



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

Guest Preacher this Sunday: Rev. Holly Ostlund from Food for the Poor joins us this week to share stories from this international, ecumenical ministry. Opportunity to support the ministry, as well as ask questions, will be available. Please welcome our guest.

Adult Forum this Sunday - On February 4th and 11th David Brown will lead us on a journey discovering the early church. Consider that between 40 AD and 350 AD the number of Christians in the Roman Empire grew from about 1,000 to almost 34 million, a majority of the population. The forum will be "How the West Was Won - For Jesus." We will explore whether the factors driving that growth have relevance for churches today.

Collect of the Day: Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

Readings for Sunday:

- Isaiah 40:21-31
- 1 Corinthians 9:16-23
- Mark 1:29-39
- Psalm 147:1-12, 21c

Serving: February 4, 2018

Sunday, February 4, 2018

8:00 Service, Lector: Sally Pugsley, Chalice: Susan Grigsby

Ushers: Jefferson Arrington, Bill MacBain, Michael Mershon

Crucifer: Sam Nickerson

Acolyte: Thad Arrington

Lectors: Dawn Fitzgerald, John Harbeson

Intercessor: Pat Fitzgerald

Chalice: Judy James, Nathan Price, Ben Ivins

Counters: Brooke Anthony, Cathy Arrington

Altar Guild: Ann Hartman, Tami McMinn, Helen Zitomer, Ann Taylor

Coffee Hour: Margaret Greene, and she can use some help!

The flowers on the altar this week are given to the glory of God.

The NEW Sign-up sheet for Coffee Hour is on the bulletin board in the Parish Hall. Please volunteer in this ministry of hospitality. Thank you! Also, see the sign-up sheet for Altar Flowers and add your special intention!



■ Prayer Requests

For healing:

Rick Abramson, Barbara Alterowitz, Ellen Boyle, Allison Chow, Joan Eisenstodt, Kiki Garo, Lucien Garo, Jr., Olivier Jeanne, Peter & Beate Kendall, Clarice Leslie, Catherine Moore, Hal Palmer, Evelyn Paparelli, Mary Potter, Marilyn Raisch, Rich Randa, Charlotte Ripa, Tom Rogers, Bill Ryon, Lynda Shepard, Anne Southard, Karen Stewart, Patricia Snowden, Ann Taylor, Beth Warner, Edward, Greg, Jerry, Jim, Katherine, Katie, Leslie, Mollie, Logan, Jay, James, and the Amoroso family

In thanksgiving for birthdays: Ann Harbeson, Judy Austin, Mary Packard-Winkler

Parish Calendar

Wednesday, January 31

- 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.
- Vestry meets with St. Dunstan's Vestry, 6:30 p.m.

Thursday, February 1

- Balkan Dancers, 7:30 p.m.
- Adult Choir Rehearsal, 7:30 p.m.

Friday, February 2

- AA Meditation Meeting, 12:00 p.m.
- AA Meeting, 8:30 p.m.

Saturday, February 3

- Tai Chi, 10:00 a.m.

Sunday, February 4

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

Monday, February 5 - Office closed

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

Tuesday, February 6

- AA Meeting, 7:30 p.m.

Wednesday, February 7

- 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.

Looking ahead:

Tai Chi Chih, February 10, March 10

Shrove Tuesday, February 13

Ash Wednesday, February 14

Party for Chris Betts, February 18 Coffee Hour

Coming Up at Redeemer

It's not too early to think about Shrove Tuesday!

February 13 will be here soon. Plan to join us for our annual Pancake Supper, Talent Show, and Bracket Selection for Lent Madness. To help with the supper and/or sign up for the talent show, contact Chrissy deFontenay. Amma Cricket will be selling brackets for the Lent Madness Saintry Competition that benefits Bethesda Cares. \$10 gets you a saint to follow through the season. The winning saint receives the Golden Halo and the winning bracketeer wins a collectible Lent Madness mug.

Ash Wednesday services: 7 a.m., Noon, 7 p.m.

Tai Chi Saturdays

Tai Chi Chih at Church of the Redeemer

Class for both Beginners & Returning Students

Saturdays from 10:00am to 11:15am: Feb. 3, Feb. 10 & March 10

Reduce Stress - Experience Tranquility - Circulate Internal Energy - Strengthen Legs - Improve Balance, both physically and mentally. Tai Chi Chih® is a simplified tai chi / qigong form consisting of 19 standing, gentle movements and one pose.

Cost: suggested \$15 per class contribution to the Church of the Redeemer

Accredited Instructor: John Smallwood

John has taught TCC widely to adults of all physical conditions. He has studied and practiced deeply Tai Chi Chih and Tai Chi Chuan. He is also immersed in energy healing work as an accredited Reiki Practitioner and a Medical Qigong Therapist.

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

Any questions? Call John Smallwood 301-633-8261 or email:

johnsmallwood@outlook.com

Redeemer Book Group

The book group is reading *The Book of Joy*: a conversation between the Dalai Lama and Archbishop Desmond Tutu. These two have survived many decades of exile and soul-crushing violence of oppression. Despite their hardships, or because of them, they are two of the most joyful people on the planet. In conversations between the two, they try to answer the question: How do we find joy in the face of suffering. The book will be discussed on Sunday February 4, 2018 at the home of Huda & Jochen Kraske, 4550 North Park Avenue, Apt. 410, Chevy Chase, Md. 20815. Questions? Call Huda at 301 656 2087 or email her at hqkraske@aol.com

Men in Their Roles as Peacemakers

Meeting for our eighth annual weekend retreat, men at the Church of the Redeemer will gather in Berkeley Springs, West Virginia, on the weekend of April 20-22, with David Schlafer as our convener, to share experiences and reflections on what it has meant for us to be "Peacemakers." Sign-up sheet in the parish hall. Questions to Jefferson Arrington: Jefferson7019@aol.com

MUSIC AT REDEEMER 2017-2018 SERIES DETAILS ARE ONLINE

Go to redeemberbethesda.org/music for more information.

New choir members always welcome - adults and youth

If you or someone you know would like to be in our choirs, contact Chris Betts at music@redeemberbethesda.org. New members are always welcome. Right now we are particularly looking for youth choristers (any grade school age), tenors, and basses, but we'll welcome sopranos and altos too!

E-mail Addresses:

Cricket: rector@redeemberbethesda.org

Chris: music@redeemberbethesda.org

General Mailbox: office@redeemberbethesda.org

Margaret: accounting@redeemberbethesda.org

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The Episcopal Church of the Redeemer

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<http://www.redeemberbethesda.org>

