

I he holiday season is a time of paradox. On the one hand, we can get caught up in the frenzy of planning, buying, cooking, eating, drinking and entertaining. At times, this can feel like an unavoidable social torrent that carries us off into a swirl of anxiety and disappointment. But at the same time, the holidays present us with an opportunity to slow down in order to reflect and take in the enormity of God's love in our lives.

It's a good thing that the season begins with Thanksgiving! Thankfulness can seem like a stretch when we are surrounded by so many challenges and so much darkness, both in the world and in our lives personally. But Thanksgiving offers us a way to recalibrate and focus on all the wonderful and positive things. Perhaps this can seem like "wishful thinking" or some kind of forced "positive thinking," where we go through the motions to try to pep ourselves up. Maybe it can be motivated by guilt, where we acknowledge that there is always someone worse off than us. But it can also be a powerful reawakening to the reality that, despite our struggles, there is so much beauty in the world and we all have so many reasons to celebrate life. From this renewed center, hope can spring as we look at the darkness and we can draw strength to reach out as bearers of light.

As we move beyond Thanksgiving into Advent we wait for this Light. This season of waiting is an expression of our longing for the Light. We long for love, peace, reconciliation and healing in our world and in our lives. As we look at the darkness our hearts cry, "Let there be light," and this is our theme for Advent. We don't rush because in the waiting we more readily feel the longing. In the longing, we see our true selves more clearly and can let in the Light. In the longing, we can more truly see others and share the Light. That's why we wait!

This newsletter celebrates the Light with a thankful look back at some of the incredible ways God has been at work in our community recently—such as our Harvest Festival and the Multi-faith Day of Service. So we look ahead to Advent, celebrating some of the unique personal traditions we have each embraced. We'll also have some opportunities for new activities each week that help us all wait for and welcome the Light.

This season may we all experience and embody the hope, peace, love and joy of the Divine Light. As we celebrate the birth of Jesus may our whole lives speak the words "Let There Be Light!"

Matthew



Matthew Dyer, Lead Pastor

#### **IN THIS ISSUE:**

- Fall Highlights, 2-5
- 2017 Bee Update, 2
- Advent at Cedar Ridge, 6-7
- Getting to Know Alison Pasternak, 8
- Perspectives: The Light Shines in the Darkness, 9
- An Advent Project for Healthy Homes in Guatemala, 10

# The Hudson Family — Adelaíde, Sydney, & Nadía — On This Year's Harvest Festival



## Adelaíde

ALL H

went with my friend Amelia Kirby and my family.

IGHIGHTS

I walked around a lot, drank lots of hot cocoa, played in the woods and tried to carve a pumpkin (but it didn't work out so well). I always love being a part of the HF. It's one of my favorite things of the year. This year I got to help prepare the wagons for the hayrides during the service day and it felt very good to see people enjoying the hayrides. I also made a caramel apple and jumped in the bounce houses. I spent the night with the youth group afterwards and we had fun cleaning up

and then playing more games.

## Sydney

I went with my family and brought my good friend Ava from school with me. My friend Ava and I carved and painted pumpkins, ate lots of caramel apples, got on the hayride and got really messy eating s'mores! Going on the hayride and making s'mores was definitely my favorite! I love carving and painting pumpkins too! It felt good to carve one all by myself. :)





### Nadía

I went with my family. I carved a pumpkin with my dad, drank hot chocolate, rode the hayride and made s'mores. I loved swinging on the tire swings. I loved the hot chocolate and s'mores the best! It was fun running around and playing games.



## A Poetic Summary: Multi-Faith Day of Service

Written collaboratively by: Maddie, Colin, and Tim Stryker, Brianna Teller, Caroline Ferrante, and Rachel Bibee

## I came feeling ready Excited, tired, worn out, curious

I saw green beans and tomatoes, wheelbarrows. People enjoying community and working together. beoble enjoying community and working together.





I used my hands to take out green beans. I used my fingers to pluck, pick, and toss. I used my wheel barrow to compost. I used my time to work at the diaper bank. I used my body to dig, drive, and decorate. I used my creativity to create gifts.

I thought about helping, making a difference, providing. I thought it was great to help others in need. I thought I'd do one thing and ended up doing a lot more than I expected. I thought, "I am not alone!"





I left with a smile, a sense of accomplishment, satisfaction. I left with a sense of relief. My boys contributed in a lot of neat ways, and nothing got broken I left with energy and renewed commitment to our community. I left with a full heart.



I his year was another interesting one for the honey bees at Cedar Ridge. Because of the late winter earlier this year, we lost two of our remaining three hives just before they had a chance to warm up and start to grow again. The hive that survived the winter turned out to gain its strength starting in June and continues to be very strong. We also installed a new hive this spring, and it is still doing well.

Unfortunately, the 'nectar flow' (the time of year when the most nectar is available to the bees) came early due to warm temperatures in April and May, and our bees didn't have enough numbers to gather much of it. The combination of an early nectar flow and a late start for our weakened bees meant that we didn't have a honey harvest this year. That said, honey really isn't our main focus here at Cedar Ridge; instead, it is to help serve our environment and community. We also had a member of the team bring some other hives that he started at home up to New York State for the summer to feed on the abundant flowers up there! They are back down for the winter, and we will see how they do.

The bees that we keep here at Cedar Ridge have had their ups and downs and to be honest, it can be a little discouraging at times. Maryland is a tough place to keep bees. There are only a few weeks in the late spring and early summer where enough nectar is produced by flowering trees to make honey, and the rest of the year is fairly dry and nectar is scarce. However, there are lots of other bee colonies in the area, and we are trying to help the community by keeping healthy bees that will pollinate crops and mate with other bees to produce more biodiversity.

We don't just want healthy bees in the short term, so instead of using artificial chemicals that keep weak bees

alive, we try to keep bees organically. As hard as it is to observe, the weak hives do die. It is our hope that we will see the naturally strong hives survive, thus being better in the long term. Beyond helping the environment, our volunteers get to learn about the fascinating subject of beekeeping, and get to know each other along the way. It is a win-win-win.

I first got interested in beekeeping when I was listening to a story on NPR during my commute to work several years ago. At the time, they were reporting on a newly discovered phenomenon called Colony Collapse Disorder, which continues to be a problem. Here at Cedar Ridge, we don't expect to solve the problem, but we would like to be a part of the solution by keeping healthy bees.

The first time I got involved with bee-keeping was here at the church in the early part of 2012. Matthew taught a few lessons about honey bees, their life cycle, what it means to keep them, and then we went out for some hive inspections. Wow was it exciting! I was a bit overwhelmed at first by the buzz of hundreds of bees flying around my head, but I was quickly distracted by the fascination of how a hive operates and just how amazing honey bees are. After learning the basics here on the property, I had the pleasure of taking the Howard County short course on beekeeping in 2013 with a couple other members of the Bee Team.

A couple of good examples of things we learned were about their navigation systems and how they communicate with each other about the location of nectar sources. Their navigation systems are so precise that if you were to move their hive a foot out of place, bees returning from foraging would go back to the original location and get confused! Having no GPS with turn by turn instructions, I can't imagine how they do it. And how do they tell each other where a good nectar source is? A waggle dance, of course. Foraging bees have a language where they waggle their thorax in such a way that communicates to other bees where nectar sources are. There are so many other things that honey bees do that are just mind blowing. I'm a computer programmer, and as cool as computers are, they just don't compare to these amazing little creatures.

We have a great group of volunteers on the Bee Team here, and if you think you might be interested in learning more, feel free to talk to me or anyone on the team. If there is enough interest, we will hold another training session. I highly recommend taking a short course in beekeeping over the winter.  $\infty$ 

# CATCHING UP WITH Trish Audi

## AN UPDATE ON THE YOUTH AT CEDAR RIDGE

## What would you say are the highlights for Cedar Ridge youth this fall?

**Trish:** The renewed sense of engagement and ownership within each group. Middle School transitioned new sixth graders into the group and had their barn overnight. High School group now involves a group of student leaders who are stepping up into leadership roles within the group.

## What do you find most rewarding about working with our students?

**Trish:** Just sitting back and watching the youth "do their thing:" hanging out with one another, giving thoughtful answers to questions during lessons, playing games with them, watching them hang out and enjoy one another's company. They're a cool group of students!

## What would you most want Cedar Ridge to know about our youth?

**Trish:** There are many deep thinkers in our groups and those who are beginning to think about how they can make a difference in our world. They have lots of opinions and ideas—you should ask them!



#### How do you see God at work with our youth?

**Trish:** I see God at work within their hearts and minds, encouraging them to see God's love for each one of them...a love that can ultimately change their life if they walk into it and surrender themselves to it. I see their compassion for others growing as a result of God's love.

#### How can Cedar Ridge be helpful?

We can always use people who are willing to make us food for various events, loan us a van for these, tag along as a chaperone if needed, help clean up after events (especially in the barn) etc.  $\infty$ 

Trish Audi is a member of the pastoral team responsible with leading youth ministry at Cedar Ridge.



Our Cedar Ridge Kids created cards of support and encouragement to a church's children's ministry in the city. In response, ecclesia church wrote:

Hí Cedar Rídge Kíds,

Thank you for your sweet cards. Many of us are getting back to normal and are helping those who still need it. Thanks for all the love from Maryland! We are praying for you, friends!

Love and prayers, Ecclesía Kíds

# Advent at Cedar Ridge

By: Ruth Campbell

December 3 marks the beginning of Advent: the first of four Sundays preceding Christmas Day. Advent means "coming" (from the Latin Adventus), but from the look of the stores and media advertising, Christmas has been coming since shortly after "Back to School"! Do we really need a season in the church calendar to tell us what we already know? Aren't we harried enough without the Advent wreath reminding us that the weeks are passing by, and we have barely touched our ever-growing "to-do" list?

But Advent is not a countdown to Christmas. It is a time to prepare.

No one seems too sure when Advent was first celebrated. In Europe, during the late 4th century, new converts to the Christian faith would spend 40 days in penitent prayer and fasting as preparation for baptism on the feast of Epiphany (in the first week of January). It may be that this tradition morphed over the years into a time of preparation for all followers of Jesus.

But what exactly are we preparing for? The coming of a holiday, for sure: an annual celebration of the birth of Jesus in Bethlehem many centuries ago. But also for a coming that continues to this day: the birth of God's Love and Light in our own hearts, and hope for a day when Love will have the final word.

As the nights lengthen during this Advent season, the growing darkness provides a backdrop for our Christmas traditions of lighting candles and decorating with lights. It is in the darkest days of December that our Advent wreath is at its brightest. Christmas is a time to push back the darkness as we welcome the Light of the World.

So to prepare for this coming, we choose as a community to embrace and share the Light. Rather than counting



down the days to Christmas, we will welcome each day as a chance to recognize God's Light in ourselves and in others; to bring our brokenness into God's healing Light; and to share that Light with those around us—particularly those for whom life might currently seem dark.

Each Sunday of Advent, we will open an envelope containing ideas for ways to draw closer to the Light of the World, and bring Light to others through simple acts of love and kindness. Join with us in this time of preparation, and share your stories with our community of how you have experienced Light this Advent season. ∞



Ruth Campbell serves on pastoral staff as Pastor for Ministry Development and is also a member of the Pastoral Team.

## How Do You Celebrate Advent?

We asked Cedar Ridgers to share different traditions they celebrate during Advent.





In the Ormsby household, one tradition we love every Christmas is, instead of shopping, we put up our tree and other decorations on Black Friday. We started this tradition when our children were old enough to help us even just a little. We find this tradition meaningful because it reminds us of what the holiday is really about. - Wendy Ormsby

We spend Christmas eve with in-laws, waiting for Christmas day. - Dan Norell

Each Christmas, we pull out our Elf-On-the-Shelf, whom we lovingly named "Umpa." While it's not a particularly spiritual practice, it's a fun reminder of the magic of Christmas and a tradition that brings us together as a family. Umpa is often active at night when we are sleeping. So we often find her up to all kinds of antics the following morning, even dancing with the nutcracker figurines. Pictured here, she baked my daughter's birthday cake and left out the gifts one night. - Sarah Burke



Our family has always tried to capture the spirit of "waiting" at Advent through various ways of marking and counting down days. We use an Advent calendar daily and celebrate each progressive Sunday of Advent by lighting the candles on our Advent wreath along with a moment of silent reflection and a prayer. We have also developed a tradition we call "The Twelve Days of Christmas". Traditionally the 12 days begin on Christmas day, but ours begin on December 13 and end on Christmas Eve. Each day we have a puzzle or cryptic clue that once solved explains where a simple "gift" is hidden. Each day the gift will be something that brings us closer together as a family and/or creates an opportunity to include someone else. This could be as simple as having hot chocolate and cookies together, baking mince pies, taking someone out for coffee or watching a movie together. - Matthew Dyer



One of our favorite traditions is lighting the Advent wreath. It reminds us of what is important to Jesus, and therefore, to us. It centers our minds and hearts in the midst of the busyness and often distracting aspects of the Christmas season. - Sherry Harris

As a child, decorating the tree was a Christmas tradition. And as an adult, helping to prepare dinner. It is meaningful to contribute to the celebration and nourishment. I enjoy the task of working with my hands in a way that engages many senses. - Courtney Edwards

We make homemade ornaments for the tree. This is meaningful to me because I believe handmade items are from the heart. - Margy Constable

Our Christmas traditions include Advent, Christmas Eve service, and family and gifts on Christmas day. Reflecting on the meaning reminds me of the way of Jesus and the way I want to live my life. - Kenny James



We love delivering gift boxes to the Sandy Spring firehouse. Ken is a fireman in Baltimore, and it's a special part of our Christmas Eve. - Caroline and Ken Romelli

We gather with my family or my husband Mike's family; go to Christmas Eve service, eat a big meal together, and play together as a large family—laser tag, bowling, card games. Christmas is about love, and family is love. It is meaningful to make memories and catch up together. - Heidi Mansen



My husband and I moved to Maryland in 1997. One of our first goals was to find a church home, so we developed a list of churches to visit. However, we never made it past the first church on our list: Cedar Ridge Community Church.

In 1997, Cedar Ridge held its services at Paint Branch High School. Paint Branch was not the most glamorous location, but I was immediately drawn to the love and acceptance of



the people we met. I grew up in a Christian home and attended a Christian middle school, high school, and college, so I knew exactly what I was looking for in a church. I wanted a church that focused on Jesus' message of love and acceptance rather than making people feel judged. I wanted a church that treated everyone equally regardless of race, ethnicity, sexual orientation, or gender identity. I wanted a church that sought to serve its neighbors, care for the poor, and help the oppressed rather than being fixated on whether people said the right prayer or espoused the "correct" beliefs.

Because Cedar Ridge's values resonated with us, my husband and I soon became members. We also joined a discipleship group and developed deep friendships with other young couples. When our group grew too large, we split into three groups, and my husband and I became leaders of one of those groups. In addition to developing relationships through our discipleship group, I have gotten to know many Cedar Ridgers through the children's ministry. I have been cuddling the precious babies in the nursery for nearly 20 years.

In October, I was honored to be elected to the Board of Trustees. I am looking forward to serving our church community in this new role. I have long admired the dedication and wisdom of our church's leaders and am thrilled to be part of the team. Pursuing Cedar Ridge's vision requires not only great spiritual leadership, but also mundane financial decision-making. I am happy to help with the mundane! I am also grateful for the opportunity to demonstrate to my teenage daughters that Cedar Ridge values the contributions and strengths of women.

My daughters have attended Cedar Ridge their entire lives. In fact, in our family's *Funny Book*—in which I recorded the amusing things my daughters said when they were younger—many of the stories begin with "on our way to church" or "as we were leaving church." A few of my favorite after-church questions are "Why isn't there a Mrs. God?" (Courtney, age 6) and "Did you know a long time ago people lived in cages?" (Jenna, age 5). I suspect that the discussion in Jenna's room that morning pertained to *caves* not *cages*.

One of my favorite stories in the *Funny Book* involved another Cedar Ridge child. While riding together in our minivan, six-year-old Courtney announced, "I believe in Jesus and God." Her friend responded, "And the Holy Spirit." To which Courtney added, "I even believe in Santa Claus." I hope that you and your family will sense the boundless love of Jesus, God, and the Holy Spirit this Christmas season.∞





# Perspectives



have always loved the sensory overload of the Advent season: twinkling lights, ringing bells, ubiquitous carols, lots of laughter. The smell of balsam fir and the rich sweettart taste of mulled cider. There's such a feeling of expectation and excitement in the air! It's as if we're all in touch with our inner children for a few weeks.

Jesus said that when we become like little children, we are closer to the Kingdom of Heaven — the reality that God envisions for us. Somehow during Advent we find it easier to rise above cynicism, negativity and passivity and instead embrace the wonder and beauty in the world. As followers of Jesus, the season is especially rich in meaning as we contemplate the miracle of our Creator coming to earth as a tiny, helpless newborn. Joy to the world! There's certainly reason to celebrate as we light the advent candles representing hope, peace, joy, and love.

As I've grown older, I've also come to appreciate a less-celebrated side of the season. Let's call it the dark side. It is, after all, the winter solstice. It is dark and cold and sometimes icy. The garden dies back, the birds evacuate or go quiet, the sun stays low in the sky. Spring seems eons away.

Like many people, I tend to get bouts of the blues around Christmas, thinking about loved ones who aren't around or the way things "should be" in my life or in the world. In recent years, though, I've come to think of this darkness as divine permission to slow down and reflect. It's a strangely beautiful season when you take the time to notice it. Fall colors along the roadsides give way to tawny brown grasses and tangles of soft grey brush. Spidery tree branches invisible for most of the year etch intricate patterns across stunning winter sunsets. The smell of wood smoke fills the air.

I find myself thinking about what's going on underground. Everything looks dead on the surface, but deep in the dark, frozen earth, new life waits. Tulips and daffodils and asparagus are resting, saving their energy for the spring call to nudge their tender shoots up through the soil and burst into the sunlight, full of life.

Just as the winter period of dormancy is necessary for plants to regenerate and bloom, so the darkness and challenging times are necessary to nurture our souls as we persevere with hope. Because we know the days will get longer. We know spring will come. And we know that God's light shines in the darkness and in our hearts. So we gather together for warmth and friendship and we light candles and we sing carols and we notice how the darkness of the natural world makes the Christmas lights that much brighter.

Let us embrace this season of hope as we remember the brilliant star of Bethlehem leading simple shepherds through the darkness so long ago. Happy Advent to you! I leave you with one of my favorite poems by Joyce Rupp, called *Winter's Cloak*.



This year I do not want the dark to leave me. I need its wrap of silent stillness, its cloak of long lasting embrace. Too much light has pulled me away from the chamber of gestation. Let the dawns come late. let the sunsets arrive early, let the evenings extend themselves while I lean into the abyss of my being. Let me lie in the cave of my soul, for too much light blinds me, steals the source of revelation. Let me seek solace in the empty places of winter's passage, those vast dark nights that never fail to shelter me.

∞



Melanie Griffin serves on the Pastoral Team as the Pastor of Prayer and Healing.

# An Advent Project for Healthy Homes in Guatemala

By: Bryan Peterson

After three years of drought, the rains returned to Ipala in 2017. This has been a huge blessing for the people, as most have experienced bountiful harvests that have provided increased food and income. There has been much joy and celebration over relief from the drought! But the rains can cause an inconvenience and health concerns for the most vulnerable in Ipala.

In the poorest neighborhoods, many families live with dirt floors in their homes. In the dry season, the hard-packed surface often goes unnoticed. However, when the rain falls and overflows local streams or seeps in from village streets,



these floors can turn into a muddy mess. Not only does the sloppy ground make for unpleasant living conditions, but the muddied floors can actually make peopleespecially children sick. Rain-soaked floors can cause respiratory illnesses, diarrhea, parasitic infections, fungus, and anemia, which can in turn affect the cognitive development of children. Studies have shown that cement floors can significantly reduce the

occurrences of these conditions, and also contribute to the happiness of mothers in the home.

Problems with dirt flooring can be exacerbated by leaky roofs. Streets in some neighborhoods are filled with many homes that rely on plastic sheets or tarps for walls or "roofs." Household items, floors, and those who sleep there struggle to stay warm and dry during heavy wind and rain.

For the past several years, Cedar Ridge's advent projects have funded smokeless stoves for over 250 needy families in Ipala, Guatemala. The installation of these stoves has



made a marked difference in the lives of the recipients, and families are still in need of stoves. Our partners in Ipala, however, have responded to the current reality by suggesting a different project this Christmas season.

This year, Cedar Ridge members and friends have an opportunity to provide new roofs and cement floors for some of the neediest in Ipala. For the central living quarters of a 5' x 5' home, \$150 will provide a new roof, while \$300 will provide a new cement floor. You, your family or discipleship group can make a lasting difference by providing one of these critical components of a healthy home in Ipala. Consider donating towards a roof or a floor, or buy one as a gift for a loved one this Christmas. Our Healthy Homes project will run through Advent. Cash or check donations can be made at Cedar Ridge or give at crcc.org or through the Cedar Ridge app.  $\infty$ 

## Did You Know?

During the November Guatemala Team meeting, members had a video call with two of our nine Ipala, Guatemala scholarship students who graduated in October. Robin, who finished with a 93% average, is deciding between four scholarship offers from universities in Guatemala City. Katherine, a six-year scholarship recipient, hopes to enroll in the police academy. Both students expressed "a thousand thanks" to God and Cedar Ridge for the financial support Cedar Ridge has provided (from our general fund) over the years, without which they would not have been able to accomplish their dreams. In all, we support 60 middle and high school students in Ipala.





# **Behind-the-Scenes**

#GI₩ING

11.28.17

We were out of coffee in the Cedar Ridge kitchen. Since we all know how much Cedar Ridgers like their coffee, Sarah Burke (Director of Communication and Administration) had to make sure there was plenty for the upcoming Sunday. It was too late in the week to place an order for delivery, so Sarah drove to JDKA, LLC, the wholesale coffee roaster to pick it up. She was greeted by the owner, John Vaughey, who gave her a tour of the facility. Pictured here is John at his desk and the machine where the coffee beans are roasted with attention to the right temperature and time. Thank you, John, for the delicious roast! ∞

## DOWNLOAD THE CEDAR RIDGE APP TODAY!

#### Features include:

- Audio and video sermons
- Event calendar
- Discussion questions for current message series
- **Giving option**
- Make a prayer request
- Link to our people directory (login required)
- Look for the "Cedar Ridge Community Church" app for your iphone or Android and download it today at www.crcc.org.

Imagine a community that dares to dream of heaven on earth;

a community where everyone is accepted and respected and their journey cherished, regardless of their background, beliefs or place in society; where everyone looks out for the concerns of others and no one is alone. Imagine a community of peace and safety where it's possible to shelter from the frenzied pace of life, in order to slow down and explore the mystery and meaning of our existence; where we can take time to address the roots of our anxieties and pain; a place of hope where we can find help and healing and the power to change, no matter how desperate our situation. Imagine a community of people devoted to following Jesus together, learning to live like him and helping one another grow in their relationship with God; where we are gradually transformed to become better people; better friends, better family members, better workers, better neighbors; becoming people who enjoy life to the full and who can also deal with adversity well, learning to grow through failure and suffering. Imagine that community scattered throughout the region around Washington, Baltimore and beyond working as agents of love, peace and hope wherever they are: serving our neighbors, caring for the poor, helping the oppressed. Imagine a community of people who live simply and ethically, who share their land and resources with their neighbors; a community that treasures the Earth and reaches out beyond global, cultural and political barriers to offer friendship and practical support.

Imagine a community of people who make the world a better place.



2410 Spencerville Road • Spencerville, MD 20868 Phone: 301.421.5949 • E-mail: info@crcc.org Services at 10 AM For All Ages www.crcc.org



#### THE QUARTERLY • NOVEMBER 2017