



CHURCH *of the*  
**REDEEMER**  
*Chestnut Hill*

**Tuesday, April 19, 2022**



Anonymous. Thomas and Jesus with Apostles, from [Art in the Christian Tradition](#), a project of the Vanderbilt Divinity Library, Nashville, TN. Original source: [Wikimedia Commons](#)



FUEL volunteers pack and deliver hundreds of bags of groceries every week and we rely on your donations of food and your help packing the bags.

**Please sign up here** to sort and pack when you can. Backup delivery drivers are also always welcome, and if you'd like a one-time project, even something you could do at home as a family, just let me know. Thank you!

--Velura Perry

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## For Those in Need of Prayer



Spring pastels, Barbara MacDonald

Alma & Helen Alexander-Astiz, Juliette Cobian, Edward Thayer, Ginny Troutman, Agatha, Betsy, Brent, Brian, Camille, Christian, Daniel,  
Dennis, Eddie, Eric, Franklin, Fidelis, Finch, Howard, Isabelle, Jason,

Donna, Erica, Eve, Fanny, Hadella, Fung, Harriet, Isabela, Jack, Jesse, Julia, Kevin, Marcia, Margo, Marie, Medora, Natalie, Nathaniel, Ruth, Steve, Tom, Wai Ling, Haiti and Ukraine

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**Join Barrie Rose for Embodied Prayer  
Wednesdays, 5:30-6:30pm & Thursdays, 10:30-11:30am  
In the Undercroft**

Sela is an embodied prayer class inspired by the western spiritual tradition. It longs to retrieve and bring into the 21st century "secular age" the riches of the Christian contemplative tradition to the common person who longs for a deeper connection to his/her depths as well as the heights of transcendence. We long for these riches (embodied prayer postures and contemplative methods etc.) to be a light to a western world that is dying for spiritual food, bodily connection, human community, and psychological healing.

The class is held Wednesdays from 5:30-6:30pm and Thursdays from 10:30-11:30am in the undercroft of the church. We have our base flow/curriculum based on the Christian theologian St. Dominic's (1170-1221) *Nine Ways of Prayer*.

Everyone is welcome (12 and up) please bring comfortable exercise clothes (since the class is movement-based) as well as a heart open to engage God in prayer in and through the body and breathe. If you have a yoga mat you would like to bring feel free to bring it, we also have Sela mats, blocks, and straps available on site.

*Barrie Rose is teaching the Sela class. She has a background in dance as well as in teaching ballet, she is a certified yoga instructor (trained in Nepal) and has a master's degree in spirituality (from Boston College).*

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## **Save the Date for a Mother's Day Tea and Children's Craft Party - May 7th at 2pm**



Please join us for the Church Service League's Mother's Day Tea and Children's Craft Party under the St. Francis tent at the Redeemer Saturday, May 7th from 2-4pm. To attend, [please sign up here!](#)



**Sunflowers for Ukraine** As your sunflower seeds germinate and grow during Eastertide, please continue to gather your family and say the prayer below in support of the Ukrainian people.

*Rev. Mike Dangelo's Prayer*

*Dear God, Ruler of the Nations and Prince of Peace,*

*We give you thanks for the good earth warmed by the coming of spring and the gentle rains which water it. We thank you for these seeds which hold within themselves the secret life that will soon break forth into holy light. As we plant these seeds we remember before you the people of Ukraine who claim this flower as a symbol of their nation. We ask you, Gracious Lord, to break the sword of war in their land, and restore the homes and lives destroyed in violence. May these flowers bloom, and in them may we know the hope of your risen Son our savior Jesus Christ in whose name we pray. Amen.*

## Join us for Bible Study!

**Here are the many opportunities for Bible Study. All are invited!**

Sunday Mornings, 9-9:45am - in person or [Join Zoom Meeting](#)

Wednesday morning Men's Bible Study, 7-8am - in person or [Join Zoom Meeting](#)

Thursday morning Women's Bible Study, 9-10:30am - [Join Zoom Meeting](#), now hybrid: in person and on zoom.

First Monday of the month Downtown Bible Study over lunch (Offsite), 12:15 - 1:30pm. For more information, please email [Graeme Mills](#).

## Weekday Morning and Evening Prayer Services

Morning Prayer, M-S 9:30 - 10:00am

Evening Prayer, M-S 4:30 - 5:00pm

Morning and Evening Prayer are very short services. A perfect spiritual practice to start or end your day!

[Morning & Evening Prayer on Facebook Live >](#)

## Redeemer Calendar

**Please note:** The Redeemer offices will be closed Monday, April 18th - Friday, April 22nd. For pastoral emergencies, please call 617-383-9716.

The Parish Calendar Listings can be found [here.](#)



379 Hammond Street, Chestnut Hill, MA 02467 | 617-566-7679  
[www.redeemerchestnuthill.org](http://www.redeemerchestnuthill.org)

Office Hours: 8:30am - 4:30pm M-F

[Website >](#)

[Worship >](#)

[Calendar >](#)

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