Harvard Squared

The first Lifecare at Home program in Massachusetts, Connected for Life ensures asset protection against rising long-term care costs. Your membership fees can be deducted from your income taxes as a medical expense. You’ll have the peace of mind that comes from financial predictability, personal care coordination and meaningful engagement as you continue to live independently in your own home.

CALL: 781-433-6685
VISIT: www.ConnectedforLife.org/Predictability

The Harvard Museum of Natural History
www.hmnh.harvard.edu
Commune with frogs, talk with scientists, and learn about bones, fossils, and gemstones at the I ♥ Science 2017 Annual Family Festival. (February 11)

“Next of Kin: Seeing Extinction through the Artist’s Lens” calls attention to the biodiversity extinction crisis through an exhibition of works by artist and photographer Christina Seely, in collaboration with Edward Morris, A.M. ’01, and Susannah Sayler (co-founders of the Canary Project). A February 22 panel discussion features the trio and professor of visual and environmental studies Carrie Lambert-Beatty, among others.

THEATER
Gore Place
www.goreplace.org
Rob Velella’s one-man, “living history” show, Edgar Allan Poe: Master of the Macabre, offers readings, biographical notes, and suitably dark humor. (January 21)

STAFF PICK: Music and Meditation

On Sunday nights, a sign taped up outside the First Church in Cambridge invites passersby to Night Song: “Let music transport you...to a place of serenity, calm, and renewal.” Inside, lighting is dim. Candles burn. People are scattered among the pews, in silence. At 7 p.m., a black-clad choral ensemble files into the sanctuary and performs “a unique fusion of contemplative modal instrumental improvisation by jazz musicians blended with ancient and modern chant and punctuated by glorious polyphonic choral music from the Renaissance,” according to organizers of the weekly refuge.

Ethereal sounds resonate. People close their eyes, and meditate. Others revere the chant, motet, or hymn, Christian in content, as integral to religious journeys. For those supine on thickly cushioned pews (it’s encouraged!), the singing, especially of Canticum Vespertinum’s soprano soloists, may swim in and out of their dozy dream states.

The music lasts an hour. There are no sermons, no socializing. Time is granted purely to private reflection, safe from nagging concerns or the complexity of worldly matters. “I find the experience just very soothing,” one visitor says. “It sets the tone for my whole week.” ～N.P.B.