

SUNDAY AT PLYMOUTH

10:30 am Sunday, March 30, 2025

Worship in the Sanctuary or Online

Fourth Sunday in Lent

Transgender Visibility Sunday

Numbers 26:33; 27:1-11

Rev. Dr. Kelle Brown

9 am Choir Rehearsal, Hildebrand Hall

11:30 am Coffee Hour, Lounge

12:30 pm Memorial Service for Mark Edwards, Sanctuary

2:45 pm Transgender Visibility Service, Hildebrand Hall

Help Needed to welcome visitors to Plymouth on Easter Sunday, April 20. If you feel called to this ministry of hospitality, please contact June Hyakawa-Fung.

Members and Visitors in the church building can access Plymouth Guest wi-fi network using password: peaceonearth.

If you have personal concerns, you may contact a minister or member of the Pastoral Care Team by calling the pastoral care line, **206-639-7739**, checked daily.



PO Box 21368
Seattle, Washington 98111

Return Service Requested

OUR PRAYERS ARE WITH...

All who live in fear of expedited removal, detention, or deportation., Ahmed Black (Nephew of Michael & Elizabeth Gordon), Wendy Carpenter (Friend of Jocelyn Coit-Durland), Diane Folkert (Mother and Mother-in-Law of Alex & Ara Lawrence), Louis Ford (Friend of Karen Clark), Eleanor Fordyce, Elvis Gordon (Brother of Michael and Elizabeth Gordon), Floyd Gossett, Carrie Gossett (Mother of Floyd Gossett), Allie James (Friend of Dawn Bennett), Julie (Friend of Karen Clark), **Robert Malae**, Blair Parker (Daughter of Nancy Parker), William Chapman Nyaho, Richard Paul (Dad of Beth Paul-Russell), **Kathy Rood**, Dylan Schilt (Cousin of Colin Warne), Dale and Jinny Sewell, Shaniece (Friend of Karen Clark), Raymond & Ann Stanhope (Parents of Elizabeth & Michael Gordon), Patricia Valentine, Gevan Woodke (Friend of Karen Clark)

Our hearts are with Louisa and Jim Halfaker and family on the passing of Louisa's brother Peter Sandstrom.

We grieve with JT Edwards on the death of Mark Edwards. A service will be held at Plymouth on Sunday, March 30, 12:30 pm in the Sanctuary.

bold=newly added. Names will remain on list for 6 weeks unless requested.



Rev. T.W. Payne, IV
Ebenezer's Lead Pastor

Spring Revival

Ebenezer A.M.E. Church
902 Park Avenue - Bremerton, WA
Rev. Theodore W. Payne IV, Lead Pastor
Church: (360) 373-1063
Website: ebenezeramecbremerton.org

"Embracing Our Purpose"
Ephesians 2:20
April 10th - 11th, 2025 at 6:30PM
Guest Revivalist

All Are Welcome
to
Come
as
You
are.



Rev. Dr. Kelle Brown, Sr. Pastor
Plymouth United Church of Christ
Seattle, Washington

PLYMOUTH CHURCH HERALD

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TAKE ACTION



Faith Action Network urges you to take part in ongoing efforts to create a just world for all. Consider participating in these upcoming opportunities:

Saturday, March 29, 12-2 pm, Rapid Response with Washington Immigrant Solidarity Network (WAISN). Online meeting. As our

immigrant communities face escalating ICE activity and threats of deportation, WAISN continues to offer trainings for volunteers to show up, stand in solidarity, offer support, and bear witness. Register at FANWA.org for this and future meetings.. Accompaniment volunteers are also still needed — contact WAISN's Deportation Defense Organizer (yahaira.padilla@waisn.org) to schedule a training.

Sunday, April 27, 3:30 pm - 7 pm, Uniting the Inland Northwest, in-person. Montvale Event Center (1019 W. 1st Ave. Spokane, WA 99201). "Uniting the Inland Northwest" is a free community gathering focused on bridging regional divides. The event will feature six breakout sessions addressing regional issues and a keynote address from Itohan Idumwonyi, of the Humanities Washington Speakers Bureau, and a Gonzaga University professor, on Ubuntu: How an Ancient African Concept can Help Human Flourishing. Free to attend.

Faith Action Network is a statewide, multifaitth partnership striving for just, compassionate, and sustainable communities through courageous advocacy and public action.

Our Network of Advocating Faith Communities (NAFC) comprises a growing network of 168+ communities across Washington State, committed to partnering with FAN and each other to build more just, compassionate, and sustainable communities.

Keep up to date with Faith Action news at FANWA.org.

PLEASE NOTE

There will be no print edition of the *Plymouth Herald* next week. Check our website for the latest news and look for regular electronic communication. The print edition will resume publication April 9.

CHARTING PLYMOUTH'S FUTURE

You are invited to join a transformative journey of faith and community at our strategic planning retreat, led by Rev. Dr. Mark Smutny. 9 am-1 pm Saturday, April 12 at Plymouth. Lunch will be provided.

Together, we will embark on an engaging and interactive process to:

- Reimagine our mission, vision, and values.
- Set priorities and work plans for the next three years.
- Foster inclusivity by brainstorming ways to welcome and include the vibrant diversity of Greater Seattle.

This retreat promises to be a collaborative, imaginative, and spiritually enriching experience. Don't miss this opportunity to shape the future of Plymouth Church and strengthen our commitment to building a more inclusive and just community. Whether you're a long-time member or new to Plymouth, your voice is vital. Let's come together as fellow travelers on the journey of faith to envision what's next for our congregation. Contact Toni Arthur (TArthur@PlymouthChurchSeattle.org) with questions.

TRANS VISIBILITY SERVICE MARCH 30 2:45 PM IN HILDEBRAND HALL


LIBERATION UCC
PRESENTS

"a people made in God's image cannot be erased"


TRANS DAY OF VISIBILITY SERVICE

SUNDAY MARCH 30TH /// 2:45 PM

All are welcomed
lunch will be served after!



MINISTER PHOENIX
CARA MARTIN



AISHA NWAN
EXECUTIVE DIRECTOR
CENTRAL DISTRICT FORUM FOR ARTS & IDEAS

TRANS/NONBINARY SIBLINGS: WE SEE YOU AND WE LOVE YOU



Each year on March 31, the world observes Transgender Day of Visibility (TDOV) to raise awareness about transgender people. It is a day to celebrate the lives and contributions of trans people, while also drawing attention to the poverty, discrimination, and violence the community faces.

International TDOV was created in 2010 by trans advocate Rachel Crandall. Crandall, the head of Transgender Michigan, created TDOV in response to the overwhelming majority of media stories about transgender people being focused on violence. She hoped to create a day where people could re-focus on celebrating the lives of transgender people, empowering them to live authentically, while still acknowledging that due to discrimination, not every trans person can or wants to be visible.

The vast majority of the public learns about trans people from the media. This is a problem because, as shown in the Netflix documentary *Disclosure*, the media has overwhelmingly misrepresented, mischaracterized, and stereotyped trans people since the invention of film. These depictions have indisputably shaped the cultural understanding of who trans people are and have taught the public how to react to and treat trans people in their lives. It's going to take a lot of work to undo the harm caused by these stereotypical depictions.

Over the past decade or so, society has become more accepting as trans people feel increasingly comfortable and confident being publicly and fully themselves. There has also been a growing backlash from anti-LGBTQ activists who are targeting trans people, especially children.



Hundreds of anti-LGBTQ bills have been filed, more than half specifically targeting trans people, particularly youth. This hypervisibility typically comes at the expense of trans people who are demonized and scapegoated by politicians and in media. We were starting to see progress in film and TV, but we are now seeing progress undone and a return of misinformed, inaccurate, and harmful representations. It doesn't need to be this way.

Visit Glaad.org/Transgender/Resources to get involved and help ensure justice for our beloved and vulnerable siblings.

SHARE EASTER JOY

Plymouth's Community and Care Board delivers cheerful Easter flowers to folks who are isolated or have suffered a loss. If you can deliver flowers, please email June Hayakawa-Fung at JHayakawafung@PlymouthChurchSeattle.org.

Support this ministry by making a donation in the name of loved ones. Names of donors and those honored will be listed in the *Herald*. Email names of those to be honored to Robert Turner at RTurner@PlymouthChurchSeattle.org. You can also donate online using the form in the news article. or through the "Give" tab at PlymouthChurchSeattle.org. Thank you for helping continue this tradition of care.



Thank you for supporting this ministry of care.

LENTEN SPECIAL OFFERING



Lenten Special Offering: "Be The Light."

Gifts to 2025 Lenten Special Offering will be divided evenly between **One Great Hour of Sharing** and **Plymouth Immigration Ministry**.
"Here's another way to put it: You're here to be light, bringing out the God-colors in the world. God is not a secret to be kept. We're going public with this, as public as a city on a hill. If I make you light-bearers, you don't

think I'm going to hide you under a bucket, do you? I'm putting you on a light stand. Now that I've put you there on a hilltop, on a light stand—shine! Keep open house; be generous with your lives. By opening up to others, you'll prompt people to open up with God, this generous [Parent] in heaven." (Matthew 5:14-16, The Message Translation)

One Great Hour of Sharing supports partners worldwide with ministries that fund health, education and agricultural development, emergency relief, refugee ministries, and both international and domestic disaster response. From initial disaster response to ongoing community development, OGHs provides people with safety, sustenance, and hope, improving the lives of people in these challenging situations.

Thank you for your generous and faithful support.

REMINDER

Please remember that Plymouth Church UCC has a PO Box. Send all postal correspondence to:
Plymouth Church UCC
P O Box 21368
Seattle WA 98111

THEY'LL KNOW US BY OUR LOVE

The Community and Care Board requests your help to provide items for comfort bags to be distributed to visitors in need. Please bring gloves, socks, tissues, hand sanitizer, hand warmers, granola bars and other shelf-stable foods that don't require a can opener. Leave donations in the bin by the Welcome Table in the Lounge. **Help assemble bags during worship each Sunday in March.** Thank you for reaching out with compassion to the most vulnerable.



Pack bags during worship each Sunday in March.

FREE MEDICAL CLINIC



April 24-27 at Seattle Center.

This free four-day clinic, April 24–27 at Seattle Center, provides FREE dental, vision, medical, and social services to more than 3,000 people who struggle to access and/or afford care each year. All are welcome. As a low-barrier clinic, patients do not need any form of documentation or proof of income, insurance, or immigration status to

receive care. Patients do not need to be residents of Seattle or King County. Interpreters are available.

Learn how to volunteer at SeattleCenter.org/skcclinic/volunteers. Information for patients at SeattleCenter.org/skcclinic/patients.

BE THE CHURCH

Covenant giving includes your time and talents. There are many tasks that you can do. Training provided if needed. Below are a few volunteer opportunities. We are thankful for any and all gifts you'd like to share. Contact Toni Arthur, TArthur@PlymouthChurchSeattle.org, to get started:

- Help count the offering after worship
- Prepare communion (first Sundays)
- Become a greeter on Sundays and at special events
- Answer phones 2 days a week from 10 am–2 pm
- Prepare and serve food on needed occasions
- Join the Companion Ministry



APRIL IS STRESS AWARENESS MONTH

Stress Awareness Month is a time to raise awareness about the causes, symptoms, and management of stress. It also aims to promote healthy coping mechanisms and encourage individuals to seek support when needed. In 2025, the theme is *Lead With Love*, to encourage everyone to approach ourselves and others with kindness, compassion, and acceptance, no matter the challenges we face.

Stress and poor mental health are some of the biggest public health challenges we face. There is there no real health without mental health, and stress can lead to numerous problems. From physical ailments like heart disease, insomnia, digestive issues, immune system challenges, and serious mental health disorders such as anxiety and depression.

"Stress Awareness Month is the time when we have an opportunity for an open conversation on the impact of stress and to remove the stigma around mental health."



A time to be mindful and to be kind to ourselves.

Stress Awareness Month is the time when we have an opportunity for an open conversation on the impact of stress and to remove the stigma around mental health. A time to talk about stress, and open up about our mental and

emotional state with friends, families and colleagues.

This month, the most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you.

Some steps you can take to help ameliorate stress:

- **Talk about stress and its effects:** Let's work together to reduce the stigma that is associated with stress by talking about the topic openly and freely with friends, family and colleagues.
- **Share your coping mechanisms:** If something has worked for you, why not share it? It might benefit someone you care about and in the meantime, it might help you take your focus off your own challenges.
- **Be kind to those who are stressed and anxious:** Everyone experiences stress and anxiety at some point, so treat others going through it with compassion and empathy.
- **Look after yourself:** We all need to think more about self-care. Take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well.

Visit The American Institute of Stress website, Stress.org, to learn more and access resources.