

Music Box

FEBRUARY 5, 2017

Robert Armstead, bass-baritone
Melinda Coffey Armstead, piano & organ

CHAPEL CONCERTINO FOR A VOYAGE

- Sea Songs Op. 37 Edward Elgar (1857-1934)
- In Haven
- Where Corals Lie
- Come Ready and See Me James Purdy/Richard Hundley (b. 1931)
- Over the Rainbow E. Y. Harburg/Harold Arlen (1905–1986)
- Why Walk When You Can Fly Mary Chapin Carpenter (b. 1958)
- Wade In the Water..... traditional spiritual, arr. Mark Hayes (b. 1953)
- Let Us Break Bread Together..... African-American spiritual
- Rainbow William Zeitler (b. 1953)
- Little Prelude in F J. S. Bach (1685-1750)

Here is guest Music Box writer, Robert Armstead, on account of Melinda is in an excited quantum state getting ready for our departure for South East Asia. Her circuit breakers have all tripped, and she gave me carte blanche, thinking, perhaps I couldn't Google the meaning of that expression as well as the next person.

Some of the songs today are about human love, about travel and separation. Love is a Divine gift and has never been absent from the music and literature and culture and religion of humankind; indeed it has INSPIRED much of those. It is fair to say that without such a God-given gift there would be hardly anybody around to enjoy any of the OTHER gifts. Except in Nebraska, where they have evidently worked out some alternate system my parents didn't want to talk about, and I moved to California before they could explain it.

Separation can sometimes occur when they stop your true love at Airport Security because she left her passport in the safe-deposit box at Chase Bank in the Barnyard. I'm just sayin'.

We leave February 8, and will whittle down the old bucket list visiting Hong Kong, Viet Nam, Bangkok, Singapore, and Bali. We will miss you, our many dear friends, but we will talk about you a lot (using real names), and we will return March 12, wiser but poorer, and jet-lagged real bad.

—RLA



Painless and Economical
If you use the internet, why don't you have the weekly newsletter sent to you via email? It is fast, easy and saves the church money—here's what to do: Send an email to the office at citf@mbay.net and ask Sherry to put you in the list. You will receive it early every week! Please visit: churchintheforest.org

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Monday morning, January 30, 2017

Dear Friends,

One of the key factors in today's vibrant churches and personal spiritual growth are *Small Groups*. Small groups originated with John Wesley, who encouraged his followers to join a small group for mutual encouragement and prayer. Small groups are just that: three to twelve committed members who meet regularly in a comfortable setting, keeping confidence and encouraging each other.

Our church already experiences the spirit and friendship of small groups in our two Bible Studies, and our Visitation and Church Decorating Teams. These groups relish being together for spiritual growth, fun, caring and prayer. (This is not "another meeting"!)

In the following weeks, I will lead brief, exploratory conversations for those interested in forming small groups. Please plan on staying about thirty minutes after worship, coffee and cookies in hand, to find out more.

If you are interested in the following topics as anchors for small group community and learning, please plan on attending that week's after-church conversation.

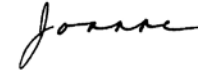
February 5	The Future of the Church: Problems and Possibilities
February 12	Local Service and Caring
February 26	How Shall We Live: Family and Life-style Questions for Christians
March 5	Questions that Keep Us Up At Night: God, Truth and Other Cosmic Stuff
March 12	Prayer and Spiritual Growth

Our Sermon Series continues in February...
"Finding Your Way to God: A Sermon Series for Epiphany"

February 5	"Being a Way for Others"
February 12	"The Deeper Way"
February 19	"The Way of Perfection"
February 26	"The Worry-free Way"

Please invite friends to worship with you, and together "Find Your Way to God." If you miss a sermon, please listen to the podcast: <http://churchintheforest.org/worship-service-podcast.html>

Looking forward to how God will connect us,



The Rev. Joanne M. Swenson, Th.D.

ANNOUNCEMENT: **Jill Mitchell Wiley Lee**, beloved wife of the late **Edwin Lee**, passed away Monday, 1/23/17. Memorial services are planned for Saturday, 2/25/17 (what would have been her 90th birthday!) at CitF. Time to be announced.

Calendar

Sunday	February 5, 2017—Fifth Sunday after the Epiphany
8:30 AM	Bible Study in the Multipurpose Room led by the Rev. Ken Feske Topic: Matthew 5: 13–20
9:15 AM	Chapel Concertino
9:30 AM	Holy Communion
Passages	Exodus 19: 1–9; Psalm 112 selected verses; Matthew 5: 13–20
	Lector Evelyn Musavi
	Crucifer Skip Lord
	Flowers Janet McDaniel; Judy Mackenzie
	Cookies Bob & Donna Tuma
	Ushers Marilyn Gorman and Bob Janzen
	Altar Care Martha Jordan & Sandy Rice
	Prayers of the People Mia Jarick
	Oblation Bearer Liz Lord
Sermon	The Rev. Joanne M. Swenson, Th.D.
Title	"Finding Your Way to God: A Sermon Series for Epiphany" Sunday's Sermon: "Being A Way for Others"
Tuesday, February 7, 2017,	the <i>Tuesday Study Group</i> at the home of Gloria Bigelow , 3138 Bird Rock Road, PB, 10:15–11:30 am.
Sunday, February 19, 2017,	following church, the <i>Annual Budget Meeting</i> of the <i>Congregation</i> will be held.
Tuesday, February 28, 2017, 5:30, pm	Shrove Tuesday Mardi Gras party
Wednesday, March 1, 2017, 6:00 pm	Ash Wednesday service