



THE EPISCOPAL  
**CHURCH OF THE REDEEMER**  
BETHESDA, MARYLAND

*O worship the LORD in the beauty of holiness; let the whole earth stand in awe of him.*

## This Week at Redeemer

### Happy Mardi Gras! Pancake Supper Tonight!!

Eat pancakes, support Bethesda Cares, and applaud the talent of Redeemer members and friends. **The fun begins at 5:30 pm!**



**Are you a new member of Redeemer?** If so, please mark your calendar and attend an informal lunch with the rector on March 18 at Noon. There will be a sign-up sheet in the parish hall so Amma Cricket will know how many to plan for and be aware of any dietary restrictions. Ongoing members are very welcome. Let's get to know each other!

### Sunday's Readings

Genesis 2:15-17; 3:1-7

Psalm 32

Romans 5:12-19

Matthew 4:1-11



### The Collect

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

*Amen.*

## Serving: March 5, 2017



### Sunday, March 5, First Sunday in Lent

Ushers: Jefferson Arrington, Mary K Young, Rick Tyler

Crucifer: Claudia Hull

Acolyte: Olivia Tyler

Lectors: Dean Cinkala (8:00), Bob Yates, Tom McNaugher (10:30)

Intercessor: n/a this Sunday

Chalice: Marie France (8:00); Steve France, Michael Hart, Justin Hess, Jenny Nachbar (10:30)

Greeters: Ann Taylor, Mary K Young

Counters: Mary Helen Carlson, Jane Dealy

Altar Guild: TBD

Coffee Hour Team: Jane Dealy, Karen Stewart, Mary Nelson, Patricia Snowden, Bert Spencer, Chrissy deFontenay

Sign-up sheets for Coffee Hour and Altar Flowers are on the bulletin board in the Parish Hall. Please volunteer for these ministries of hospitality. Thank you!

If you cannot serve, or if you will sub for a TBD above, please notify Bob Yates ([bob@bobyates.net](mailto:bob@bobyates.net)).



### ■ Prayer Requests

#### For those in need of healing:

Ralph & Barbara Alterowitz, Bill Barclay, Scott Barnette, Jeff Bergner, Vicky & Claudia Boccock, Betty Jo Boyer, Allison Chow, Bill Cooper, Joan Eisenstodt, Kiki Garo, Lucien Garo, Jr., Jeff Griffen, Jack Hutchings, Susan Ingraham, Olivier Jeanne, Kurt Kemper, Peter & Beate

Kendall, Rosalie Kerr, Susan Moore, Hal Palmer, Mary Potter, Jack Rabner, Charlotte Ripa, Tom Rogers, Mike Rychlik, Bill Ryon, Phillip Sarsany, Claudia Serrin, Lynda Shepard, Anne Southard, Karen Stewart, Patricia Snowden, Ann Taylor, Bernie Spokes, Dolly, Edward, Jerry, Jim, Katherine, Mollie, Quinn, Logan, Hyla, Jay, Nico, Patricia T., and Evan.

**In thanksgiving for those celebrating birthdays:** Bill MacBain, Steve France, Shannon Yehl, Chris Hull, Ralph Alterowitz, Toni Strother, Jefferson Arrington

### Parish Calendar

#### Wednesday, March 1

- Holy Eucharist & Imposition of Ashes, 7:30 a.m.
- Education for Ministry, 9:30 p.m.
- AA Meeting, Noon
- Holy Eucharist & Imposition of Ashes, Noon
- Youth Choir Rehearsal, 4:30 p.m.
- Holy Eucharist & Imposition of Ashes, 7:30 p.m.
- Adult Choir Rehearsal, 8:30 p.m.

#### Thursday, March 2

- Balkan Dancers, 7:30 p.m.

#### Friday, March 3

- Music Together, 9:30 a.m.
- AA Meditation Meeting, 12:00 p.m.
- AA Meeting, 8:30 p.m.

#### Saturday, March 4

- Yoga, 9:30 a.m.
- Confirmation Class, 11:30 a.m.
- Girl Scouts, 4:00 p.m.

#### Sunday, March 5

- Holy Eucharist, 8:00 a.m.
- Adult Forum and Childcare, 9:15 a.m.
- Holy Eucharist and Sunday School, 10:30 a.m.

### Monday, March 6 - Office closed

- AA Meeting, 12:00 p.m.
- Taize, 7:30 p.m.

### Tuesday, March 7

- Education for Ministry, 6:30 p.m.
- AA Meeting, 7:30 p.m.

### Wednesday, March 8

- Morning Prayer, 9:00 a.m.
- Education for Ministry, 9:30 a.m.
- AA Meeting, Noon
- Holy Eucharist, Noon
- Youth Choir Rehearsal, 4:30 p.m.
- Dying on Your Own Terms, 7:30 p.m.

#### **Looking ahead:**

- Confirmation Class, March 4, 11:30 a.m.
- Taize/Mondays in Lent, March 6, 7:30 a.m.
- Dying on our Own Terms, Lenten Program, March 8
- Taize/Mondays in Lent, March 11, 7:30 a.m.
- Newcomer Lunch, March 18
- Vestry, March 15, 6:30 a.m.

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**More News from  
Redeemer**

### **Ash Wednesday Services**

**March 1, 2017**

**7:30 a.m.    Noon    7:30 p.m.**

### **Dying on Our Own Terms: A Wednesday Evening Lenten Program (March 8 - April 5)**

This five evening discussion program at Redeemer will use a series of video vignettes to explore the ethical, medical and economic forces that often drive a person's choices. The time to talk about these difficult issues is before they happen, before you're in the emergency room and under pressure to make a decision "right now". Armed with courage and knowledge, each of us can help one another, our families and the clergy to make those decisions which allow us to die on our own terms. There will be some homework. There are directives to consider and decisions to be made to plan your own burial service. These kind and thoughtful actions are gifts we can make to those we love the most. The program will be led by the Rev. Joe Clark. Cost for the program: \$40. Make checks payable to Church of the Redeemer, or you can pay online through our website.

### **Samaritan Ministry**

Join us at Samaritan Ministry Next Step Breakfast. March 16, 7:30am - 9:00am. National Press Club. No charge; just come and explore ways to commit your time, talent and

treasure to the help of end poverty. Call John Smallwood at 301-633-8261 to register or go to : <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ednr1bxf7a9956a8&oseq=&c=&ch=>

### **Lenten Adult Forum**

Sundays in Lent, Redeemer presents forums on Spiritual Disciplines. Lent is a wonderful time to experiment with different spiritual practices - try them on for size! When Lent is over, you can begin Eastertide with new ways to experience and live into God's presence and desire for you. John Smallwood will share information on Samaritan Ministry and how to become involved with this ministry on March 5. On the 26<sup>th</sup>, he'll talk about Tai Chi as a spiritual discipline. Amma Cricket will use *Spiritual Disciplines Handbook: Practices That Transform Us* by Adele Ahlberg Calhoun to help participants discern the practices that are matches for you. You are welcome to purchase the book, but it is not necessary.

Tai Chi Chih At Church of the Redeemer. Tai Chi Chih ® is a tai chi / qigong form of gentle, standing movements. Practice can release stress, improve memory, circulate energy and promote balance, both physically and mentally.

Beginner's class: 8 weekly one hour sessions on Tuesdays at 10:00am. You will learn the entire Tai Chi Chih form in this course.

First Class: Tuesday, March 28, 2017 at 10:00am

Cost: \$120 contribution to the Church of the Redeemer

Accredited Instructor: John Smallwood

For more Tai Chi Chih information, see: <http://taichichih.org/>

Any questions? Call John Smallwood 301-633-8261.

To enroll: sign sheet in Foyer Bulletin Board

### **Music at Redeemer: The District Eight in Concert**

**Sunday, March 12, 5:00 p.m.**

Acclaimed by The Washington Post for its "*fine singers who blend and balance*" and its "*consistently beautiful performances*", the District Eight presents a program exploring the rich repertoire of works for Lent and Holy Week, expanding its numbers to include Alessandro Scarlatti's exquisite *Stabat Mater*. Free-will offering. Reception to follow.

**Sunday, April 2, 5:00 p.m.**

**Inscape Chamber Orchestra in Concert**

In its second concert of the season, Inscape performs a program of reflection and tenorosity featuring the haunting sounds of George Crumb's *11 Echoes of Autumn*. Steven Stucky's *Partita-Pastorale after JSB* opens the program as a quiet reflection on J.S. Bach's Partita No. 1 for Keyboard. Free-will offering. Reception to follow.

### **MEN'S RETREAT 2017: Friday through Sunday, April 28th - 30th**

**Men in Their Roles as Leaders**

Meeting for our sixth annual weekend retreat, men at the Church of the Redeemer will gather in Berkeley Springs, West Virginia, on the weekend of April 28-30, with David Schlafer as our convener, to share experiences and reflections on what it has meant for us to be "leaders." We gather as friends and colleagues, and as fellow explorers in the Community of Christian faith, to speak and listen with one another in considering questions related to "Leadership." Sign-up sheet in the parish hall. Questions: [Jefferson7019@aol.com](mailto:Jefferson7019@aol.com)

### **Need a name tag?**

Please contact the office by e-mail or sign up on the name tag form in the narthex.

**E-mail Addresses:**

Cricket: [rector@redeemerbethesda.org](mailto:rector@redeemerbethesda.org)

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**The Episcopal Church of the Redeemer**

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