

PROCLAIM



Declare His glory among the nations, His marvelous works among all the peoples! - 1 Chronicles 16:24

A Newsletter of Christ Chapel | Issue 29, Volume 1

January 31, 2008

FROM THE PASTOR



Rev. Paul Beck
Senior Pastor

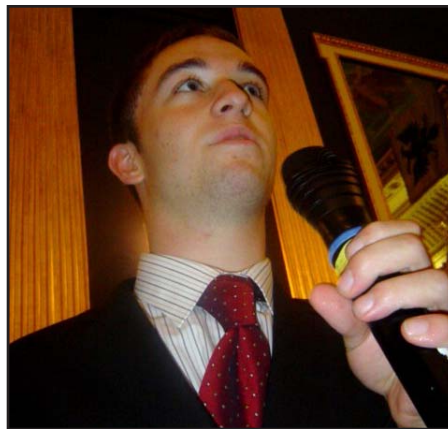
Remember to Breathe

Have you ever stood at the foul line in a basketball game when whether the team wins or loses is up to you? Or, maybe you're about to speak to that special person who makes your heart skip a beat.

Our diaphragm is like our heart. It's a muscle that works without any prompting. But unlike your heart, your diaphragm can be stopped. You do this consciously when you dive into a pool and hold your breath. Sometimes you do it involuntarily - when you're scared or stressed. When the diaphragm stops, there's no way you can do what you need to do.

Perhaps you're in front of a group with a presentation to give, or at the altar about to recite those sacred vows. Suddenly your head is spinning and you can't see straight. You actually think you're going to die. Then you take a deep breath and somehow survive!

One expert states, "The problem with many people is that when they get under pressure, they forget how to breathe. People think that breathing is something you do with your lungs, but that's only partly true. What makes your lungs work is the movement of something deeper still. God gave you this muscle down below your lungs called your diaphragm. It is the up and down movement of this muscle that creates the changes of pressure in your chest cavity which causes your lungs to inflate and deflate like balloons."



"...you're in front of a group with a presentation to give... Suddenly your head is spinning and you can't see straight."

Our spiritual life has a diaphragm too. It's called the soul. Our soul is that dimension beneath the level of our intellect and feelings. It's what makes you - you. It's the part of you that still exists even when your mental and emotional systems slow down. Most importantly, your soul is that dimension that has been designed by God to rise in joy and fall in grief to the things that delight or grieve Him.

Sometimes our soul doesn't function properly. It stops moving. Take a crisis that occurs in your life - whether it's a difficult change or a painful loss. At those moments your soul freezes up. It's impossible to function for long when the soul isn't responding.

That's why it's important to pray. When we pray we remember to breathe. Praying is something you have to make time to do. Not just the quick prayer before

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Rev. Thomas Crumb
Worship Pastor

WORSHIP NOTES

Remembering the Church Year

In last month's Proclaim I provided a short background and history of the church year and offered a thumbnail sketch of its opening seasons:

Advent, Christmas, and Epiphany. Appropriately, we begin this month with its next seasons which comprise the Easter cycle. We celebrate Easter on March 23 this year. That means the Lenten season begins on February 6 with Ash Wednesday.

While Easter is certainly the oldest celebration of the Christian church, Lent, a time of fasting and penitence leading up to it, also has ancient roots. Early second-century authors spoke of two or three days of fasting. By the time of the Council of Nicea in 325, some parts of the church practiced a forty-day season, a practice that quickly spread to other churches. The number forty was probably chosen because of its resonance with the story of the flood (Gen. 7:12); with the number of days that Moses spent on Sinai (Ex. 34:28) and that Elijah traveled to Mount Sinai (1 Kings 19:8); with the Israelites' forty years in the wilderness (Num. 14:34); and with Christ's forty days of temptation (Matt. 4:2).

At this early point in the history of the church, Lenten observances were tightly tied to the sacrament of baptism. Lent was a time of preparation for new Christians, who were typically baptized during the Easter vigil. For baptized Christians, Lent was an opportunity to reconsider and renew their baptismal vows. Over time, as the church's practices of inducting new Christians changed, the emphasis of Lent also changed. Rather than being tied closely to "dying and rising with Christ" in baptism, Lent became more of a penitential season; believers were encouraged to consider their sin and repentance in relationship to the great sufferings of Christ.

An interesting note from church history provides the background for a tradition with which many in our congregation are familiar. By the eighth century, the church extended the applying of ashes, previously reserved for those preparing for baptism, to all members of the congregation. This became Ash Wednesday. By the twelfth century, the practice of using ashes made from the burnt palm fronds from the previous year's Palm Sunday procession was common.



"...the Lenten season begins on February 6 with Ash Wednesday."

The last week of Lent is called "Holy Week" - a name that goes back to the fourth century. It begins with Palm Sunday, includes Maundy Thursday and Good Friday, and concludes with the Easter Vigil. The church originally concentrated on just Saturday and Sunday - the vigil and the Easter celebration. However, by the end of the fourth century, the major events of Christ's passion were being commemorated on the day of the week during which they originally happened: Judas's betrayal and the institution of the Lord's Supper on Thursday,

Christ's crucifixion and death on Friday, and his time in the tomb on Saturday. Naturally, these events are not ends in themselves. Their purpose is to point us to the most important event of Christian history: Easter.

Easter is the apex of the liturgical year and the central event of our faith. Essentially the church year boils down to just two seasons: "Easter" and "Easter's coming." As the feast that commemorates and celebrates the heart of the gospel message - Christ's resurrection from the dead - it is the earliest of all the celebrations of the church year. While there is some textual evidence to show that early Christians celebrated Christ's resurrection weekly, the practice of one yearly celebration emerged over the course of the first two centuries of the church.

Sadly, disagreements over when to celebrate

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**Pete Axelson
Youth Pastor**

YOUTH NEWS

Summer Youth Mission Trip: Acuna, Mexico

this summer, but I figured it was about time I let the rest of you in on our plans. From July 5th to July 12th, we will have the privilege of serving in Acuna Mexico through *Youth for Christ's Project Serve*.

As many of you are aware, *Youth for Christ* has been around for a long time. They are a very reputable organization with a heart for those who don't know the Lord. *Project Serve* is their youth short term missions branch.

While in Acuna we will be doing minor construction and painting, running a Vacation Bible School, ministering at an orphanage, and doing a food distribution in the local community. All of this is done through a local church and pastor whom *Project Serve* has been connected with for many years.

Our role, as should be the role of any short-term mission, is one of support. The ministries are already happening, and the gospel message is going forth. We come in for one week, and do our part to in both word and deed to help bolster their efforts in sharing Jesus Christ with others. We will be one of many groups coming to help serve throughout the summer.

While we consider our role to be one of support, that doesn't diminish the potential for life change for both those we come in contact with, and the students

themselves as a result of attending this trip. While it is we who are going to serve others, I never cease to be amazed at how the blessings come back heaped up and overflowing for many of our students. There's something about being taken out of your comfort zone, and being challenged to be the hands and feet of Jesus Christ in a foreign land, that gets young people to rise to the occasion, and realize anew what God can do in them and through them.

As Youth Pastor, one of my goals for this trip is to make sure our youth are prepared and are going for the right reasons. With this in mind, I felt the Lord leading me to step up the requirements for participating in this trip. You should know that every student going will have met the following requirements;

- Write 300 word paper on their faith journey and why they want to go on the trip
- Provide a \$50.00 deposit taken from their own bank account
- Have a personal interview with the youth pastor
- Attend a 50% minimum of Youth Group nights
- Read a missions related book
- Memorize a passage of scripture

Twenty kids stepped up to the plate and wrote their papers, thus qualifying them to sign up for this trip, and fulfill the remaining requirements. Because of this new level of commitment, I already sense an enthusiasm about this trip like none I have done before.

In the coming months you will hear more about this trip through just two forms of fund raising.

Some of you, who happen to be close to members of our youth group, will be receiving letters requesting support. If you happen to receive more than one, you can consider yourself fortunate to be close to multiple youth who are excited about sharing their faith in Acuna.



Acuna Mexico

Our only other fund raiser will be a **Church Dessert and Auction** on the evening of **April 12**. Please mark your calendars now, and stay tuned to hear about ways you can participate.

In the mean time please join me in keeping this trip and our youth in your prayers. Please pray that God would be preparing the youth's hearts even now; that they would go with an available and obedient attitude to our God - who can do great things through them.



The Blessing of Being the Vine

~ By Virgie Wakefield

Many years ago while living in Grand Rapids, Michigan, I met a man who had grapevines. He taught me a little about taking care of them and what he had to do to insure a good sweet grape at harvest. I learned that grapevines are destroyed if you try to tear a branch off, for the branch is an integral part of the vine. It is not attached to the surface but goes to the very heart of the vine. Grapevines need to be pruned to get rid of the unproductive or dead branches in order to produce more and better fruit.

Branches of a grapevine do not work to produce leaves or fruit, but both come forth in due season. Vine branches do not worry about what type of leaf or fruit they will produce. They do not worry about what will happen to their fruit or how it will be used. No, they abide - rest - in the vine and their every need is met.

When an experienced gardener looks at his grapevine he can tell what type of grape it will produce and what he must do to get the most abundant crop from that vine. He knows what type of soil it must have, and what he must do to have the strongest and most disease resistant vine. He knows how long it will take for fruit to be produced and approximately how much will be produced. And he plans what he will do with each type of fruit that is harvested.

The vine's branches do not boast that they are branches, nor does their fruit boast that it is fruit. You never hear a grape say "I'm a Fox Grape" countered by, "Oh, yeah? Well, I'm a Concord Grape" and "Oh, yeah? Well I'm a..." The branches do not boast that one is stronger, longer, higher or lower on the vine than the others. No, they are all needed by the vine in order to produce the crop that the gardener needs in order to earn a living to feed his family and to take care of his vineyard's needs.

Jesus said, "*I am the vine and you are the branches*" - but He also said that "*my Father is the gardener*". He tends the vine. He feeds, waters, and prunes it so that it might produce even more fruit. We, the branches, abide or rest in the vine - our Lord Jesus. We are part

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"...an experienced gardener [knows] what he must do to get the most abundant crop from that vine."

The Eye of the Storm

~ By Audrey Ward

In the eye of the storm
there is quiet and peace:
A rest from the winds and the waves.
In Your presence, Lord,
I have found that rest:
A rest in the eye of the storm.
The waves have been strong,
The winds have been high,
But Your presence carried me through.
There was strength for each day,
There was rest for each night,
There was peace in the
midst of the storm.
Your presence, Lord, was the eye
In the midst of my storm.
You were my fortress, my deliverer.
You held my hand and
walked me through
The sea of my despair.
How I praise you, Lord,
For your love and your care.
For this walk of faith that we shared,
Every step, You were there.
Every cry you heard.

Ye Call Me...

~ Author Unknown

"Ye call Me Master and obey not,
Ye call Me Light and see Me not,
Ye call Me Way and walk not,
Ye call Me Life and desire Me not,
Ye call Me Wise and follow Me not,
Ye call Me Fair and love Me not,
Ye call Me rich and ask Me not,
Ye call Me Eternal and see Me not,
Ye call Me Nobel and serve Me not,
Ye call Me Mighty and honor Me not,
Ye call me just and fear Me not."

(From an ancient inscription on the
Cathedral in Lubeck, Germany.)



FEBRUARY SERMONS

FEBRUARY 3

*New Series: Walking in
Wisdom Toward Outsiders*

STOP JUDGING, PART 2

1 Corinthians 5:12-13

SUNDAY @ 6

No Evening Service

GO PATS!

FEBRUARY 10

*Walking in Wisdom
Toward Outsiders*

KEEPING POLITICS

IN THEIR PLACE

Matthew 22:15-22

SUNDAY @ 6

Special Seminar:

HOW TO MINISTER IN

NURSING HOMES

Kathryn Bolyea

FEBRUARY 17

Pulpit Guest:

DANNY CROCE, CHAPLAIN

PLYMOUTH CORRECTIONAL

FACILITY

SUNDAY @ 6

FEBRUARY 24

*Walking in Wisdom
Toward Outsiders*

THE JESUS' WAY:

BUILD BRIDGES

Mark 2:1-17

SUNDAY @ 6

No Evening Service

DOWNLOAD SUNDAY MORNING SERMONS

by following the link at
www.christchapelcapecod.org



IMPORTANT INFORMATION

Join The Chancel Choir!

The Chancel Choir begins a new season of ministry on Thursday evening, February 7. It is a perfect time for you to come try us out and see what participation in this exciting ministry is all about. Refining your skill at praising God through music, enjoying fellowship with a small group of caring and committed disciples, and broadening your horizons spiritually and musically, are just a few dimensions of what we share among our choir members. **Rehearsals are Thursdays from 7-9 p.m.**

Want more information?? Contact Pastor Thomas at thomascrumb@christchapelcapecod.org or 508.420.1200.



STEPHEN MINSITRY MOMENT

The Stephen Leaders at Christ Chapel are bound by a covenant, which they each signed prior to becoming leaders. We want to share this covenant with you to show that this ministry is established by God for His people that may be hurting.

The purpose of the leadership team is to work together to lead our congregation's Stephen Ministry. We also work with the church staff and the congregation's other ministries, boards and committees to care for God's people.

We promise to always be mindful that God is in control; we rely on Him for our strength and direction. We pray for each other and the work of the team. We care for each other. We communicate assertively, with love and caring and respect, particularly when working through disagreements. We share the workload and come to meetings prepared. We maintain confidentiality. We accept with grace each other's differences and remember to use humor in our dealings with each other.

We want to remind our congregation that the Stephen Leaders are always available to listen to a hurting person and pray with him/her. Brochures are plentiful and located in the narthex and in the racks on the back of the pews.

If you or anyone you know could benefit from the Stephen Ministry or if you have any questions at all, please call any one of the leaders listed below or call the Church office.

Stephen Leader Team CoordinatorChris Cappello
Awareness-Building CoordinatorPeggi Buckler
Training CoordinatorDave Cappello
Continuing Education CoordinatorArnold Clark
Supervision CoordinatorJerry White
Referrals CoordinatorSue Rodenberger



Blessings De-Vine

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of Him and as we abide or rest in Him, we will look like Him and will produce fruit in due season. (John 15:5 and John 15:1, 2)

As I think about my position in Christ I marvel at His abundant grace. What have I done - got - or produced in myself that He has not done - given - or produced in me first? All I am, all I have, all that is ever 'produced' in me is from my Father. *"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are God's workmanship, created in Christ Jesus for good works, which God prepared in advance for us to do."* (Ephesians 2:8-10)

I'm so glad that Jesus is the vine and that - as we abide in Him - we will produce fruit. What a joy to know that He supplies all that we need to do the work that He has given each of us to do. Thank you, Lord Jesus!



**SEVERE WEATHER SERVICE
CANCELLATIONS**

In the case of heavy snow, please check any of the following media to see if Sunday morning services have been cancelled.



**TV Channels 4, 5, 7 & 56
WBZ NewsRadio 1030
WRKO 680 AM, WQRC
www.whdh.com/stormforce**



**CHRIST CHAPEL
ANNUAL MEETING - 7:00 P.M.
&
CHURCH SUPPER - 6:00 P.M.
TUESDAY, FEBRUARY 12, 2008**

Please mark your calendars and plan to attend this Christ Chapel's Annual Meeting. We'll review our annual reports and missions budget for 2008. Everyone is welcome; non-members are not eligible to vote.



Come early and enjoy a variety of delicious soups, sandwiches, and sweets provided by our Hospitality Committee.

Everyone is invited!

***Covered
Dish Supper***

with Pianist, Composer, Conductor

Geoff Dana Hicks

Sponsored by the Joy Group

Come enjoy great music and a powerful testimony by:

Geoff Dana Hicks

- ✓ Director of Tremont Church's Chancel & Gospel Choirs
- ✓ Graduate of the New England Conservatory
- ✓ Popular secular jazz musician prior to conversion
- ✓ Featured artist along with Stevie Wonder at the Kennedy Library reception for Nelson Mandela

Date: February 22

Time: 6:30 p.m.

Place: Christ Chapel

Please bring a covered dish to share.

A free will offering will be taken.

Please reserve your space by signing up in the Fellowship Hall between services on February 3, 10 or 17.



Treasures

~ By Eleanor Findley

Twas a treasure indeed I thought
 I had found
 The only one of its kind.
 I polished it up
 And set it beside
 The teacup I already prized.
 Valuable things to lay in store
 Gave a desperate desire for more
 'Till I realized these pleasures
 Were a murky thick fog;
 I would never get ahead in the score.
 But the 'things of this world' were not
 The great blessing
 My heart so eagerly longed for.
 As Matthew in 12 verse 35 speaks of -
 "A heart full of good things"
 That blessed fellowship brings.
 The sure hope of Glory and
 A friend for the journey
 To share the road as we walk.
 A special hand and
 A presence of caring as we
 Get to know who we are.
 That narrow path
 by
 His holy side
 has
 Plenty of room for all.

Thanks For All You've Done!

2007 was a wonderful year for Samaritan's Outreach. We accomplished so much, thanks to your generous support! Here is a list of some of the things that we did:

- ☑ Pillows Ministry - 260 pillows were delivered to Emerson House, Cape Winds, Safe Harbor and Cataumet Village.
- ☑ Over 100 towels went to Champ House and Emerson House.
- ☑ Pack-A-Sack was born, providing 50 bags full of groceries for the Viet Nam Vets and Cataumet Village.
- ☑ Sports Drive - Equipment was collected so that Emerson House Rehabilitation Center could start a softball team.
- ☑ Boxes of men's clothing were delivered to a rehab center in Falmouth.
- ☑ Blankets, hats and jackets were collected for the clients of NOAH Shelter.
- ☑ Household furnishings were collected for families and people moving into homes from local shelters.
- ☑ Four microwaves were donated to four local shelters.
- ☑ A sewing machine was given to a local woman in need.
- ☑ Operation Christmas Child (OCC) Scarves - donated yarn was used by residents at a rest home and others to crochet or knit 600 scarves, 20 pair of mittens and 40 hats which were sent to children around the world in OCC shoe boxes.
- ☑ Hams, turkeys, breads and a gift certificate for food were collected for the D.O.H.



Ruth Banner displays scarves knitted from donated yarn to be shipped in Operation Christmas Child boxes.

With your help and generous support, Samaritan's Outreach served 21 shelters, homes and senior housing facilities in 2007. Thanks also to those who have offered to help our efforts in many ways, including: Marcia & Francis Johnson, Bob & Carol Fogle, Deanna Fisher, Pauline Trenholm, Krista Hayes and Judy Appleton.

I can not thank God enough for all of His great blessings, the rewarding year we had last year, and for all of your love, generosity and support.

Thank you very much!
Ruth Banner
 Samaritan's Outreach



Exceeding Expectations

~ Continued from page 1 ~

or at bedtime - but extended times for prayer.

Let's remember what it means to really pray. It involves the downward and upward movements of the soul. First, think about the things that sadden God. Our sin. How about all those things in this world that are out of sync with His will? David knew what it was like to have his heart weighed down with these things. Read his Psalm 103. Let his cries fill your heart with a larger concern for the things that God cares about.

“your soul is that dimension that has been designed by God to rise in joy and fall in grief to the things that delight or grieve Him”

Secondly, let your soul move upwards. If you pray, "Lord, I know that You are going to work it all out for those who are oppressed," I don't think we would get nearly as upset as we do when treated unfairly? If we prayed, "As a father has compassion on his children, so You Lord have compassion on me," I doubt we would worry over half the things we worry about. We have a God who keeps His promises with us even when others fail to keep theirs. We have a God who is slow to anger and abounding in love.

The practice of swelling up in praise to God fills our lives with hope. Are you swelling up in praise and gratitude? We need to let our souls really be grieved with the things that grieve God and let our souls really rejoice over who God is and what He has done for us.

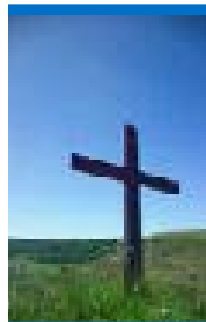
Because of all His benefits,
Pastor Paul

Remembering the Church Year

~ Continued from page 2 ~

Christ's resurrection became the cause of one of the earliest controversies in the church. Because Easter is related historically and theologically to the Jewish feast of Passover, its date is calculated according to the lunar calendar. Arguments quickly grew up over how precisely to place the celebration of Easter relative to Passover: should Easter always be celebrated two days after Passover? Can the day fall on any day of the week, or should Easter be celebrated only on a Sunday? The debate grew so heated that the bishop of Rome (briefly) excommunicated the bishops of Asia Minor. It wasn't until the Council of Nicea in 325 that a common formula for calculating the date of Easter was determined.

Of course, Easter is not just one day. Early in the history of the church, and certainly by the fifth century, Easter was connected to the celebration of two other events that tie Christ's resurrection to the life of the church: Ascension and Pentecost. The entire season is seven weeks long, with Ascension Day occurring on the fortieth day and Pentecost on the fiftieth day after Easter. During Eastertide, the church continues to celebrate Christ's resurrection by following the accounts of his post-resurrection appearances, his charge to his disciples, and the stories of the growth and vitality of the new community of believers.



“All three Eastertide themes - Christ's resurrection, his bodily ascension into heaven and continued presence there, and the coming of Christ's Spirit among us as his church - are themes we will do well to ponder and observe more intentionally.”

All three Eastertide themes - Christ's resurrection, his bodily ascension into heaven and continued presence there, and the coming of Christ's Spirit among us as his church - are themes we will do well to ponder and observe more intentionally. In just the same way that we mark the days of Advent to help us prepare for the celebration of Christmas, it is worthwhile indeed for us to be more deliberate in both our personal and corporate worship to allow the observance of Lent, Holy Week, Ascension Day, and Pentecost to point our focus on what Christ has done for us. As such, the church year is a beautiful tool that helps us comprehend and live out the narrative character of God's story as we encounter it in worship.



Be Part of *Proclaim*

Please considering contributing ministry updates, coming events, Christ-centered testimonies, short stories, photos and poems for publication in *Proclaim*!

**Please submit contributions
for the next issue by:
February 15, 2008**

CONTACT US

**For more information on
Christ Chapel, please...**

Visit our website:

www.christchapelcapecod.org

Send us an email:

info@christchapelcapecod.org

Call us: 508-420-1200

Fax us: 508-420-3341 or

Mail or Drop by:

1200 Old Stage Road
Centerville, MA 02632

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CHRIST CHAPEL CLASSIFIED

Please email or deliver your ad to the church office by **February 15th**.

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GE-Hot Point-RCA-Whirlpool-KitchenAid-Maytag-Magic Chef-Amana. Repairs all brands of appliances, cleans and replaces dryer vents. A clogged dryer vent can be a significant fire hazard. Locally owned, Licensed & Insured, 30 years experience.

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CHRIST CHAPEL

1200 Old Stage Road
Centerville, MA 02632



Proclaim!

February 2008 Edition

*Oh how I love
Your law!
It is my meditation
all the day.*

~ Psalm 119:97