



REDEEMER SPIRIT THIS WEEK

The Episcopal Church of the Redeemer, Bethesda, Maryland

Parish Announcements

■ PRAYER REQUESTS

For healing: Frank Anderson, Kim Barrett, Mary Helen Carlson, Brendan Dealy, Joan Eisenstodt, Pat Foster, Kiki Garo, Natalie S. Graham, Tom & Margaret Greene, Judy James, Olivier Jeanne, Peter & Beate Kendall, Kelsie Kimberlin, Gary Lorenz, Clarice Leslie, Laura Naimark, Mary Nelson, Nicholas Platt, Mary Potter, Charles Raisch, Marilyn Rossie, Catherine Sands, Beth Sauerland, Claudia Serrin, Anne Southard, Patricia Snowden, Bert Spencer, Karen Stewart, Ann Taylor, Jimmy Tinto, Lois Vuolo, David, Eileen, Jerry

In thanksgiving for birthdays: Steve France, Shannon Yehl, Charlotte Roberts, Toni Strother, Jefferson Arrington

For safety while away: Laura & Douglas Rose; Brenda, Tilla, & Kailah McAntony; Noelle Voeltze & family

There are no flowers on the altar in Lent. Please sign up in the parish hall for your dedication of flowers after Easter.

Coffee Hour today is provided by Anna Roberts.

We are looking for hosts!

See the sign-up sheet in the Parish Hall for your opportunity to host one in the future.

Make it fun by teaming up with someone else!



Looking Ahead:

Collar and Coffee with Amma Cricket,
Thursdays at Sumner Place at 10am

- Blood Drive, March 17
- Chamber Music Day with Kassia, March 21
- Bach Cello Suites with Julia Soltis, March 21
- Bethesda Cares Dinner, March 22
- Repent and Repair, March 28
- Inquirer's Class, April 1, 15, 29

Parish Calendar

Sunday, March 8

Holy Eucharist, 8:00am
Adult Forum, 9:15am
Child Care, 9:15am
Holy Eucharist, 10:30am
Book Group, 3:00pm
The FIVE, 5:00pm

Monday, March 9, Office closed
AA Meeting, Noon

Tuesday, March 10

Staff Meeting, 1:30pm
AA Meeting, 7:30pm

Wednesday, March 11

AA Meeting, Noon
Holy Eucharist, Noon
Youth Choir Practice, 4:30pm
Inquirers Class, 7:30pm

Thursday, March 12

Collar & Coffee Office Hours at Sangamore, 10:00am
Adult Choir Practice, 7:30pm

Friday, March 13

Music Together, 9:30am
AA Meditation Meeting, Noon
AI-Anon Meeting, 6:30 pm
AA Meeting, 8:30pm

Saturday, March 14

Sunday, March 15

Holy Eucharist, 8:00am
Adult Forum, 9:15am
Child Care, 9:15pm
Holy Eucharist, 10:30am
Rite 13 ceremony, 10:30am
The FIVE, 5:00pm

Youth Events

Please mark your calendars today!

March 22—Bethesda Cares Dinner

April 26: Sandy Spring

May 16: Kings Dominion

Participation is open to youth between 5th and 12th grade. Parental accompaniment is requested. For more information, and to be sure your young person is on her mailing list, please contact Yaa directly:

PRAY@redeemerbethesda.org

Yaa Addison



Redeemer Youth Group

Dates for 2020 (through May)

April 1st

May 13th

In addition to our usual monthly dinner together, we'll be exploring the book "What Do You Stand For? A Guide to Building Character. (For Teens) by Barbara Lewis. *You don't need to purchase the book.*

Youth Group begins at 6:00pm

As always, invite a friend!

MEN'S RETREAT 2020

Friday through Sunday

April 17 - 19.

Meeting for our **TENTH** annual weekend retreat, men of the Church of the Redeemer will gather in Berkeley Springs, West Virginia, on the weekend of April 17 - 19 with David Schlafer as our convener, to share experiences and reflections, and enjoy each other's company.

Mark your calendars and plan to be there. The cost will again be \$200 each. This includes room and meals. Scholarships are available!

Please add your name to the Sign-up sheet in the parish hall.

Questions: Jefferson7019@aol.com

Repent and Repair

On March 28th, from 9:00 a.m. until 12:00 p.m. we will meet in the parish hall to repair some of the "little" projects that need attending and do not require professionals. These projects cost absolutely no money but need physical effort. Sign up for a project and meet us on March 28th or, if you are unable to participate that date, select a project and complete it on your own time (preferably during Lent). If a project is too big for you to complete on your own then join with another person or family and complete it together. Help us refresh Redeemer during this holy season by taking ownership of our worship space.

The tasks:

Sanctuary:

Re-caulk indoor staircase leading to sanctuary

Use nail set in sanctuary to ensure nails are not a safety issue

Add kneelers to chairs other than the last row of chairs in the front of the sanctuary (need to keep this area clear for easy exit). Wipe kneelers clean

Wipe down kneelers in pews

Flower room floor needs to be scrubbed

Sacristy floor needs to be scrubbed

Parish Hall:

Sort documents (Susan Fitzgerald will help)

Sort children's toys/books/school supplies (Karen Stewart and Ayesha Court will help)

Sort kitchen (Patricia Snowden will help)

Clean refrigerator

Clean stove

Reorganize kitchen pantry and label what goes where

Sort basement storage

Ensure that the windows in all classrooms open easily

Wash black marks off walls

Wash windows in parish hall and classrooms (pick a single window, a room of windows, or the entire parish hall)

Get rid of paint cans in the closet near the labyrinth, transfer building materials from that closet to the shed and scrub that closet floor

Take down light covers and wash - remove the bugs

From the Rector: Communion during flu season.

Here is how to be proactive about protection from the flu viruses. Switch from shaking hands at the peace to an 'elbow bump' or to bow to each other and wish each other peace. If you do shake hands, please use hand sanitizer afterward. You're asked to not using intinction when you receive communion. Why? Well, here are a few reasons:

1. After we pass the peace, especially if you have shaken hands, you are germly.
2. Putting the wafer into your hand makes it germly.
3. Dipping the wafer into the wine make the wine/juice germly.

It is more hygienic to receive the wine from the chalice. The chalice bearers are trained to wipe the rim each time and turn the chalice. We use Port as our sacramental wine. It has more alcohol content than regular wine and will do away with many germs. Alas, grape juice does not have this magic quality. We are suspending the use of grape juice until after the flu season is over

One of the hallmarks of our theology is that we all receive communion as equal in the eyes of God. The common cup is a primary symbol of this theology. If you don't want to drink from the common cup, it's okay. We understand. Please acknowledge the sacrament with a reverent bow of the head. If you have sanitized your hands, you can consider lightly touching the chalice. This is an acceptable way to acknowledge and participate in the wine element of the sacrament.

Receiving the bread alone is full communion.
It is not required that you receive the wine.

Health experts agree that common sense preventative practices are the most effective disease control. These include:

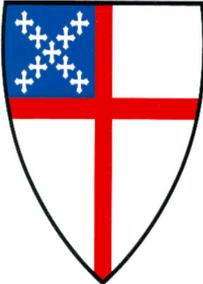
- Frequent, effective hand-washing
- Staying home when sick
- Covering your mouth when sneezing or coughing (using a tissue or elbow instead of hands)

As we are in close contact during our worship and in community, it is especially important that we practice and promote personal hygiene. Consider it a Lenten discipline.

If you find yourself unable to attend church for an extended period of time, please let me know. I'm happy to bring communion to you.
Cricket+

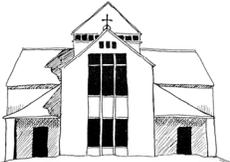
Redeemer Book Group
We are now scheduled to read "Ciao America" by Beppe Severgnini. The book will be discussed at 3:00 pm on TODAY at the home of Huda & Jochen Kraske, 4550 North Park Avenue, Apt. 410, Chevy Chase, Md. 20815, hqkraske@aol.com .

Adult Forums –The Saints in Lent!
Today we discuss the Wesley brothers John and Charles and their contribution to church reform and hymnody.



Sign-up for Classes!

Amma Cricket is leading a series of instructional classes for anyone who is new to the Episcopal Church or to Redeemer. We'll be using a text by the Rev'ds Scott Dunn and Melody Wilson Shube entitled *Walk in Love: Episcopal Beliefs & Practices*. It covers the basic beliefs of Anglican Christianity, the sacraments, the *Book of Common Prayer*, and what it means to live a life centered in the Trinity. Sign-up via email, (rector@redeemerbethesda.org)



Music at Redeemer
www.musicatredeemer.org



**March 21, 7pm,
Bach Cello Suites,
Juliana Soltis**

For details and tickets, visit
www.MusicAtRedeemer.org

EMAIL

Emails at Redeemer.

Cricket: rector@redeemerbethesda.org
Geoffrey: music@redeemerbethesda.org
Yaa: PRAY@redeemerbethesda.org
Margaret: accounting@redeemerbethesda.org
Bob: bob@redeemerbethesda.org
The office: office@redeemerbethesda.org

Blood Drive at Redeemer
Tuesday, March 17th
Noon to 5:00pm

Will you give one hour of your time to save someone's life? Certainly the joy will come back to you, knowing that you are a hero!

Sign-up in the Parish Hall or at
www.redcrossblood.org



**GIVE
SOMEONE A
PINT ON**



**SAINT
PADDY'S
DAY**

The FIVE – an afternoon Sunday service at Redeemer.

To quote Monty Python: And now for something completely different. The FIVE, offered at 5:00pm on Sundays, provides an alternative Eucharistic experience at Redeemer. Inspired by *Mishkha*, a service plan based on the arts, The FIVE aspires to involve all our senses within the worship context.

(<http://www.mishkha.com/>)

The theme for The FIVE during Lent is "Accepting Grace". Those present will have the opportunity to walk a "via sacra" (sacred way) as a response to the lessons, which will include scripture from the lectionary as well as relative selections from literature. Musical selections from modern artists accompany well-known hymns. There will be opportunities to engage your senses of touch, smell, and vision. There will be plenty of time for silence as well.

The discovery work that guided the work to plan the Lenten services was done with the Worship Committee when it met last week. Going forward, those who are engaged with this service will work with Cricket and Geoffrey to craft the next seasons. If you are interested in this work, please let Cricket know.

We hope those of you for whom a morning service is difficult or impossible to attend will give The FIVE a try. The service is another option for inviting friends or family who are seeking a relationship with a faith community.



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.

6201 Dunrobbin Dr.
at MacArthur Blvd.
Glen Echo,
Bethesda, Maryland 20816
301-229-3770
office@redeemerbethesda.org

The Right Rev'd Mariann Edgar Budde,
Bishop of Washington
The Rev'd Cricket Park, Rector
The Rev'd Dr. David Schlafer, Assisting Priest
Geoffrey Silver, Director of Music Ministries
Bob Yates, Parish Assistant



www.RedeemerBethesda.org