

March 2019 Spiritual Life Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Spiritual Life Department Contact Information						1
Rev. Sarah Hathaway <i>Chaplain & Director</i> 978-402-8240 (office) 978-394-3774 (cell)		Rev. Kristin Rinehimer <i>Chaplain</i> 978-402-8238 (office) 978-844-3149 (cell)		Rev. Lilian Warner <i>Pastor Emerita</i> 617-691-7706		11:15 - Newbury Court Chorus Rehearsal, Chapel 2:15 - Gardens Seeking the Spirit
10:00 - 3:00 - Chapel in use by outside group						
3 11:00 - Ecumenical Worship with Communion, Chapel, Rev. Warner preaching 11:20 - Catholic Communion, Community Room	4 All Day - Manager's Meeting, Chapel 2:00 - Meditation, Community Room Shrove Tuesday	5 3:00 - Ash Wednesday Service, Chapel 3:30 - Rivercrest Holy Communion Ash Wednesday First Day of Lent	6 10:00 - Meditation, Chapel 10:45 - Rivercrest Circle of Faith 2:00 - Grief Support Group, Chapel	7 10:00 - Meditation, Chapel 10:45 - Rivercrest Circle of Faith 2:00 - Grief Support Group, Chapel	8 11:15 - Newbury Court Chorus Rehearsal, Chapel 2:15 - Gardens Seeking the Spirit	9 11:15 - Newbury Court Chorus Rehearsal, Chapel 2:15 - Gardens Seeking the Spirit
10 11:00 - Ecumenical Worship Service, Chapel 11:20 - Catholic Communion, Community Room	11 2:15 - Gardens Circle of Faith	12 11:30 - Seeking the Spirit, Activities Room North 1:30 - Catholic Mass, Chapel 2:00 - Meditation, Community Room	13 10:00 - Meditation, Chapel 10:45 - Rivercrest Circle of Faith	14 10:00 - Meditation, Chapel 10:45 - Rivercrest Circle of Faith	15 11:15 - Newbury Court Chorus Rehearsal, Chapel 2:00 - Newbury Court Chorus Sing-a-long, Rivercrest 2:15 - Gardens Seeking the Spirit	16 11:15 - Newbury Court Chorus Rehearsal, Chapel 2:00 - Newbury Court Chorus Sing-a-long, Rivercrest 2:15 - Gardens Seeking the Spirit
17 11:00 - Ecumenical Worship Service, Chapel 11:20 - Catholic Communion, Community Room St. Patrick's Day	18 2:15 - Gardens Circle of Faith	19 11:30 - Seeking the Spirit, Activities Room North 2:00 - Meditation, Community Room	20 11:30 - Memory Caregivers Support Group, North Private Dining Room 3:30 - Rivercrest Holy Communion	21 10:00 - Meditation, Chapel 10:45 - Rivercrest Circle of Faith 2:00 - Grief Support Group, Chapel Nowruz (Persian New Year) Purim (Jewish Feast of Lots)	22 11:15 - Newbury Court Chorus Rehearsal, Chapel 2:15 - Gardens Seeking the Spirit	23 11:15 - Newbury Court Chorus Rehearsal, Chapel 2:15 - Gardens Seeking the Spirit
24 11:00 - Ecumenical Worship Service, Chapel 11:20 - Catholic Communion, Community Room	25 2:15 - Gardens Circle of Faith	26 11:30 - Seeking the Spirit, Activities Room North 2:00 - Meditation, Community Room 2:00 - 6:00 - Board Meeting, Chapel	27 3:30 - Rivercrest Holy Communion	28 10:00 - Meditation, Chapel	29 11:15 - Newbury Court Chorus Rehearsal, Chapel 2:15 - Gardens Seeking the Spirit	30 11:15 - Newbury Court Chorus Rehearsal, Chapel 2:15 - Gardens Seeking the Spirit
31 11:00 - Ecumenical Worship Service, Chapel 11:20 - Catholic Communion, Community Room	LOOKING AHEAD TO APRIL: Sunday April 14: Palm Sunday Thursday April 18: Maundy Thursday Friday April 19: Good Friday Monday April 22: Earth Day Sundown on Friday April 19: Passover Begins Sunday April 21: Easter Sunday					

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MONTHLY
SPIRITUAL
NEWS AND
ACTIVITIES

Spiritual Life

Deep Rooted People

The following is an excerpt from Rev. Kristin's recent sermon reflection on Jeremiah 17:5-10 and Psalm 1.

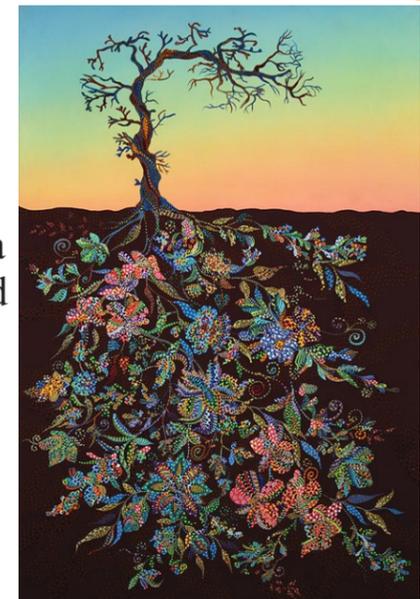
A friend of mine is a yoga teacher, and a few years ago, she was kind enough to lead a group of us in Saturday morning yoga sessions. Liz is a tall, graceful woman—exactly what probably comes to mind when you think “yoga teacher”—and her body stretched into long, beautiful lines as she showed us the different yoga poses. It looked so easy when she did it.

One pose that we returned to time and time again was something called “tree pose”: standing on one foot, you tuck your other leg into a triangle and extend your arms (like branches) into the air. When Liz did it, she looked like a wizened, strong oak. When I did it, I looked like a badly manicured (and very wobbly) shrub. And I was not alone.

Liz, being the kind and skilled teacher that she was, offered encouragement and also a suggestion to the shrubs among us: “It’s okay if you bend a bit. Real trees do that too! But instead of focusing on being perfectly balanced, try this: focus on your breath and your feet. Imagine, as you breathe, that you are sending roots down, down, down into the ground. Feel yourself rooted to the earth, and let that connection hold you up.”

I’m not saying it was a miracle, but looking around the room in that moment, wobbling limbs began to still. I felt it in my own body, too. Breathing, I imagined roots going down, down, down from my foot—and without effort, my center of gravity settled. My roots began to ground me.

This memory came to mind as I read Jeremiah 17:5-10 and Psalm 1, which both books describe faith in terms of trees. Jeremiah says that people who trust God are like strong trees planted next to



“Sunset” by Erika Pochybova Johnson



WORSHIP WITH US!

Sundays at
11:00 AM in
Duvall Chapel

or

11:20 AM
Catholic Communion
in Community Room

or

Channel 918
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water, while those who trust in their own strength are like parched shrubs in deserts or salty wastelands. Psalm 1 echoes Jeremiah, celebrating that the happiest people love God's instructions. Like a healthy tree, their "leaves don't fade" (v. 3), but wicked people blow away like the dust.

Read literally, these verses sound like simple cause-and-effect statements: if you trust in God, you will be productive, beautiful, and happy! And if you feel parched and dusty, you must lack trust in God or, even worse, you're wicked. But I hope you'll agree with me that these cause-and-effect statements don't match up with our own experiences, nor are they the real meaning of Jeremiah and Psalm 1. The meaning of these verses is far deeper than that—all the way under the soil, in the roots of the tree image.

This is where Jeremiah begins his description of the tree: he says a person who trusts in the Lord is like a tree that "sends out its roots by the stream" (v. 8). Knowing what it needs to stay healthy, it reaches towards water and nutrients, so that when it faces drought, the tree doesn't shrivel up or topple over. Its leaves stay green, but it is not the leaves that define the health of the tree; it's the root system. The foliage and ripened fruits are just a joyful consequence of all the work happening underground.

Imagine yourself as a tree. What does your root system look like? Do you feel healthy and well-watered by your relationship with God and others, or are your roots at risk?

What I like about focusing on the roots, rather than everything above ground, is that in many ways, it's the part of our tree-ness that we can control. Most of us know what makes us spiritually healthy. We know what waters us and feeds us—be it Scripture, asking deep questions in good company, or a good walk outside. Think about a time when you have felt spiritually nurtured and supported—that's what we're talking about here. Likewise, we probably also know the things that threaten to kill our roots: turning away from all of our spiritual water sources, gossip, unchecked anxiety. We know what it feels like to be shriveled, dry, even to blow away from our root system altogether.

When we think about our roots and put our energy into diving deep into those things that feed us, we're better prepared to face whatever weather (or life circumstances) may come our way. As a former Chicagoan and now a New Englander, I'm skeptical of the promise that our leaves are always going to be green and, in Psalm 1's words, "whatever we do will succeed." You and I both know that there are wintry seasons in life when we feel naked, cold, and lonely. At the very least, there are times when life is quiet and slow. But even in these seasons, our roots can continue to grow strong under the surface. Rooted in God's love and all the things that nurture us, not even the strongest wind, the hardest news, the most blustery of Nor'easters can carry us away.

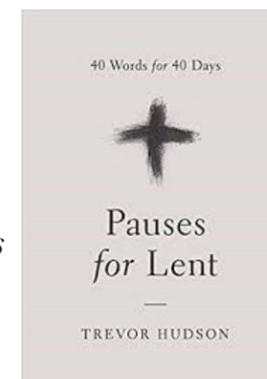
May your root system be blessed, and may you feel grounded and strong in love as you turn your attention downward. Your roots—our roots—have the power to hold us and nourish us, no matter the weather.

Beginning in March, *Seeking the Spirit* steps into the season of Lent.

Every Tuesday in Lent (March 12, 19 & 26 and April 2, 9 & 16), from 11:30 -12:30 in the Activities Room North we will meet and engage in spiritual reflection based on a unique devotional by United Methodist Pastor Rev. Trevor Hudson, titled *Pauses for Lent: 40 Words for 40 Days*. Each day during Lent, we will pause to focus on: one word, one Bible verse and a short reflection with prayer.

As Rev. Hudson says, we'll gather to "share how God may be speaking to us through the word for the day."

Please RSVP with Sarah or Kristin ASAP! Books are \$5 (Checks to "NEDA")



A Meditation on Loving-Kindness (shared in Rev. Sarah's sermon on February 24th)

Begin by offering the following phrases to yourself; then, imagine someone you love and offer these phrases to them; next, think of someone you have neutral feelings towards and do the same. Finally, think of someone with whom you have difficulties and offer the phrases to them. Meditation teacher Jack Kornfield says the intention is, with practice, for your *heart to open*: first to yourself, then loved ones and friends, then to acquaintances, and finally even enemies, and you'll find that, in the end, you won't want to close it anymore.

May I be filled with loving-kindness.

May I be safe from inner and outer dangers.

May I be well in body and mind.

May I be at ease and happy.

Ash Wednesday Service

Wednesday March 6, 2019

3:00 P.M.

Duvall Chapel

Imposition of ashes will be provided.

All denominations are welcome.

If you are Catholic and would like to receive your ashes from the priest, Father Fleming from Holy Family Parish will be on campus Tuesday March 12 at 1:30 for Mass in the Chapel.



Original art by Lizzie McManus