

CB Cares slates 10th MLK Day of Service

It was 50 years Jr. ago that Dr. Martin Luther King stood before the Lincoln Memorial and delivered a speech that would change the country and the understanding of one man's dream to exist together in harmony.

Community members can help keep King's dream alive and join with CB Cares Educational Foundation 9 a.m. Monday, Jan. 21 in observance of Martin Luther King Jr. Day. This year marks the 10th anniversary of the CB Cares-sponsored day of service. There will be close to 30 different MLK service projects with more than 1500 participating volunteers throughout the region.

CB Cares will host an opening ceremony at a new location, Second Baptist Church of Doylestown.

Striking a chord will be Second Baptist's a capella men's choir, the Back Bench Boys, who have performed annually over the years.

Featured keynote speakers will include newly appointed Central Bucks School District Superintendent Dr. Rodney Green, Rabbi Mitchell Delcua, Temple Judea; Pastor Robert Hamlin, Second Baptist Church; and state Rep. Marguerite Quinn.

Other opening ceremony highlights include performances by the Hopkin Sisters of Second Baptist Church, a youth gospel quartet who are actual sisters in their first time appearance and Central Bucks students who have written and will read their "written word" about Dr. King's legacy.

Visit cb-cares.org.

Bucks Children's Museum aids Connecticut children's museum

The Bucks County Children's Museum will hold a MLK Day fundraiser for the Newtown, CT, children's museum.

The Bucks County Children's Museum will donate \$2 from each general admission ticket collected between 10 a.m. to 4 p.m. Monday, Jan. 21 to EverWonder Museum, an emerging children's museum.

Much like the recently opened Bucks County Children's Museum, the Newtown museum is a community-led emerging organization

dedicated to providing a place where young children and their families can explore, experiment and create in a fun and safe environment.

"Our board of directors understands the importance of a children's museum within a community and in light of the tragic event at Sandy Hook Elementary School, we are eager to offer our support to EverWonder and the Newtown community. Martin Luther King Day is the perfect date for this event" said Kelly

Krumenacker, director of the Bucks County Children's Museum.

There will also be a location within the museum for donations to be collected; if unable to visit the museum, mail in donations will be accepted.

For information about the Newtown museum visit everwondermuseum.com.

The Bucks County Children's Museum is at 500 Union Square, New Hope.

Call 215-693-1290 for information.

On the Spiritual Side

Caroline Oakes: Mind and Spirit Time for solitude creates balance

I remember when I first considered going away on "retreat" by myself.

The very thought was so anti-theoretical to my way of being in the world then — rushing forward with little time to spare — I'm surprised I didn't change my mind at the last minute.

But I had just finished reading "Gift of the Sea," a best-selling, classic book of meditations by Anne Morrow Lindberg, who, through her wise counsel throughout, had convinced me that moments alone are "the most important moments of our lives."

In "Gift of the Sea," Lindberg describes each of our lives as being an axis within a revolving wheel of relationships, obligations and constant activity, "raying out in all directions like spokes from the hub of a wheel." Solitude, Lindberg maintains, is essential if we are to keep a sense of balance in the midst of these constant and often contradictory tensions in our lives.

Solitude enables us to discover, or re-discover, our own sense of center.

"Certain springs are tapped only when we are alone," Lindberg said. "The artist knows he must be

alone to create, the writer to work out his thoughts, the musician to compose, the saints to pray. We need solitude in order to find again the true essence of ourselves ... that inner inviolable core."

If we don't find time to ourselves, whether for a few moments or a few days, we risk losing track of the "inner, inviolable core" that is present in us, no matter how we look or what roles we play. But when we find time to ourselves, we encounter, again and again, our "true self" — an encounter captured well in Derek Walcott's poem "Love After Love."

The time will come when, with elation, you will greet yourself arriving at your own door, in your own mirror, and each will smile at the other's welcome and say, sit here. Eat. You will love again the stranger who was your self. Give wine. Give bread. Give back your heart to itself, to the stranger who has loved you all your life, whom you have ignored for another, who knows you

by heart. Take down the love letters from the bookshelf, the photographs, the desperate notes, peel your own image from the mirror. Sit. Feast on your life.

Caroline Oakes, a Bucks County resident, has a master's degree in Ascetical Theology and is writing a book on the prayer practice of Jesus, mindfulness meditation, and the human spirit. Follow her on Twitter @carolineoakes.

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New Hope church offers a relaxed and interactive service

Rev. Stuart H. Spencer

It's been nearly three years since the "Lifted" service began at Thompson Memorial Presbyterian Church. Lifted is our attempt at offering casual, contemporary-style worship for our congregation and community.

From the start, Lifted has been a wonderful, rich spiritual experience. So many elements of the service are very different for Thompson Church.

For starters, we used our beautiful, new fellowship hall for Lifted instead of our historic sanctuary. We used the services of a worship

team, rather than a paid musician and choirs. I preached often at Lifted, but many other people did as well, including a number of lay persons who have never had a class in preaching. Sermons often included YouTube clips or skits.

While Lifted is not at all like our two morning worship services, a number of people have found a worship home there. We've never had high attendance numbers, but we have seen a consistent core.

Starting Sunday, Jan. 13, we offered Lifted in a 2.0 version. It was time to try some new things, in new ways. Here's what Lifted 2.0 looks like:

We will still meet at 5 p.m. but Lifted now meets in the music room. Our devoted group of faithful Lifted worshippers could sometimes get lost in the vastness of the fellowship hall. Our music room, which may be the most beautiful in our education building, offers us a lovely, peace-filled space with views of Bowman's Tower and the cemetery.

We sing a number of newer worship songs and some classic older hymns in a fresh style. Our singing, like every part of Lifted worship, is heart-felt. Those who attend Lifted find a freedom to worship God.

The biggest strength of Lifted has been the sharing that occurs when we gather. We always include a time to share our "Wow Moments." A Wow Moment is a moment when someone has seen or experienced God's grace and love.

Every week, every day, God has a way of bringing a Wow Moment to us. It's a joy to share them with our church family and friends.

Instead of a sermon, Lifted now features a Bible study that leads to personal sharing from the group. The teacher brings some background insights to the group and then we talk about what God is saying to us. Following the teaching there is an interactive time for everyone to respond to what God has just said to us.

Everyone is welcome. Those who have another place to be on Sunday morning, are invited to join us at 5 p.m. We have found that children and youth really enjoy Lifted. Maybe your teenaged children and their friends might like to give it a try.

Know this: There will always be room for you at Lifted.

Rev. Spencer is pastor of Thompson Memorial Presbyterian Church, just south of New Hope.



Pleasant Ridge provides extra help

The generosity of the Pleasant Ridge Church of Danboro congregation was greater than usual after they heard about the New Britain Baptist Church Food Larder's power failure, which resulted in the loss of its frozen food during Hurricane Sandy. Pleasant Ridge responded by donating items like those pictured, as well as money to help the Food Larder replenish its freezers. The church also is donating to The Reformed Church World Service, so additional supplies can be given to those hit hardest in New Jersey and New York.

HAPPENINGS

Lambertville, N.J., church offers concert

Saint Andrew's Episcopal Church, York and Main streets, Lambertville, N.J., presents special liturgical music, "Evensong for the Presentation of Our Lord in the Temple," featuring the music of William Byrd, at 4 p.m. Sunday, Jan. 27. All are welcome. For information, call 609-397-2425.

Newtown temple hosts two events

Shir Ami, 101 Richboro Road, Newtown holds a Tu B'shav Seder at 6 p.m. Friday, Jan. 25,

followed by Shabbat services at 7:30 p.m.

To RSVP, or for information, call the synagogue office at 215-968-3400.

The Women of Shir Ami host Family Bingo, 11:30 to 1:15 p.m. Sunday, Jan. 27. The event includes bingo, pizza, make-your-own ice cream sundaes and a white elephant swap for children. Bring a new or gently used item to swap.

The cost is \$10 per adult in advance (\$14 at the door) and \$8 per child in advance (\$12 at the door). To RSVP, or for information, e-mail riskane1@comcast.net or call the synagogue office at 215-968-3400.

Worship Directory

SALEM UNITED CHURCH OF CHRIST

Sunday, January 20, 2013

The Rev. Dr. Tyson Frey, Sr., Pastor & The Rev. Dr. Lois Wilson, Associate Pastor

9:30 am Worship / Sunday School

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