SEPTEMBER 18 | 1PM | *I Forgive* PG-13 • 1h 45m**
Based on a powerful true story of forgiveness, Tony is shot five times by a Los Angeles gang, leaving ten bullet holes through his body. While dying, he talks with God and must make a choice.

 **Movie of the Month MONDAY, OCTOBER 2 | 1PM *5000 Blankets* PG-13 • 1h 45m**
A wife is inspired to collect blankets for the homeless after her husband, who suffers from mental illness, goes missing on the streets. This is based on the true story of Cyndi Bunch and her young son Phillip, who launched a homeless ministry in Fort Worth, Texas after the subject was personalized and they saw a need. *5000 Blankets* includes solid messages about love, compassion and overcoming tragedy.



THURSDAY, OCTOBER 5 | 6PM—AIRMEN OF NOTE
The Airmen of Note is the premier jazz ensemble of the United States Air Force. Stationed at Joint Base Anacostia-Bolling in Washington, D.C., it is one of six musical ensembles that form The U.S. Air Force Band. the Airmen of Note's mission is to HONOR those who have served, INSPIRE American citizens to heightened patriotism and service, and CONNECT with the global community on behalf of the U.S. Air Force and the United States.

THURSDAY OCTOBER 12 | 6PM POTLUCK—GOOD TIMES BAND

Please bring a dish to share with others as we fellowship with friends and others in the community. We will be entertained by the Good Times Band.



WEDNESDAY, OCTOBER 25 | 6:00-7:00 PM

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.

Centering Prayer

Centering Prayer
“Be Still and Know that I am God.”
Wednesday, July 19
6:00–7:00 p.m.

The Inter-Faith Chapel Fellowship Hall
 Deepen your prayer experience as you join others who seek to be present and available to God through Centering Prayer, a spiritual practice of intentional silence.

In addition to devoting 20 minutes of silence to the practice of centering prayer, our time together will also include a sacred reading, gentle body prayer, and/or chanting.

To register, email facilitator Bertie Knisely at bertiek@moravian.edu or call the church office at 301-598-5312.

SOCIAL WELLNESS

July is Social Wellness Month



Social wellness is taking charge of your health and well being. Social wellness is the ability to form and maintain positive, meaningful, and supportive relationships with others. Social wellness can affect our emotional and physical well being and the quality of our lives. Physical wellness is knowing your body and giving it what it needs for health, healing, and energy.

Social wellness means nurturing yourself and your relationships, a vital component of health. People who have a strong social network tend to live longer and have a healthier blood pressure and cardiovascular functioning. Additionally, healthy social networks enhance the immune system’s ability to fight off infectious diseases.

Social support can take different forms such as:

1. Emotional Support: Action taken to make someone else feel cared for.
2. Informational Support: Providing relevant information to help someone.

Do you have at least one good friend that you can count on? We all should have one good friend. Humans are social creatures, and relationships are essential to maintaining wellness and health.

There are countless ways to grow your social network. Consider your interests and hobbies and pursue them. You will find others with similar passions.

~Andra Matthews, Health Advocate



ZOOM YOGA

Summer is truly upon us and it promises to be a long, hot and humid one!

What do you do when it’s too hot to get some exercise, but you really want to move in an “exercise-y” way? Well, on Thursday afternoons, you can power up your computer, grab a chair and ZOOM into the IFC Chair Yoga class without leaving your home.

This class is free to members of the IFC. Classes start promptly at 3pm and the room opens at 2:45pm so you can arrange your room and be ready to start at 3pm. No previous experience is necessary to join our warm and friendly group as we improve our physical, mental, and spiritual health through mindful movement.

To join, email Christine Tetrault at ctetra11@aol.com to get the information you need to attend.



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.

July 17

Sadie Nelson
 12642 Grey Eagle Court Apt 14
 Germantown, MD 20874



July CALENDAR

Monday, July 3 @ 1:00 pm — Movie: *Priceless*
 Tuesday, July 4 — Happy Fourth of July (**Office Closed**)
 Wednesday, July 19 @ 6:00 pm—Centering Prayer
 Sunday, July 23 @ 3:30 pm — *The Baltimore Musicales* presents *Summer Enchantment*
 Wednesday, July 26 @ 6:00 pm — *An Evening of Gospel Music* with Francese Brooks

August CALENDAR

Thursday, August 3 @ 10am—12 noon—Farmers Market
 Monday, August 7 @ 1:00 pm — Movie: *Moon Rise*
 Thursday, August 10 @ 10am—12 noon—Farmers Market
 Thursday, August 10 @ 6:00 pm — **Celebrating Everybody’s Birthday** with Ben & Jerry’s Ice cream
 Thursday, August 17 @ 10am—12 noon—Farmers Market
 Wednesday, August 23 @ 6:00 pm — The Paul Carr Ensemble presents *All That Jazz*
 Thursday, August 24 @ 11:00 am — Gospel Choir
 Thursday, August 24 @ 1:00 pm — Chancel Choir
 Thursday, August 31 @ 11:00 am — Gospel Choir
 Thursday, August 31 @ 1:00 pm — Chancel Choir



4TH OF JULY PICNIC



WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.

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

BEANS	COOKIES	ICE CREAM	RIBS
BROWNIES	CORN	ICE TEA	SALAD
CAKE	CUPCAKES	LEMONADE	STEAK
CHICKEN	FRENCH FRIES	PASTA	VEGETABLES
CHIPS	FRUIT	PIE	WATERMELON
COBBLER	HAMBURGERS	POPSICLES	WINGS
COLESLAW	HOT DOGS	PUNCH	

4th of July

word scramble

See answers on page 2

- DRE _____
- LRASKRESP _____
- WREFSKIRO _____
- DOL ROYGL _____
- UBEL _____
- MURMES _____
- MIFYLA _____
- SEBYT SORS _____
- DIYLAHO _____
- BELTECNAROI _____
- OLOP PYRAT _____
- HEWIT _____
- DARPAE _____
- INOFBER _____
- GALF _____
- RAMEAIC _____
- SSRAT DNA SERPITS _____
- NEDPCEDINEN YAD _____
- ABECUEBR _____
- TIORACITP _____



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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

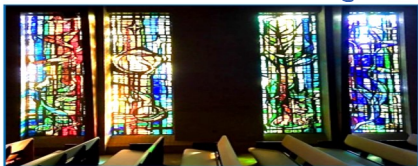
Dr. Holly Oberle, Director of Music

Bonnie B. Bonner, Administrator

Joy M. 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



We're blessed with the opportunity
to stand for something—for liberty
and freedom and fairness. And
these are things worth fighting for,
worth devoting our lives to.

RONALD REAGAN