

On the Spiritual Side

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Caroline Oakes: Mind and Spirit

Maybe "mindful technology" is not an oxymoron after all

When I first heard there were online meditation "apps" available on iPads and on smartphones to help people maintain a regular prayer and meditation practice, I was skeptical, at first, I admit.

After all, I thought, isn't it the constant connectivity of technology that is making us feel so disconnected from ourselves and others these days?

As it turns out, maybe not. There are actually a growing number of excellent meditation aids available now online, some of them offering multiple ways to

very effectively assist personal meditation practices — guided audio meditations by world-renowned meditation instructors, an ongoing archive of previous meditation sessions, even Tibetan singing bowl timers that chime at the beginning and end of meditation.

When I serendipitously stumbled upon one of very best of these sites — Insight Timer — I found I certainly did enjoy the convenience of having a timer, guided meditations and daily archiving of meditation sessions

at my fingertips. But to my surprise, what I discovered I liked most about Insight Timer is being a part of the worldwide community of meditators who are linked together through their site, in real time, 24/7.

This sense of feeling connected with a community of others in meditation and prayer reminds me of a conversation I had with a monk from Holy Cross Monastery, in West Park, N.Y., when I was there on a weekend retreat. The Episcopal monks of Holy Cross invite their retreat

guests to join them in their sanctuary anytime during the five times a day they gather to chant the psalms and pray for others.

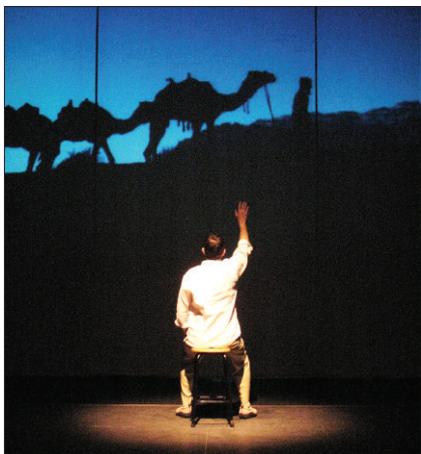
In describing their practice of daily prayer, one of the monks told me how he treasures his connection with others around the world who pray daily as well.

"I like to think about how, as we finish our morning prayer here on the East Coast of the U.S., others in the very next time zone are just beginning their morning prayer time," he said. "And as they finish, others in the next time

zone are beginning theirs. Then later, we begin our noonday prayer. And so it goes, on and on, around the world, every day."

What a gift then, I thought, for each of us to be a part of this blanket of prayer, enfolding the planet in love and care, all day and all night, 24/7.

Caroline Oakes, a Bucks County resident, has a master's degree in Practical Theology and leads spiritual practice seminars and workshops in the Philadelphia region. oakes.caroline@gmail.com



Brad Sherrill presents "Exodus," Sunday, Feb. 22, at Doylestown Presbyterian Church.

Exodus story presented with new videography from Israel and Egypt

Doylestown Presbyterian Church's Celebrate the Arts program presents its next event — Brad Sherrill's "Exodus," at 4 p.m. Sunday, Feb. 22, in the sanctuary, 127 E. Court St., Doylestown.

Sherrill, a 24-year member of the Georgia Shakespeare theater company in Atlanta, now devotes eight months a year to the ongoing U.S. tour of his faith-based theater work.

"Exodus," which includes an original 2013 visual presentation from Egypt, Sinai, Jordan and Israel, was created by his collaborator and multimedia designer, Mark Hickman.

"Exodus" is Sherrill's fourth live theatrical offering based on biblical texts.

His new adaptation and live presentation of "Exodus," based on the Old Testament story of Moses and Israel's epic journey, will be the only local performance. "Exodus" is currently on a U.S. tour of churches and theaters.

The event is free to the public and open to all; however, a free-will offering will be received.

Following the performance, all are invited to a reception in the Celtic Cross Room, where a show of the art of Romby Burkus is on view. Displays can be viewed whenever the building is open.

The Celtic Cross Room is located in the sanctuary building. For information, contact 215-348-3531 or dpc@dtownpc.org.



Kehilat Hanahar (KHN) Sunday school students Ben Gromer, left, Maddie Anderson and Abby Anderson enjoy roller skating in Frenchtown, N.J. After class at their synagogue in New Hope on Jan. 25, they and fellow Sunday school students ate lunch together and traveled with their parents to the rink. The purpose of the event was to build on friendships the students — from various towns in Bucks and Montgomery counties — have made in class.

Making friends

Jerry Blavat to host Mardi Gras fundraiser for Doylestown Presbyterian

Doylestown Presbyterian Church hosts a Forward Together capital campaign fundraiser at historic Aldie Mansion, 85 Old Dublin Pike, Doylestown, from 7 to 11:30 p.m. Saturday, Feb. 21.

The Mardi Gras celebration will feature Rock and Roll Hall of



JERRY BLAVAT

Fame D.J. Jerry Blavat.

The mansion will be transformed into a New Orleans-style ballroom, complete with a catered Cajun-style buffet dinner. Guests may dress up or dress down, and costumes are very much appreciated.

A king and queen of the Mardi Gras will be voted in for best costumes.

There will be both live and silent auctions, including dinners for eight guests in a historic Bucks County farmhouse; a trip for six to Telluride, Colo.; a trip for four to Tuscarora; a house at the shore; fine furniture; and sports tickets and fun experiences on which to bid, as well as more surprises.

Event proceeds will help reduce the debt incurred by the renovation project, which afforded new office and meeting space, a renovated sanctuary, and a bridge that was built to connect the historic church and the education building in the heart of Doylestown.

All are welcome to join in the fun. Call 215-348-3531, or register at dtownpc.org.

HAPPENINGS

Vocalist to entertain Prime Timers

The Prime Timers meet at noon Wednesday, Feb. 18, at Salem United Church of Christ, 186 E. Court St., Doylestown.

Barbara Weikamp, vocalist and entertainer, will present "Fabulous Females of Broadway." The pizza luncheon is \$5. For reservations, call 215-348-9860.

Talk on ancient Israel given at Temple Judea

Archaeologist Elizabeth Bloch-Smith will be the guest speaker at Temple Judea of Bucks County's adult education brunch at 10 a.m. Feb. 22.

The event at 38 Rogers Road, Furlong, which offers free bagels, will cover the subject of everyday life in ancient Israel. For information, call 215-348-5022.

St. Philip's offers Ashes to Go

Ash Wednesday, the start of the Christian season of Lent, will be commemorated with Mass and the distribution of ashes at noon and 7 p.m. on Feb. 18, at St. Philip's Episcopal Church, at the corner of River and Chapel roads in New Hope. St. Philip's will come to those

in the New Hope area who can't make it to church that day, with Ashes to Go; contact the office at 215-862-5782.

Mass will be celebrated at 7 p.m. each Wednesday in Lent, in addition to Sunday Masses at 8:15 and 10:15 a.m. All are welcome.

Ash Wednesday celebration set for St. Andrew's

The Ash Wednesday Liturgy will be celebrated at noon and 7 p.m. on Wednesday, Feb. 18, at Saint Andrew's Church, at the corner of York and Main streets, Lambertville, N.J. The evening service will feature the Saint Andrew's Choir.

And ashes will be distributed, and all are welcome. For information, call 609-397-2425, write standrews@snip.net, or visit standrewslambertville.org.

Pebble Hill hosts climate celebration

A "Climate Solution Celebration" will be held at Pebble Hill Church, 320 Edison-Furlong Road, Doylestown, from 10:30 a.m. to noon Sunday, Feb. 15.

The "multi-dimensional," spiritual celebration includes a visual presentation of "the beauty and fragileness of the planet" by Lynne Iser of Pachamama.

The Citizens Climate Lobby-Bucks County team, including Pebble Hill Climate Change Agents, will present "Carbon Fee & Citizens' Rebate, how it works and how we'll move it into our culture and Congress this year."

The celebration will end with an action step that begins the journey of saving human habitat.

All are welcome. For information, contact Bill Mettler at bill-mettler3@gmail.com or 267-530-2428.

Salem holds midweek Lenten services

Salem United Church of Christ, 186 E. Court St., Doylestown, holds midweek Lenten services.

With the exception of Ash Wednesday, all services will be held from 7 to 8 p.m. on Wednesdays.

Ash Wednesday services are at 7:30 p.m. Feb. 18, with Holy Communion. The sermon topic is "Making a Brand New Ending."

The following midweek Lenten sermon topics are: "On Generosity," Feb. 25; "A Drama About Greed," March 4; "The Voice," March 11; "Beyond Fear," March 18; and "Mercy Makes a Difference," March 25.

For information, call 215-348-9860, or visit Doylestown Salem UCC online.

Worship Directory

SALEM UNITED CHURCH OF CHRIST

Sunday, February 15, 2015

The Rev. Dr. Tyson L. Frey

9:30 am Worship / Sunday School

10:30 am Fellowship and Refreshments

Nursery Service available

Feb. 18 - Ash Wednesday Service at 7:30 pm

186 E. Court St., Doylestown • www.DoylestownSalemUCC.org

215.348.9860

GOD'S LOVE EXPERIENCED AND EXPRESSED

Christian Science Services

First Church of Christ, Scientist

29 N. Church St., Doylestown, PA 18901

Subject: SOUL

Sunday - 10:30am --- Wed. Testimony Meeting - 7:30pm

Sunday School & Child Care --- 10:30am

Tel: 215-348-2150 - csdoylestownpa@yahoo.com - csdoylestown.org

All Are Welcome!

For more information on advertising, call 215-794-1096