



ADELPHI PRESBYTERIAN CHURCH
9401 Riggs Road
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www.adelhipc.org

~ Our Vision Statement~

God calls us at Adelphi Presbyterian Church to be
a Christ-centered community of people
experiencing spiritual awakening
by praying, caring, welcoming, sharing the Word,
and forming relationships with one another.

At Adelphi Presbyterian Church,
we are called to use our gifts and talents
to serve God with energy and love.

~ adopted by Session, September 2007 ~

April/May 2013

Pastor's Column

Lent and the New Creation of Easter

Although not officially a part of the reformed tradition, it is common and popular for people to give up something during Lent. I think the tradition is popular because it so clearly reinforces the paradox of the Good Friday/Easter Sunday story, even the paradox of the Christian experience. Although our "fast" is only 40 days, it still stands in stark contrast to the abundance of Easter Sunday.

The Resurrection highlights the way the immense light of God is capable of breaking through the darkest of moments. With an Easter Sunday full of pastels and bright flowers we tend to believe that the Love of Christ presented on Easter morning is a bold and exuberant love. Yet in the paradox of Easter, the thing that breaks through is a Love that is gentle even subtle. It's a love that calls Mary by name; that invites Thomas to touch its wounds.



The gentle, subtle love of Christ is present in Adelphi Presbyterian Church. The transformative nature of Christ's new creation is active and moving in the pews here. It would be nice if the new creation we will be experiencing came like a joyous Easter Sunday, but Christ's new creation in this church will work in the same gentle and subtle way Christ's love works after the resurrection. There will be moments of celebration and there will be struggles and frustrations. That being said, we must strive to let the resurrection be active and present in this church. The more we move to embrace Christ's new creation for us, the more the joy of Christ will embrace us.

Mike

The Ancient Daily Meditation Practice of Lecto Divina:

Recently the session was introduced (or for many re-introduced) to the idea of Lecto Divina. The session has been encouraged to take part in the practice daily so that as they act as the leaders of the church, they will become more connected to the word. The session may be “required” to take part in the practice, but the hope is the church as a whole will engage in this ancient Christian mediation technique.

Although strict Lecto Divina practice was not formalized as it is now until the 12th century, it has its roots at least as far back as the 3rd Century AD. In the 3rd century, the theologian Origen emphasized that the divine Word of God was something to be experienced, not just studied. Lecto Divina attempts to do exactly that.

John of the Cross summarized Lecto Divina in the late 12th century like this:

“Seek in **reading** and you will find in **meditation**; knock in **prayer** and it will be opened to you in **contemplation**.”

This highlights the four stages of Lecto Divina. The first is reading a passage of the bible, the second stage is meditating on that passage, the third is to say a brief prayer, and the fourth is to contemplate that which was revealed to you. Here are some tips to getting started with Lecto Divina.

~~**Reading:** This stage involves reading a passage very slowly, a couple of times, until you begin to internalize it. Here are some hints for picking passages:~~

- Select a short passage, nothing more than 5 or 6 verses, shorter if it can be.
- Select a complete passage, something that has a beginning and an ending, that can stand on its own.
- Select a passage that has action in it, a story of some sort
- Try and pick a different passage each time, instead of one passage over and over again
- There will be a list of particularly strong passages on the church website shortly!

Meditation: Once you feel comfortable with the text, center yourself by focusing on your breath. Once centered, visualize the scene from the passage in your mind. You can either play it out very slowly, or over and over again. Here are some hints for the meditation phase:

- Set a timer that has a gentle alarm, you want to avoid being jarred from a meditative state.
- Start by meditating for 5 minutes, continue adding time as you get more comfortable
- Thoughts will be racing through your mind that will distract your focus, which is normal, when you notice it occurring, gently bring yourself back to the text.
- Find a comfortable location where you can sit, keep your shoulders back and your head straight up with your hands folded on your lap.
- Avoid Coffee, alcohol and big meals before meditating. Also the earlier in the day, the better.
- The idea is to experience the word, not analysis it. Strive to be in the midst of the scene, feeling the feelings of those involved, instead of trying to determine their motivation or meaning.

Prayer: This needs only be a quick prayer, highlighting something that was revealed to you in mediation. It should be said as soon as you are back to yourself.

Contemplation: Do not confuse this with the meditation period. The meditation period is an opportunity to experience the active and living Word of God. The Contemplation period is meant to reflect on what was experienced and revealed. If in a group setting, discussing the experience with others is useful. If by yourself, journaling about the experience is useful.

As you become more experienced, you will find that you can be a lot more flexible and creative with the whole practice. The most important thing to remember is that the goal is to experience and participate in the living and active word of God.

2013 Lenten Series by Kathie James

During the first five weeks of Lent, people gathered on Wednesday evenings for a light supper, followed by a study of Henri Nouwen’s work entitled A Spirituality of Homecoming. Each week, a different person led us through one or more of the brief chapters which helped us to learn about the dwelling place God invites us to

share with Him, the challenge of following Christ, the cost of discipleship, the reward, and the promise. Many new insights were gained through our discussions, prayers, and moments of meditation. The series culminated in the pairing of Prayer Partners for the next year; those who desired to participate were randomly matched with another individual. These pairs commit to praying with and for each other, as well as for anyone else whose names they want to share. Rev. McNamara also suggested that Prayer Partners may want to engage in particular activities together, such as serving at a soup kitchen. In the past, Prayer Partners have grown spiritually and enjoyed sharing prayers with each other over the months.

Our thanks go to Evelyn Jones for preparing the meals each evening, to our discussion leaders—Bettye Miller, Kathie James, Janet Dolen, Jerome Farley, and our pastor, Rev. McNamara—and to all those who joined the group whenever they were able. Attendance ranged from 12 to 16, with more than 18 different people present overall. More significant than numbers and facts, however, was the palpable presence of the Spirit as we ate, studied, and shared.



Beginning on April 7th, Rev. McNamara has begun a lectionary based bible study in the lounge at 10 a.m. before church. The study is based on a format presented by feasting on the word. It is a simple four fold format: what, where, so what, now what. First the group will determine what's important to know about the passage, then where God is in the passage, then what the passage means in our lives and finally what the passage is calling us to do. The study is designed to build a deeper relationship with God and God's Word.

Following the success of the St. Patrick Day's adult group gathering, the adult group will be continuing and having monthly gatherings. If you are interested in more information, chat with Cherry Smith.

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The session will be moving to a "consent agenda" format soon, which means that there will be more decisions made at the committee level. We are in need new people, new perspectives and new ideas for all of our committees! As a reminder our committees include: Congregational Care, Mission & Evangelism, Worship, Christian Education, Personal & Stewardship, Facilities and our new committee Communications. If you are interested in one of these committees, talk with Rev. McNamara or any member of Session.

HIGH SCHOOL GRADUATION IS NEAR!



We are gearing up for a High School Confirmation class. If you have a high schooler that you would like to see be a part of the class, please contact, Kathie James, Rev. McNamara or any member of the Christian Education Committee for more information.

NEW SESSION MEMBERS FOR 2016

The Nominating Committee will begin its search for new session members for the class of 2016! This is an exciting and important time for the church,

we need strong, spirit-lead leadership. If you are contacted to be on session, please consider being a part of the leadership of the church!



CROP Walk:**What:** The Prince Georges Area CROP Walk**Where:** Around Lake Artemesia (starts in the Wells Rink Parking Lot)**When:** May 5, 2013 at 1:30 p.m.**Why:** To help hungry people in Prince George's county and around the world

- \$25 can provide 50 baby chicks to a village, providing protein and income.
- \$50 can provide seeds and tools to help 3 families start a garden.
- \$110 can provide emergency food for a family of five for a month.
- \$150 can send six women to literacy classes and empower them for life.

Who: YOU!**How:** You can walk or you can donate (or both!). Talk with Charles Yancey for more information.**One Great Hour of Sharing:**

- We passed out fish to collect money for the One Great Hour of Sharing Offering on Easter
- and we will be collecting the fish April 28th! The money collected goes to help provide relief for those affected by natural disasters, provide food to the hungry, and assist in helping empower the poor and the oppressed.

SAVE THE DATES!

National Capital Presbytery Multicultural Gathering

Rejoicing in God's unfolding promise: "Come, bring who you are!"

When: Saturday May 12, 2013

Time: 9:30-2:30 p.m.

Where: Chevy Chase Presbyterian Church

We can send 2-3 elders to this event for a chance to celebrate the diversity of our presbytery, meet with other multicultural congregations and have conversations around the blessings and challenges of multicultural ministry. Contact Rev. McNamara if you are interested in attending



Sunday, May 12, 2013—9:30 a.m.— Mother's Day Pancake Breakfast

Sunday May 12, 2013—9:30a.m.—The men are cooking!

Fellowship Hall

Talk to Cherry for more information



Calendar of Events

- Apr 28** 11:00AM Worship
10:00AM Bible Study (Lounge)
Food; Fellowship Sunday
- May 5** 11:00AM Worship and Communion
10:00AM Bible Study (Lounge)
- May 5** CROP Walk
- May 12** Mother's Day
- May 11** National Capital Presbytery Multicultural Gathering
- May 12** The Men are Cooking!



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APRIL/MAY 2013 NEWSLETTER

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