

SUNDAY AT PLYMOUTH

10:30 am Sunday, May 26, 2024

Worship in the Sanctuary or Online

Trinity Sunday

Hosea 11:1–4

Laura Shigeta

11:30 am Coffee Hour, Lounge/Patio

11:45 am Sound Medicine Meditation, Hildebrand Hall

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

Find links to video stream and worship bulletin and participate online at **PlymouthChurchSeattle.org**.

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.

The Plymouth *Herald* is published every week. Deadline is **Monday, 10 am**, for Wednesday publication. Stay current with Plymouth happenings on our website. Join us on Facebook, Twitter and Instagram!



PO Box 21368
Seattle, Washington 98111

Return Service Requested

OUR PRAYERS ARE WITH...

Afghan Family (Siblings of Plymouth), Michelle J. Bennett (Sister of Dawn Bennett), Walter Bethel (Friend of Karen Clark), Ahmed Black (Nephew of Michael & Elizabeth Gordon), Wendy Carpenter (Friend of Jocelyn Coit-Durland), Bruce Chittick & family (Friend of Karen Clark), Mike Correy (Friend of Karen Clark), Sue Ellen Daniel (Friend of Barb Laski), Diane Folkert (Mother-in-law of Ara Lawrence), Sally Galliher (Cousin of Doug Stultz), Marni Good (Friend of Ricky Powell), Elvis Gordon (Brother of Michael and Elizabeth Gordon), **Wanda Gordon** (Niece of Michael and Elizabeth Gordon.), Floyd Gossett, Carrie Gossett (Mother of Floyd Gossett), Kay Heekin (Mother-in-Law of Kate Forrester), Allie James (Friend of Dawn Bennett), Tom Lemly (Father of Hayden McManus), Concetta Lewis (Sister of Jo-Ann Guthrie), Beta Utu Malae (Sister of Robert Malae), James McDowell (Cousin of Jerry Rice), **Chuck Miles**, Barbara Miller (Friend of Barb Laski), Dr. Maxine Mimms, Paula Orrego, Jean and Richard Paul (Parents of Beth Paul-Russell), Mary Margaret Pruitt, Jose Robles and Family, Shirley K. Shelley (Aunt of Ricky Powell), Jaime Rubio Sulficio, Irene Wall (Friend of Ruth Williamson)

Our hearts are with Adele Reynolds and family on the one-year anniversary of the passing of her husband Rev. Jim Reynolds

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



LOVE OUT LOUD



The United Church of Christ Gender & Sexuality Justice Ministries is officially launching its new campaign – *Love is Louder: Love Your Neighbor OUT LOUD*. The campaign faithfully supports the spiritual, physical, and mental well-being of LGBTQIA+ siblings by equipping faith communities

with resources and tools for just action and care. Gender & Sexuality launches this campaign intentionally in Pride Month to honor, center, and celebrate the personhood of queer siblings.

Rev. Rachael Ward, team lead & minister for UCC Gender & Sexuality Justice Ministries, shared: “Within our first toolkit, we begin by reading Psalm 139 to remember that each of us harbors the Imago Dei within and it is together we tend to one another and help mirror love OUT LOUD for who God calls us to be and continues to form us into being.”

They continued, “Psalm 139 reverberates a wisdom of remembrance for all bodies and how God took intricate time creating each of us. May we remember that we are children of God and Creator makes no mistakes in our unique formation – so let’s show up bearing witness to one another choosing love. Let’s write new stories together. Narratives that showcase hope, love, and Pride for who God created you to be and who we are and can be together.”

Look for more content during Pride month, including Gender & Sexuality Justice Ministries’ *Love is Louder: Love Your Neighbor OUT LOUD* toolkits for Trans & Non-Binary Siblings, at [UCC.org/LoveIsLouder](https://ucc.org/LoveIsLouder).

JOIN SPRING SUMMIT

Faith Action Network seeks to hear your concerns and priorities. Essential to this outreach is our annual Spring Summit, scheduled 3–4:30 pm Sunday, June 9. This summit will be held online to allow more people to join and to enable advocates from across the state to hear from each other. Your voices matter to us! Please visit FANWA.org for more info and to register.

WALK WITH PRIDE

Plymouth UCC is sponsoring a parade entry on behalf of Pacific Northwest Conference for the 50th Annual Seattle Pride Parade on Sunday June 30. Bring your signs and your friends for a day of celebrating and supporting our LGBTQIA+ siblings.

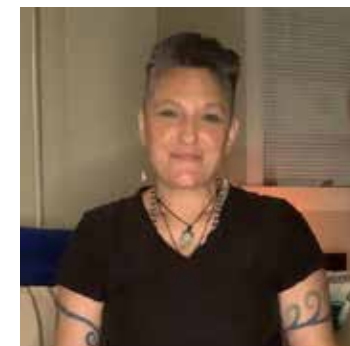
Worship on June 30 will begin at **10 am** to leave time to assemble for the parade afterward. The parade starts at 4th & Pike and ends at 2nd & Denny. More info on Seattle Pride at SeattlePride.org.

We welcome all who want to march in solidarity and celebration. This is our opportunity to commemorate the past, celebrate and defend wins for equality, and encourage one another for the work yet to come.

WE'RE COMING OUT!
IN SOLIDARITY.
IN CELEBRATION.
IN LOVE.



SOUND MEDICINE MEDITATION



Next session Sunday, May 26.

Tory Trujillo offers a deeply healing Sound Medicine Meditation. A Sound Medicine Meditation is sometimes also referred to as a sound bath. Participants are welcomed to sit or lie down comfortably. Tory will center the group with breath work and embodiment practices and will continue by playing Quartz Crystal Singing Bowls,

A Mayan Ocean Drum, and improvising vocal toning for the purposes of relaxation, healing, and to help anchor and amplify each participant’s intentions. Participants are encouraged to bring yoga mats, blankets, pillows and other items of comfort if they wish to participate while lying down. Some yoga mats and blankets will be available for participants to borrow. Be prepared to receive a profoundly transformational and healing experience. Sessions last between 60 and 75 minutes.

Next session is May 26, 11:45 am in Hildebrand Hall. (Note: start time is subject to change, determined by the length of Sunday service.) Suggested Donation \$20.

MUSIC OF RESISTANCE AND HOPE



7 pm Sunday, June 16, at the Paramount.

Songs of Black Folk returns even bigger, bolder, and grander for its 2024 production 7 pm Sunday, June 16, at the iconic Paramount Theater in Seattle. Songs of Black Folk will once again present a music tradition that began on the African continent and was transported to the Americas, via slave ships, and took root in the daily

sufferings of an enslaved Black people who chose to survive and who fought to be free. SBF will feature the rise of the Negro Spirituals and their evolution into other Black musical genres including, blues, jazz, Gospel, R&B, Hip-Hop, and even spoken word.

The audience will experience how Black music functions as both a tool of political resistance and as a potent source of hope for a Black people who have endured four centuries of white supremacy and its relentless assault on Black lives. Ultimately, the SBF experience will connect the African American struggle for freedom, justice, dignity, and happiness with the struggles of other American communities who have had to fight their way from the margins of American society into the mainstream.

Read more and get tickets at SongsOfBlackFolk.org.

PENTECOST OFFERING CONTINUES

Throughout the month of June, gifts earmarked Pentecost Special Offering will be divided evenly between **UCC Strengthen the Church** and **Plymouth UCC Scholarship Fund**.

Strengthen the Church annual offering supports the expansion of ministry and growth of UCC local congregations. Your support of this offering will help the

UCC fulfill its commitment to creating a just world for all by investing in new ministries and practices that meet the emerging needs of local communities. Half of what our churches in the Pacific Northwest Conference contributes remains here in our conference to support local congregations.

Plymouth UCC Scholarship Fund is supported by half of the proceeds from this year’s Pentecost special offering. These funds are dedicated to assisting members and friends facing financial challenges, enabling them to participate in upcoming opportunities provided by Plymouth UCC.

By your generous and faithful giving to this offering, you build up the Body of Christ.



STANDING UP, SPEAKING OUT

Faith Action Network marched with hundreds of SEIU6 Property Services NW janitors last week as they call for respect, adequate pay, and healthcare in their new contract. We are grateful to Senior Pastor Kelle J Brown of Plymouth Church Seattle for bringing the prayers and presence of the faith community into the speaking program. We will take Rev. Kelle’s song forward as we prepare to strike for economic justice for janitors and the dignity of all workers.

Thanks to all who showed up for these janitors from many countries. Say YES to #JusticeForJanitors!



Dr. Brown and Christine Hanson advocate for economic justice.

OUR FAITH, OUR VOTE



The *Our Faith Our Vote Campaign* — an initiative of the UCC’s Office of Public Policy and Advocacy in Washington, DC — formed a partnership in 2022 with *Power the Polls*, a nonpartisan organization launched in 2020 to address a nationwide poll worker shortage.

As the UCC’s nonpartisan election engagement campaign, *Our Faith Our Vote* offers resources for voter registration, issue education, voter mobilization and more. Since the partnership began, many UCC members have signed up to be poll workers through the UCC’s link with *Power the Polls*. You can sign up to be a poll worker at PowerThePolls.com/UCC.

PRAYERS FOR PEACE

United Church of Christ General Minister and President Rev. Karen Georgia Thompson welcomes all in the wider church to participate in an interactive season of prayer. The People’s Prayers for Peace Initiative is an open invitation to read and write prayers, now posted daily at UCC.org.

“Our collective voices in prayer can make a difference. This is an act of faith.” Thompson said. “This is a time for us to be reminded we are not alone in our desire to see change in the world.” Share prayers at UCC.org/Peoples-Prayers-For-Peace.



CROSSING THE LINE

The author of a new book examining the immigration crisis on the southern U.S. border will discuss her experiences at Fauntleroy Church, 7 pm Monday, June 10. Sarah Towle’s book, *Crossing the Line: Finding America in the Borderlands*, expresses her outrage about US immigration policies and how she believes that they have led to a retreat in commitments to protect human rights. Through a series of interviews and visits to the US-Mexico border she describes conditions there, especially focusing on 2018 when immigration officials forcefully separated migrant families from their children.



The book has drawn praise from commentators, including filmmaker Ken Burns who declared “Sarah Towle has obliterated today’s dead-end arguments about immigration and transformed them into riveting, human stories.” The book is published by She Writes Press, with release on June 18. The talk is hosted by the Immigration Task Force at Fauntleroy UCC Church and Alki UCC Church.

More information about Towle and her book can be found at SarahTowle.com. More information about the talk can be found by contacting Bob Wyss: BobWyss@gmail.com.

HOW YOU CAN HELP



As previously announced, we have some new friends living at the church right now. Our area has had over a thousand asylum seekers arriving, many in family units. Hundreds of them have had no housing. At the request of the Church Council of Greater Seattle, Rev. Dr. Kelle Brown and

the Immigration Ministry Team agreed to accept three families for a few months at the church. They are staying in our second floor classrooms.

At the moment we could use some more volunteers to support the families. We are reaching out to you to support our efforts. Some possible tasks would be accompanying/driving them to appointments, teaching how to ride the bus, taking turns doing a weekly shopping run, helping with Spanish interpretation, tutoring the children, and more as things arise.

If you are able to help in any of these or other areas, please let Carol Mooney or Janet Gwilym know.

YOU ARE NOT ALONE

May is Mental Health Awareness Month, a national observance started in 1949 by Mental Health America to bring attention to the importance of mental wellbeing. Across the country, individuals and organizations step up to raise awareness of and help address the challenges faced by people living with mental health conditions.



During National Mental Health Awareness Month, we recognize the bravery and resilience of the tens of millions of Americans living with mental health conditions, and we show our gratitude for the dedicated mental health professionals and devoted loved ones who stand by them every step of the way. Mental health care is health care

Mental Health Awareness Month is more than just an observance. It’s an opportunity to bring mental wellbeing into focus for yourself, your family and your friends. By raising your voice, prioritizing your self-care, celebrating mental wellbeing and being the difference for others, you can positively impact your mental health and community.

This year’s theme is “Where to Start: Mental Health in a Changing World.” The world is constantly changing – for better or for worse – and it can be overwhelming to deal with everything going on. While society is getting more comfortable discussing mental health, it can still be hard to know where to start when it comes to taking care of our own well-being.

The National Council on Mental Wellbeing created a toolkit highlighting “Four Ways Forward” that offers best practices, advocacy insights, learning resources and more. Visit TheNationalCouncil.org to get started.

WE LIFT OUR HANDS UP TO YOU!

We are so grateful and your support means so much to us. To you and everyone who has helped us along this journey, we consider you an important part of the Duwamish story of swələxw[™] (*resilience*) to self determination and to bring honor to the legacy of Chief Sial and the city for which he was named. Tixixsubut̓cələp (*you all take care*).



Words of gratitude from Duwamish siblings.

—Jolene Haas, Director, Cecile Hanson, Chairwoman, Duwamish Longhouse & Cultural Center