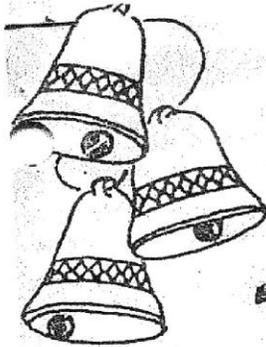


THE GOOD NEWS

WORSHIP-MISSION-FELLOWSHIP

VOL. 1 NO. 1

January - February - March 2017



Chimes

✝
Christ Church
Harwich Port, Mass.

Gatherings and Journeys

CHRIST CHURCH

HARBOR WATCH: A Harbor for God's Peace

From the Editors:

As we reactivate the newsletter, the plan is to publish quarterly issues beginning with this January-February-March issue. As with the introduction of GATHERINGS AND JOURNEYS (1997), we felt that a new name would be meaningful. THE GOOD NEWS seems like a simple statement to guide us into our future.

The cover shows the different names of the newsletter across the years. Miss Grace Crory offered to “compose and mail a monthly newsletter” in 1957. In 1965 in recognition of the installation of the clock and chimes in the steeple, the newsletter was renamed CHIMES. In 1997 GATHERINGS AND JOURNEYS became the new name. More recently (2001) with a new format, size and editors, CHRIST CHURCH became the new name. Our recent name, HARBOR WATCH was established in 2009. However the names, formats, sizes and editors have changed across the years, the spirit of love, worship, mission and fellowship in spreading the good news remains strong as we look to our future.

Herb Malin as the new editor in 1995 wrote, “I would particularly welcome individual thoughts you might have on applying religious beliefs to our daily lives, e.g. little stories of how a particular event or passage of scripture has been helpful to you in coping with a family, health or moral problem.”

Now in 2017, we would like to continue this sharing of our stories including original prayers within our upcoming newsletters. We already have some wonderful anecdotes about life in the parish. This could add yet another caring dimension to our lives together here at Christ Church. Email to Kerry or write a note sending your material to her by April 21st. Romer and a person to be discovered!

From the Editors 1997 - Murray Johnson and Bill Walsman

“The name GATHERINGS AND JOURNEYS rose out of our desire to emphasize that the true Church is but the congregation of believers. And more specifically it is usually a “Gathering” of God’s children in worship and thanksgiving as well as Journeys into service and love.”



Notes From the Vestry

The 2017 vestry team met on Saturday Feb 11th at St. David's church to discuss the roles and responsibilities of the vestry team and to have a team-building retreat.

The team has committed to developing a strong strategic plan that is based on the mission of Christ Episcopal Church; one that will support Mother Judith and ensure the existence of the church long into the future. The team will develop a communication plan that will keep the parishioners in the loop as the work progresses. A vestry member will take a minute at the end of the first church service held after the monthly meeting to give a quick summary on the work. The vestry team acknowledged there are some "quick wins" that can be adopted and there are other items that will take time to address. Vestry meetings will be held on the First Wednesday of the month beginning on April 5th. The March 12th Vestry meeting will follow the 10am Service. All parishioners are welcome to attend the general portion of the meeting; the executive session is open to the Vestry only.

Chris Menard



The Problem of Hymns

What is a hymn? To most people it is a song you sing in church, which is not wrong, but doesn't quite tell the whole story. The specific definition of a hymn is that it is a spiritual poem meant for communal worship. The fact that it is usually set to music is beside the point.

We live in an age where music has become a spectator sport. There are myriad ways that the professionals we hear sing have been "helped out" by technology so that they sound perfect and thereby we feel we can never be that good and might as well give up. One of the last vestiges of public singing is the church service (not counting the national anthem at sports events, but everyone knows that song is nearly impossible for the average person to sing and thereby not very encouraging). I have spent the last thirty-five years cheerleading communal singing, but it's an uphill battle. Singing is intensely personal—we use our own bodies to create the sound, and therefore we fear judgment on the sound we make. All children sing—we're hard-wired to sing. Each voice is as unique as the person's DNA, therefore it can't be "wrong." The beauty of hymn singing is that we do it together, and the person next to you who you fear is listening is theoretically occupied with getting

their own sound out! And by the way, it's not the choir's job to sing for you, it's their job to lead the congregation by giving them a solid base on which to build. That's the double-edged sword of having a good choir—we're back to being spectators.

Singing is good for you—do a little research and you'll discover a myriad of studies that prove this. Singing gets your breath moving and improves your posture, getting more oxygen into your blood for better circulation and a stronger heart. It lowers blood pressure and cortisol levels to reduce stress. It changes your brain chemistry, improving memory, soothing anxiety. Singing stimulates the chakras, shakes your core, massages your innermost parts. At my gym we have a vibrating platform that is meant to do the same thing and here we can do it for free. Singing gets your endorphins going as much as a bar of chocolate with no calories! Exercising the facial muscles helps you look younger! These benefits are all magnified in group singing and especially for “mature” individuals. Stacy Horn in a recent article in Time stated “Group singing is cheaper than therapy, healthier than drinking, and certainly more fun than working out.”

Nothing breaks my heart more than glancing out and seeing people standing during a hymn, not even holding the hymnal, just waiting for it to be over. Every now and then I ask why, and the answers are very similar. They don't sing (translated they don't think they can sing; some judgmental idiot in their past told them they couldn't sing) or they don't know the hymn. And they never will know it if they never try. If you love someone wouldn't you be looking for as many ways to express that love as possible? God has given us an entire creation of expressions of love. Should we limit our response to the handful of hymns we may have picked up along the way with no thought of expanding the repertoire? You won't like all of them. I don't like all of them, but I know each one will speak to someone. We set unattainable goals for ourselves—if we don't have what we think of as a wonderful voice we somehow don't feel we can use this form of praise. God hears what you mean, not how you sound. At the very least participate in reading the text while people around you sing. Progress to mumbling the words. Start to infuse the words with a bit of inflection and there you are, singing. If you're looking for a Lenten discipline that will stretch you out of your comfort zone and surprise you with its life-changing benefits, SING!

Joan Kirchner, Minister of Music



Changing of the Guard at the 2017 Annual Meeting



Master Treasurer for 9 years!
Asa wore many hats!



Vince the master Assistant Treasurer



Bob the master Property Warden and gardener



Betty, Fellowship personified

**NEW
VESTRY**



L to R: Skip Atwater, Joyce Phillips, Tina McGrath,
Jon Davis, Chris Menard, Karen Butler, Judith Davis.

**Thanks
FOR
Serving**

Pictures not available

Retiring Vestry Members: Warden, Bob Lawton, Rue Siegel, Woody Price, and Dave Truesdale.

Vestry Members: Grace Price, Ann DeLong, Jane Barter, Kam Anderson, Elaine Ottaway, Betty Waldo.

Special thanks to Diana Landau for these photos.



- March 1 Ash Wednesday services
7:30 am Administration of Ashes and Holy Eucharist
followed by breakfast and discussion
12:00 Noon Administration of Ashes and Holy Eucharist
- March 5 First Sunday in Lent 8:00am and 10:00am services
- March 10 Fridays in Lent Program 10:30am & Stations of the Cross at noon
- March 12 Second Sunday in Lent 8:00am and 10:00am services
- March 17 Fridays in Lent Program 10:30am & Stations of the Cross at noon
- March 19 Third Sunday in Lent 8:00am and 10:00am services
- March 24 Fridays in Lent Program 10:30am & Stations of the Cross at noon
- March 26 Fourth Sunday in Lent 8:00am and 10:00am services
- March 31 Fridays in Lent Program 10:30am & Stations of the Cross at noon
- April 2 Fifth Sunday in Lent 8:00am and 10:00am services
- April 7 Fridays in Lent Program 10:30am & Stations of the Cross at noon

HOLY WEEK

- April 9 Palm Sunday 8:00 am and 10:00 am services
Choral Vespers followed by reception 4:00 pm
- April 12 Tenebrae Service 5:30pm
- April 13 Maundy Thursday service 5:30pm
- April 14 Good Friday services 7:30 am and Noon
- April 15 Easter Sunday services 8:00 am and 10:00 am

LENTEN DISCIPLINES

- Ash Wednesday services 7:30 and Noon
- Wednesday Lenten class 8:30am – 9:00am
“The Prophet in You: Gifts for Prophecy and Transformation” by Joan Chittister
- Fridays in Lent Programs 10:30am
Fauré Requiem Program with coffee and questions
Noon Stations of the Cross using Joan Chittister’s booklet
- Sunday Worship 8:00 am and 10:00 am
- Palm Sunday choral Vespers 4:00 pm





note from the Rector

As we enter the holy season of Lent, I invite you to spend more time with us at Christ Church, worshipping, studying, and enjoying fellowship with one another. As we just completed a class on paintings of The Adoration of the Magi for the Season after The Epiphany, we now offer a class on studying music instead of paintings. I invite you to join us on Fridays, beginning March 10 at 10:30am for a class on The Bible (and text) of the **Fauré Requiem**. Then, after the class, feel free to stay for our traditional Stations of the Cross at noon on Fridays. You might remember a few years ago our class on the Bible and Brahms's *Requiem*. We will listen to a CD of Faure's *Requiem* and study both the text (libretto) and the music. As an additional treat, you might want to attend the Chatham Chorale's performance of the *Requiem* on Saturday, March 25 at, 7:00pm–8:30pm at the Chatham Congregational Church, or Sun, March 26, 3:00pm – 4:30pm at the Dennis Union Church

Gabriel Fauré composed his *Requiem in D minor*, Op. 48, between 1887 and 1890. The choral-orchestral setting of the shortened Catholic Mass for the Dead in Latin is the best-known of his large works. Its focus is on eternal rest and consolation. Fauré's reasons for composing the work are unclear, but do not appear to have had anything to do with the death of his parents in the mid-1880s. He composed the work in the late 1880s and revised it in the 1890s, finishing it in 1900. In seven movements, the work is scored for soprano and baritone soloists, mixed choir, orchestra and organ. Different from typical Requiem settings, the full sequence *Dies irae* is omitted, replaced by its section *Pie Jesu*, my favorite ever soprano solo. The final movement *In Paradisum* is based on a text that is not part of the liturgy of the funeral mass but of the burial. Fauré wrote of the work, "Everything I managed to entertain by way of religious illusion I put into my Requiem, which moreover is dominated from beginning to end by a very human feeling of faith in eternal rest." The piece premiered in its first version in 1888 in La Madeleine in Paris for a funeral mass.

On Wednesday mornings, after Holy Eucharist and breakfast, we will discuss a Lenten guide by Sister Joan Chittister on *The Prophet in You: Gifts for Prophecy and Transformation, Lent 2017*. Reflections for discussion by Chittister and a poem by Dan Berrigan will accompany our discussion. All are welcome. Finally, during Holy Week, our choir will present a Palm Sunday choral vesper service to begin our Holy Week. I invite you to join us for Lent. *Faithfully, Judith+*

Christ Church Episcopal

671 Rt. 28, Harwich Port, MA 02646 / (508) 432-1787

Email: christchurchharwichport@comcast.net

Website: www.christepiscopalharwich.org

Christ Church Staff

The Rev. Judith A. Davis, PhD, Rector

Joan Kirchner, Minister of Music

Kerry Lotti, Parish Administrator; Todd Woolley, Sexton

Adjunct Clergy: The Rev. Dr. Anne Bathurst Gilson,

The Rev. Dr. Dick Ottaway,

The Rev. Darwin L. Price, The Rev. Stephen Stuart

Vestry

Grace Price and Jon Davis, Wardens

Tina McGrath, Clerk; Skip Atwater, Treasurer; Karen Butler, Asst. Treasurer

Kam Anderson, Jane Barter,

Ann DeLong, Christine Menard, Elaine Ottaway, Joyce Phillips, Betty Ann Waldo

“Like” us on Facebook: **Christ Church in Harwich Port**

CHRIST CHURCH EPISCOPAL

FIRST CLASS

671 Route 28

Harwich Port, MA 02646

A digital COPY is on the web

(www.christepiscopalharwich.org)

To: