

## SUNDAY AT PLYMOUTH

10:30 am Sunday, May 25, 2025

Worship in the Sanctuary or Online

*Sixth Sunday of Easter*

Acts 17:1–4, 10–12 (or Judith 15:8–13);

Titus 3:1–8; Luke 18:1–8

Rev. Kevin Bechtold

9 am Choir Rehearsal, Hildebrand Hall

11:30 am Coffee Hour, Lounge/Patio

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.



PO Box 21368  
Seattle, Washington 98111

Return Service Requested

## REV. KEVIN BECHTOLD ON SABBATICAL



Rev. Kevin Bechtold

Rev. Kevin Bechtold will be on sabbatical June 1 to September 1. In addition to time with family, Rev. Bechtold looks forward to time for rejuvenation and plans to read widely and revisit texts from seminary that he has been looking at on his bookshelf since graduation. He is excited for the time away and the

opportunity to return in the fall refreshed for the life and work of the church. Rev. Bechtold expresses his gratitude to Plymouth for the opportunity to take this time, knowing that revitalization is important for clergy and the continued vitality of Plymouth Church. 🌍

*Whether you are a seeker, skeptic, believer or somewhere in between on life's journey, you are welcome here. We are grateful for your presence and invite you to participate in worship and service of Plymouth Church UCC.*

## 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), Artrice Gordon (Brother of Michael & Elizabeth Gordon), Floyd Gossett, Carrie Gossett (Mother of Floyd Gossett), Julie (Friend of Karen Clark), Allie James (Friend of Dawn Bennett), Robert Malae, Don Mayer, 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), Patricia Valentine, Gevan Woodke (Friend of Karen Clark)

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



# PLYMOUTH CHURCH HERALD

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## IN IT TOGETHER



Join the fight for a just and equitable society.

Washington Immigrant Solidarity Network (WAISN) is the largest immigrant-led coalition in Washington. We are a powerful, volunteer-driven network of immigrant and refugee-rights organizations and individuals distributed across the state that strives to protect, serve and strengthen communities across the state.

At WAISN, we are committed to defending immigrant and refugee communities from deportation while advocating for meaningful, systemic change. We invite you to join us in advocating for policies that guarantee access to healthcare, and unemployment insurance. Together, we can make a real difference and fight for a more just and equitable future for immigrant communities across Washington.

Read more, access resources and get involved at [Waisn.org](http://Waisn.org). 🌍

## AMERICAN MOSAIC



12 pm Sunday, June 8, in Hildebrand Hall

*American Mosaic*, our diversity, equity, and inclusion workshop series concludes at 12 pm Sunday, June 8, in Hildebrand Hall, led by Dr. Mark Smutny. All are welcome—whether you've attended previous sessions or are joining for the first time. Come ready to share your voice and ideas. Invite your friends and community members.

In this final session, we'll:

- Reflect on key learnings from previous workshops.
- Brainstorm innovative ways to make Plymouth Church more inclusive, welcoming, and culturally competent.
- Engage in a dynamic exercise that challenges assumptions and sparks transformation.

We look forward to being with you Sunday, June 8 — let's build a stronger, more inclusive Plymouth Church together. 🌍

## NO KINGS

A coalition of pro-democracy partner organizations announced the No Kings Nationwide Day of Defiance on Flag Day (June 14). The actions are set to take place during Donald Trump's military parade in Washington, D.C., on June 14. Instead of allowing this military parade to be the center of gravity, activists will make action everywhere else the story of America that day.



Nation-wide day of protest June 14.

Alongside local organizers, partners, and leaders from across the pro-democracy and pro-worker movements, activists across the country will come together for marches, rallies, and demonstrations to reject corrupt, authoritarian politics in the United States. Check events near you at [Mobilize.us/NoKings](http://Mobilize.us/NoKings).

A core principle behind all No Kings events is a commitment to nonviolent action. We expect all participants to seek to de-escalate any potential confrontation with those who disagree with our values and to act lawfully at these events. Weapons of any kind, including those legally permitted, should not be brought to events. Read more at [NoKings.org](http://NoKings.org). 🌍

## LOVE IS LOUDER



Stand in solidarity Saturday, May 24.

A Portland-based ministry of exclusion is planning an evangelism event Memorial Day weekend on Capitol Hill, Seattle, and your faithfully inclusive presence is needed. We will gather 5:30 pm Saturday, May 24, at the north end of Cal Anderson Park (1635 11th Ave, Seattle) then move together to the south end where the event is taking place.

There will be multiple counter-protester groups there. Our presence will be one of silent witness to inclusion and solidarity with those who suffer under exclusive theologies. Come for any portion, and leave when you feel called. We ask that you join us with the commitment to active, principled non-violence.

—Pacific Northwest Conference, UCC ([Pncucc.org](http://Pncucc.org)) 🌍



## PRIDE IN THE PARK



Pride in the Park June 7 at Volunteer Park.

Seattle Pride in the Park, produced by Seattle Pride, will kick off Seattle’s 51st annual Pride Month celebration on Saturday, June 7 at Volunteer Park on Capitol Hill.

This free event features a performances, food trucks, local nonprofit booths, queer vendors, and more. There’s also plenty of family-friendly fare, including a teen space designed and hosted by youth in collaboration with Seattle’s LGBTQ Center and Seattle Pride. ADA accommodations available. See [SeattlePride.org](https://SeattlePride.org).

## WALK PROUDLY WITH PLYMOUTH

Plymouth UCC is once again joining the Pacific Northwest Conference for the Annual Seattle Pride Parade on Sunday June 29. Bring signs and friends for a day of celebrating and supporting our LGBTQ+ siblings.

More info on the parade route and the day’s activities at [SeattlePride.org](https://SeattlePride.org). We welcome all who want to march in solidarity and celebration. Keep reading the *Herald* and checking our website for details.

## ABOUT SEATTLE PRIDE



Get involved at [SeattlePride.org](https://SeattlePride.org).

From the iconic Pride Parade to Pride in the Park, Seattle Pride’s events bring together people from across the region and beyond, creating vibrant spaces for visibility and joy. Our year-round mixers, ballroom events and Pride Nights at theaters, museums, and sports arenas extend our impact, making sure the celebration continues well beyond the month of June.

Over the years, we’ve come to understand that Pride parades and other celebrations are crucial. But they’re not enough. We’re continually expanding our advocacy and allyship efforts year-round to promote diversity and inclusivity—and to call our community to action. Seattle Pride is committed to making sure our values reflect and uplift the diverse voices within our community, fostering meaningful relationships and prioritizing our community’s safety. Read more at [SeattlePride.org](https://SeattlePride.org).

## RESPONDING TO AN OVERDOSE

As a community, we have the opportunity to equip ourselves with the knowledge and tools needed to respond to an overdose. Public Health – Seattle & King County and our partners are committed to increasing awareness and providing trainings to King County residents, healthcare professionals, first responders, and community organizations to recognize and prevent an overdose. With powerful tools like Naloxone, we can reverse the effects of an overdose and save lives.

It’s crucial for King County residents to have easy access to these life-saving tools and be prepared to act when needed. Trainings, led by healthcare professionals, social workers, and other experts in the field, cover a range of topics, including:

- The signs and symptoms of an overdose.
- How to assess the situation and respond appropriately.
- How to administer Naloxone, a medication used to reverse an opioid overdose.

Public Health hosts a live, remote overdose prevention training for the community at large every three months. These hour-long trainings cover updates on drug trends and how to be prepared to respond to an overdose, including the types of treatments available, how to start a conversation around overdose and training in overdose prevention. For more information, please visit [StopOverdose.org](https://StopOverdose.org) or email [Overdose@KingCounty.gov](mailto:Overdose@KingCounty.gov). Keep yourself up to date by visiting [KingCounty.gov/overdose](https://KingCounty.gov/overdose).

## HANDS OFF!



As Congress considers devastating cuts to Medicaid and the Supplemental Nutrition Assistance Program (SNAP), Faith Action Network is grateful for the ways you have already taken action to advocate for these crucial programs.

As people of faith and conscience, we embrace a spirit

of abundance — we believe that we have more than enough resources to provide food and healthcare for all people and that we are called to hold our leaders accountable for the common good. We need to advocate for a moral budget, and invite you to join in urging your legislators to vote against any cuts to these vital, life-saving programs. Read more and get involved at [FANWA.org](https://FANWA.org).



## CELEBRATE FILIPINO HERITAGE

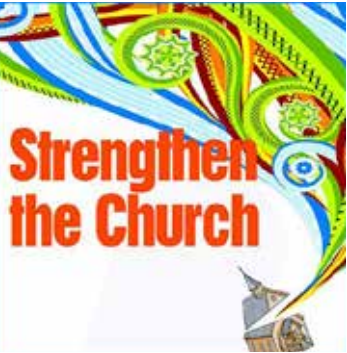
The Filipino Cultural Heritage Society of Washington proudly presents *Pagdiriwang* (the Filipino word for festival), commemorating the anniversary of Philippine Independence, May 31-June 1. Held at the Seattle Center since 1987, the event has grown into the largest festival of Filipino arts and culture in the Pacific Northwest.

Join friends and family for this free festival to learn more about Filipino history and culture, enjoy great food and dynamic performances, and celebrate the beauty and strength of our diverse community. Read more at [FestalPagdiriwang.com](https://FestalPagdiriwang.com).



May 31-June 1 at Seattle Center

## PENTECOST SPECIAL OFFERING



Throughout the month of June, gifts marked Pentecost Special Offering will be divided evenly between **Strengthen the Church** and **Plymouth Immigration Ministry**.

**Strengthen the Church** reflects the shared commitment of people to cooperatively build up the UCC. Funds raised support

leadership development, new churches, youth ministry, and innovation in existing congregations. Your gifts help develop spiritual life in our youth.

Half of the special offering will help **Plymouth Immigration Ministry** in their efforts on behalf of displaced siblings.

Ways to support contribute to these life-changing efforts:

- **Website:** Under the “Give” tab, choose “Special Offering – Pentecost,” in the donate fund drop-down menu
- **CashApp:** \$PlymouthUCCSeattle
- **USPS:** Mail to Plymouth Church UCC PO Box 21368 Seattle WA 98111

Together we can answer the Spirit’s call to be united in Christ for a just world for all.

## SING, PRAY, SUPPORT

Every Saturday the Church of Mary Magdalene welcomes homeless and formerly homeless women at Gethsemane Lutheran (1830 Ninth Ave, at Stewart) for breakfast at 9 am and worship at 10 am. You can help this community of women to sing, pray and support each other. Contact Pastor Pat Simpson ([PSimpsonPnwumc@gmail.com](mailto:PSimpsonPnwumc@gmail.com)) to volunteer.

## TURN AWARENESS INTO ACTION

Mental health is a personal journey, but it’s also a movement—and you don’t need to be an expert to make a difference. Taking action for your personal mental well-being—whether by setting boundaries, reaching out for support, or practicing self-care—can make a lasting difference. This Mental Health Month, prioritize yourself and explore the resources that can help you build resilience, manage challenges, and thrive.

Small actions can lead to big changes. Whether it’s building a routine, practicing mindfulness, or finding new ways to nurture your spirit, these self-help resources can help you feel empowered to take proactive steps toward wellness.

- **The Power of Boundaries** Healthy relationships start with healthy boundaries. Boundaries can be simply defined as our lists of what’s OK and what’s not OK.
- **Fitness, Food, and Mood** What you eat, how you move, and how you care for yourself physically can have a profound impact on your mental well-being. By taking steps to make small changes you can transform your mood and overall health.
- **Healing Through Creativity** Creative expression is a powerful tool for healing, whether through writing, art, music, movement, or something else entirely. It can help process emotions, provide purpose and offer a healthy outlet during tough times.
- **Rest and Reset** You can’t pour from an empty cup. Rest isn’t just about sleep. It’s about allowing yourself the time and space to recharge. Taking breaks, setting aside moments for relaxation, and knowing when to step back can help prevent burnout and improve overall well-being.
- **Starting Treatment** Beginning mental health treatment can feel overwhelming, but you don’t have to figure it out alone. Whether you’re exploring therapy, medication, or other forms of support, take that first step with confidence.
- **Support Beyond the System** Not every mental health journey relies solely on traditional treatment. Support from community, peers, and even animals can be just as essential as therapy or medication.

There are many ways to work on your well-being—find what works best for you and make it a regular part of your life. Mental Health America works to close the mental health equity gap while increasing nationwide awareness and understanding. Read more and access resources at [MhaNational.org](https://MhaNational.org).

