

SUNDAY AT PLYMOUTH

10:30 am Sunday, April 27, 2025

Worship in the Sanctuary or Online

Second Sunday of Easter

Acts 1:3–8, 12–14 (or Judith 8:1–17);

Romans 8:31–39; Luke 18:18–30

Rev. Dr. Renee McCoy

9 am Choir Rehearsal, Hildebrand Hall

11:30 am Coffee Hour, Lounge

12 pm Film and Discussion, Hildebrand Hall

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.

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

The Plymouth *Herald* is published every week.

Deadline is **Monday, 10 am**, for Wednesday publication.

EASTER FLOWERS

Given in memory of Geraldine Rood, *from* Kathy Rood

Louisa & Jim Halfaker

Lauren Davis

WELCOME, REV. DR. RENEE MCCOY



Rev. Dr. Renee McCoy preaches April 27.

We are pleased to welcome Rev. Dr. Renee McCoy to Plymouth this Sunday and to hear her message. Dr. McCoy is the HIV/AIDS Program Manager of African Americans Reach and Teach Health Ministry. Dr. McCoy has an extensive history of HIV/AIDS prevention, care,

and research dating to the onset of the pandemic in 1981.

She has worked in New York, Washington, D.C., Detroit, MI, and Seattle. She was the former co-pastor of Eastgate Congregational United Church of Christ in Bellevue, the former Director of Public and Private Grants, and the former Director of Prevention Education at Lifelong AIDS Alliance in Seattle. Dr. McCoy holds a doctorate in anthropology from Wayne State University.

Join us at 10:30 am this Sunday, April 27, to hear from this fascinating speaker



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), Lin Davis (Wife of Mo Longworth), JT Edwards, 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), Robert Malae, Julie (Friend of Karen Clark), William Chapman Nyaho, Richard Paul (Dad of Beth Paul-Russell), Colleen Rood (Aunt of Kathy Rood), 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)

Congratulations to Jeanette and Ken Hagen on the birth of their great grandson Rujelio Lerone Rodriguez Hagen, born April 11, 2025 in Puyallup, to parents Anthony Hagen and Cecilia Rodriguez de Hagen. Grandfather is Rudolpho Hagen.

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

PLYMOUTH CHURCH HERALD

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HELP WITH HEALING



Bring new or gently used household items through May 22.

Please join us in welcoming them with new or gently used household items to make them feel at home.

Drop off at Plymouth on Sundays through May 22 in the PHC donation bin in the Lounge. Reach out to PHC Program Manager Dakota Nixon (dnixon@plyhc.org; 206-707-2801) for different drop-off times, multiple-item pick-ups, or questions.

For a full list of most requested items, please see the news article at PlymouthChurchSeattle.org or visit Plymouth Healing Communities at Plyhc.org. Thank you!

Notes for Donors:

- Thank you for donating items that are clean, functional, and have lots of life left.
- We appreciate gently used items — they don't have to be brand-new, but they should be in good working order and free from any major wear or damage.
- We are currently unable to accept large furniture or appliances (e.g., couches, refrigerators, microwaves) due to size and transport limitations.

STAND WITH TRANS SIBLINGS

Trans Lifeline is a trans-led organization that connects trans people to community support, and resources needed to survive and thrive. With the current presidential administration, much looms in the air regarding the rights, dignity, and well-being of trans people and our families.

As one of the largest trans-led direct service provider to trans folks in North America, we remain steadfast in our politics of care. Learn more about Trans Lifeline and how you can get involved at TransLifeline.org. Together, we will continue to offer life-affirming care for trans and non-binary people.

FILM SCREENING THIS SUNDAY

Join a film screening and discussion of *Las Abogadas: Attorneys on the Front Line of the Immigrant Crises*, sponsored by Latin American Relief Fund: 12-2 pm Sunday, April 27, in Hildebrand Hall; lunch-worthy snacks available.

The Trump administration tried to shut down immigration to the United States, and even with no changes to the actual laws, they nearly succeeded. Things didn't get much better when Biden came into office. But activist lawyers — mostly women — made it their mission to defend people's legal right to seek safety and refuge under our asylum laws.

One of the attorneys featured in the film will be available for the Q&A following the showing. Join the discussion and learn how you can help ensure a more just world for all.



12 pm Sunday, April 27, in Hildebrand Hall.

FREE MEDICAL CLINIC



April 24-27 at Seattle Center.

The Seattle/King County Clinic brings together healthcare organizations, civic agencies, nonprofits, businesses, and volunteers to produce the largest community-driven free health clinic of its kind in the United States.

This 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. 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.

DUWAMISH ART MARKET



Support Native art 10 am-5pm April 26.

Indigenous artists will showcase and sell their arts and crafts at the Duwamish Longhouse, 10 am-5 pm Saturday & Sunday, April 26 & 27, during our Spring Art Market. Discover diverse Native-made treasures, one-of-a-kind items from jewelry and leather goods to drums, ceramics and paintings, herbal bath products and more. Snack on “Indian” tacos, frybread and soups on sale from local eateries.

We look forward to welcoming you on this festive weekend to celebrate and support local talent.

Our Duwamish siblings invite you to learn and join in community by participating in events throughout the year. Read more about how you can get involved and lend your support at DuwamishTribe.org.

UCC EARTH SUMMIT

Join this online webinar Saturday, April 26, 11 am PT.

This year’s keynote lecture will be delivered by Katharine Hayhoe, one of the world’s leading climate scientists and the author of popular books such as “Saving Us: A Climate Scientist’s Case for Hope and Healing in a Divided World” and “A Climate for Change: Global Warming Facts for Faith-Based Decisions.” Through television appearances on PBS and Showtime as well as her widely viewed TED Talks, Hayhoe has reached a broad audience with a compelling perspective on science, climate, and faith.

This two-and-half-hour summit will additionally feature a panel discussion entitled “Climate Justice in a Toxic World.” Three grassroots leaders in the struggle against environmental racism in the Dallas-Fort Worth area will speak on this panel: Dr. Marsha Jackson from Southern Sector Rising, Caleb Roberts from Downwinders at Risk, and Emmanuel Davis from Justice for Joppa.

For those unable to attend the event at its scheduled time, we will send out a recording afterward.

Sponsored by United Church Funds and the Cornerstone Fund. Cohosts for summit include the National Setting of the United Church of Christ, the UCC Council for Climate Justice, the South Central Conference of the UCC, and First Congregational United Church of Christ in Fort Worth, Texas.

Register using link in the news article at PlymouthChurchSeattle.org, or visit UCC.org.



Online, 11 am (PT) Saturday, April 26

BEYOND THE BRIDGE: A SOLUTION TO HOMELESSNESS

Downtown Emergency Service Center is thrilled to support the upcoming free film screening of “Beyond the Bridge: A Solution to Homelessness,” and we invite you to this special event 5:30 pm Tuesday, May 13 at Town Hall Seattle. (Get free tickets using link in the news article at PlymouthChurchSeattle.org, or visit TownHallSeattle.org.)



Film & discussion 5:30 pm Tues., May 13.

The film crew drove over 40,000 miles to visit 12 cities and dozens of service providers, those with lived experience and policy makers to answer this question: How can this country solve homelessness in a comprehensive way? The answer: Working with deep coordination — a single homelessness response systems plan based on the principles of Housing First with community buy-in from law enforcement, judicial systems, business communities, service providers, volunteers, and leadership from the mayor and county executive, all working from the same page.

Following the film we’ll be joined by local and statewide advocates and experts for a panel conversation and Q&A. Our goal is for this film to be a part of a community-wide conversation about homelessness. Invite others to this free screening, panel, and Q&A, so that we can all be a part of answering the question: *How can Seattle solve homelessness in a comprehensive way?* Come explore the possibilities May 13.

MAY IS ALS AWARENESS MONTH

Amyotrophic lateral sclerosis (ALS) is a progressive disease in which a person’s brain loses connection with the muscles, slowly taking away their ability to walk, talk, eat, and eventually breathe. There is no cure for ALS, but there is hope.

Held annually in May, ALS Awareness Month is an opportunity to share our commitment to ALS care and research with friends and colleagues. It’s a time to come together to raise awareness of the disease, share stories from people living with ALS, show our support for caregivers, families and medical workers, and shine a spotlight on those who dedicate their lives to finding a cure.

Time and again, people find that ALS is not actually a rare disease — it affects all of us. Join the fight today against ALS and let’s see it end.

Visit ALS.org/awareness to learn more and get involved.



Take Action for ALS Awareness

NOW IS THE TIME

Immigrant justice means creating a Washington where everyone—no matter where they come from—can live with dignity, access opportunity, and feel a true sense of belonging. Now more than ever, the Washington Immigrant Solidarity Network is doubling down on our commitment to providing unwavering support and resources to immigrant and refugee communities across the state.



The urgency of this work is all around us. Harmful policies, systemic inequities, detentions, deportations, and everyday injustices impact individuals, families, and entire communities. But when we come together, we can transform these challenges into opportunities for change. Acting together is how we protect what matters most: our shared humanity, our communities, and our collective future.

Every contribution you make fuels this fight for justice—whether it’s keeping families together, protecting immigrant workers, or standing up to discriminatory policies. By giving today, you’re strengthening a statewide network of support that works to ensure no one falls through the cracks. Thank you for showing up for Washington immigrants in this critical moment.

Visit Waisn.org to learn more and make a donation.

UNITING THE INLAND NORTHWEST



Faith Action Network urges you to take part in ongoing efforts to create a just world for all.

You are invited to join “Uniting the Inland Northwest” Sunday, April 27, 3:30 pm-7 pm at 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. Register for this gathering and keep up to date with all Faith Action news at FANWA.org.

THANK YOU!

Thanks to all who helped make Easter Sunday at Plymouth a joyous day of worship and community. From greeters to egg-hiders, flower arrangers and lunch servers — it was a time to come together and be the church, and you made it happen.

STAY AWARE OF STRESS

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. As we come to the end of the month the issue of stress does not just vanish. Here are some things to think about and pursue for a diminished stress level.

We all experience stress — yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension. Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms. Common reactions to a stressful event can include:

- Disbelief, shock and numbness
- Feeling sad, frustrated and helpless
- Difficulty concentrating and making decisions
- Headaches, back pains and stomach problems
- Smoking or the use of alcohol or drugs

Long-term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression — even very serious issues like stroke and heart disease can come as a result of stress. When you are placed in a stressful situation, specific stress hormones rush into your bloodstream leading to an increase in heart rate, blood pressure and glucose levels. This is helpful in emergency situations, but having this “rush” for extended periods of time can be dangerous and make you susceptible to the issues mentioned previously.

Sometimes the stress in our lives is not something we have the power to change. Try to:

- Recognize when you don’t have control, and let it go.
- Avoid getting anxious about situations you can’t change.
- Take control of your reactions and focus your mind on something that makes you feel calm and in control.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

Knowing how to manage stress can improve mental and physical well-being and minimize exacerbation of health-related issues. One of the most valuable things you can do is know how to talk to others about your stress. This goes both ways, as you need to be open to listening to others who may come to you with their issues.

Read more and access resources at Stress.org.



Ways to stay healthy and empowered.