

(Disciples of Christ)

8814 Kensington Parkway
Chevy Chase, MD 20815

www.nc4disciples.org

THE CHIMES

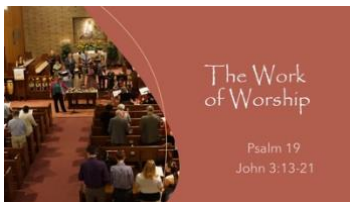
[An Open and Affirming Congregation](#)
[Connecting Faith to Community](#)



HYBRID WORSHIP - 11AM SUNDAYS

ZOOM:

<https://us02web.zoom.us/j/82882056216?pwd=REhCbitkaTk1RFRSZUx4WEpybzJHZz09>



March 3 – 3rd Sunday in Lent

This Third Sunday in Lent is an opportunity to reflect on the individual and communal work we do in worship and in the world.

Psalm 19; John 2:13-22; Special music by our Choir.



March 10 – 4th Sunday in Lent

Karen Bartman, Guest pianist/organist

Special music by our Vocal Ensemble

John 3:19-21



...in the sanctuary, immediately following the worship service. We are in a period of transition and need to approve both an update to our 2024 Budget, and a possible change to Rev Tatham's final contract.

Please plan to attend.

REGULARLY SCHEDULE NC4 BOARD MEETING via Zoom

Tuesday, March 12, 7:00 p.m.

Agenda & Link will be sent out Tuesday morning



March 17 5th Sunday in Lent

Rev. Dr. Robert Perry, Guest Preacher

"Power and Glory"; Psalm 51:1-12, John 12:20-33

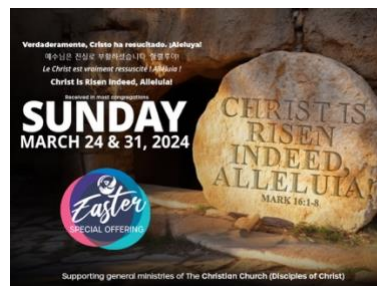
Special music by soloist, Jenn Symonds



March 24 - PALM/PASSION SUNDAY

Palm Processional ~ Chancel Drama ~ Special Music by our Choir

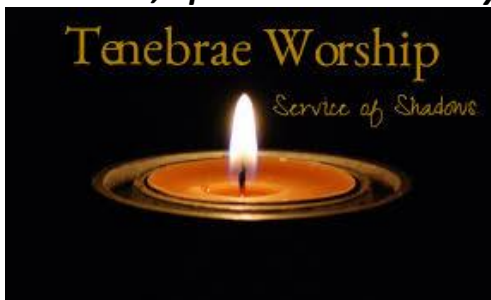
The **2024 Easter Offering** will be received on Sunday, March 24 and Easter Sunday, March 31 supports several of the general ministries of the Christian Church. Your gift supports college students in leadership development programs, global mission partners, health and social service ministries, the formation of new congregations, support for pastors and chaplains, and so much more.



MAUNDY THURSDAY WORSHIP

"Service of Darkness"

March 28, 7pm in the Sanctuary



MARCH 31-EASTER SUNDAY



Easter is a shout of jubilation that shakes the foundation of our presuppositions about what makes a good life! Let the story ring in our ears with awesome joy. We claim the central truth of our faith, that Jesus is not dead but was raised and is alive. Our job this day is simply to embrace that promise and to live that joy. We stand in awe of the grace of God!

• **Bring flowers for**

The Flowering of the Cross

- ***Our Choir & Special guest musicians will present special music for the day.***
- ***Following worship, we will enjoy our Outdoor Coffee Fellowship and the Annual Easter Egg Hunt on the lawn.***



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**March 2** Allie Morris  
**March 10** Brandon Takang  
**March 11** Glenn Zuber  
**March 13** Laura Peery

**March 22** Ronald Lippoldt  
 Eric Pernell  
**March 25** Dani Longo  
**March 27** Karen Barnard

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MARCH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RECURRING EVENTS LEGEND: CR=Community Room; HH=Harlow Hall; SANCT=Sanctuary; WL=Weir Lounge; MC=Memorial Chapel CHURCH EVENTS IN BOLD						
					1 Office Closed 8A: MoW Office Open 6:30P: Heritage Signature Chorale	2 9:30A-1P: SHN (CR)
3 11A - Hybrid Worship (Sanc.) 12P - Coffee Fellowship 1P - Rwandan Worship (Sanc)	4 Office Closed (Rev. Tatham's Day Off) 8A: MoW Office Open	5 8A: MoW Office Open 10A: - Zoom Prayer Group 7:30P - AA (HH)	6 8A: MoW Office Open 6:30P: Gerrymanders (HH) 7:30P: Ensemble 7:30P - Gateway AA (CR)	7 8A: MoW Office Open 5P: Jazz Academy	8 Office Closed 8A: MoW Office Open	9 1P: Viola da Gamba 4P: Marisa B-Day Party (HH)
10 11A - Hybrid Worship (Sanc.) 12P - Coffee Fellowship 1P - Rwandan Worship 4P - GS Troop 34013 (CR)	11 Office Closed (Rev. Tatham's Day Off) 8A: MoW Office Open	12 8A: MoW Office Open 10A: - Zoom Prayer Group 7:00 p.m. NC4 ZOOM BD. MTG. 7:30P - AA (HH)	13 8A: MoW Office Open 8:30A - Needlechasers 6:30P - Gerrymanders (HH) 7:30P - Gateway AA (CR)	14 8A: MoW Office Open 8:30A - Needlechasers 5P: Jazz Academy	15 Office Closed Bethany Beach Retreat 8A: MoW Office Open 6:30P: Heritage Signature Chorale	16 Bethany Beach Retreat 9:30A-1P: SHN (CR) 12P: Maryland Classic Youth Orchestra (Sanc/HH)
17 BB Retreat 11A - Hybrid Worship (Sanc.) 12P - Coffee Fellowship 1P - Rwandan Worship (Sanc) 3P - Down Syn. Network (CR) 4P - Washington Conservatory of Music (Sanc/HH)	18 Office Closed BB Retreat 8A: MoW Office Open 6P: NCOS (HH)	19 8A: MoW Office Open 10A: - Zoom Prayer Group 7P: Village of NCC Bd. (CR) 7:30P - AA (HH)	20 8A: MoW Office Open 6:30P - Gerrymanders (HH) 7:30P - Gateway AA	21 8A: MoW Office Open 5P: Jazz Academy	22 Office Closed 8A: MoW Office Open 6:30P: Heritage Signature Chorale	23
24 11A - Hybrid Worship (Sanc.) 12P - Coffee Fellowship 1P - Rwandan Worship (Sanc)	25 Office Closed (Rev. Tatham's Day Off) 8A: MoW Office Open	26 8A: MoW Office Open 10A: - Zoom Prayer Group 7:30P - AA (HH)	27 8A: MoW Office Open 8:30A - Needlechasers 6:30P - Gerrymanders (HH) 7:30P - Gateway AA (CR)	28 8A: MoW Office Open 5P: Jazz Academy	29 Office Closed 8A: MoW Office Open	30
31 11A - Hybrid Worship (Sanc.) 12P - Coffee Fellowship 1P - Rwandan Worship (Sanc)						

Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

TUESDAY



5 Bring to mind people you care about and send love to them

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

THURSDAY



7 Take three calm breaths at regular intervals during your day

FRIDAY

1 Set an intention to live with awareness and kindness

SATURDAY

2 Notice three things you find beautiful in the outside world

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

9 Take a full breath in and out before you reply to others

17 Look around and spot three things you find unusual or pleasant

16 Get really absorbed with an interesting or creative activity

24 Appreciate your hands and all the things they enable you to do

23 Tune into your feelings, without judging or trying to change them

31 Discover the joy in the simple things of life

30 Mentally scan your body and notice what it is feeling

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted



ACTION FOR HAPPINESS

Happier · Kinder · Together

OPENING AND AFFIRMING STATEMENT



North Chevy Chase Christian Church (Disciples of Christ), committed to connecting our faith to community, and believing that “Love does no wrong to neighbor” (Romans 10), declare ourselves a spiritual sanctuary from the fear, rejection, hate and violence of a world that judges and condemns people for being who God has created them to be.

We proclaim God's inclusive welcome to the Communion Table and welcome into full membership, participation, and leadership persons of every color and ethnicity, language, culture, nationality, age, sexual orientation, gender, gender identity and expression, physical and mental ability, economic status, familial status, and spiritual background. We also recognize that people find God in many ways, and we seek to support and affirm them in their spiritual journeys. We ask only that each person be accorded the honor, respect, and dignity due a beloved child of God.

Following the example of God's beloved son, Jesus, hereby declare ourselves to be an Open and Affirming church.

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