

SUNDAY AT PLYMOUTH

10:30 am Sunday, June 2, 2024

Worship in the Sanctuary or Online

Second Sunday after Pentecost

Sacrament of Communion

Celebrating Parents Sunday

Mark 4:30-34

Rev. Kevin Bechtold

11:30 am Coffee Hour, Lounge/Patio

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.

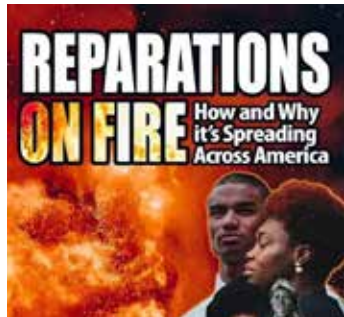
The Plymouth *Herald* is published every week. Deadline is **Monday, 10 am**, for Wednesday publication. Stay current with Plymouth happenings on our website. Join us on Facebook, Twitter and Instagram!



PO Box 21368
Seattle, Washington 98111

Return Service Requested

JOIN REPARATIONS DISCUSSIONS



Are you a fire starter or ready to become one? Let's move forward together in understanding reparations and building community with an antiracist lens that we may begin to repair relations within and outside of Plymouth Church, UCC.

4:30-6 pm Tuesday, June 4, online: Conversations with author Nkechi Taifa on her book, *Reparations on Fire: How and Why It's Spreading across America*. Dr. Joanne Braxton, moderator. Braxton Institute, Reparations for Lakeland Now! Link to register in the news article at PlymouthChurchSeattle.org.

5 pm Tuesday, June 11, online: Japanese American Support for Black Reparations: How to Talk about It. California Reparations Task Force member Don Tamaki presents. Seattle Tsuru for Solidarity and the National Nikkei Reparations Coalition. Link to register in the news article at PlymouthChurchSeattle.org.

Yours in Solidarity,

Council member Robert Malae, Rev Dr Elizabeth Gordon

OUR PRAYERS ARE WITH...

Afghan Family (Siblings of Plymouth), Michelle J. Bennett (Sister of Dawn Bennett), 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

Our hearts are with Mary Ryan on the one-year anniversary of the passing of her brother, Doug Ryan.

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



Celebrate with us!

FIFTY YEARS OF SEATTLE PRIDE

This year marks the 50th anniversary since two hundred LGBTQIA+ people gathered publicly in Seattle as an act of collective resistance. Their purpose was clear: to expel shame and to stand in defiance of those who wished to keep us hidden and disempowered. They were no longer willing to wait, no longer willing to hide, no longer willing to be denied the right to exist.

This anniversary is a powerful opportunity to reflect on the unwavering resilience of our community, both living and ancestral. Our theme for 2024 is an embodiment of our 1974's community echoing cry: NOW! Now is the moment. Now is our legacy. Now is forever.

Seattle Pride in the Park will kick off Seattle's 50th annual Pride Month celebration on Saturday, June 1 at Volunteer Park on Capitol Hill. From 12 pm-7 pm, Seattle Pride in the Park will feature a can't-miss lineup of LGBTQIA+ performances, a dance-focused stage with an adjacent alcohol garden (21+), food trucks, local nonprofit booths, queer vendors, and more.

Learn more about this free event and other Pride Month activities at SeattlePride.org.

PLYMOUTH IS PROUD

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 signs and 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.



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PLYMOUTH CHURCH HERALD

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THANK YOU, IBIDUNNI!

This Sunday will be Ibidunni Ojikutu's last as Artist in Residence at Plymouth Church UCC. She has been a blessing and we are grateful for all the beauty she has brought to our worship time together.

Ibidunni will be busy and invites us to several upcoming performances. On June 30, she will perform the collected works of local composer Stafford Miller, with a special duet with Mark Davies. July 3, she makes her debut with Seattle Wind Symphony as the featured soloist for their 9th annual Star-Spangled Spectacular concert at Benaroya Hall.

In October, Ibidunni is excited to join the cast of the world premiere of *Jubilee* at Seattle Opera. She will be singing the role of Mabel Lewis, and is excited to delve into the world of the amazing Fisk Jubilee Singers. December will see her and Richard L Hodges as guests of Bellingham Symphony Orchestra for their annual holiday concert.

In February Ibidunni will return to Jansen Art Center in recital with Rebecca Mañalac, and March will be a full-circle moment as she makes her role debut as 2nd Lady in Seattle Opera's production of *The Magic Flute*. Her first-ever opera role was 2nd Spirit in WWU's production, and she has wanted to be one of the 3 ladies ever since.

Be sure to come to Plymouth this Sunday, June 2, to thank Ibidunni and wish her well on these and all her endeavors. Stay updated on tickets and information for performances at IbidunniOjikutu.com.



Ibidunni Ojikutu

HEALTHCARE NOT WARFARE

In a country that spends \$87 billion every year on the military, should medical debt be the leading cause of bankruptcy? Do you have a healthcare story to share? Join a discussion that takes on hard questions about healthcare and our national priorities 2 pm Saturday, June 1, in Hildebrand Hall. Sponsored in part by Washington Physicians for Social Responsibility, which receives annual support from Plymouth Peace Action Group.

ENJOY AFRICAN AMERICAN MUSIC APPRECIATION MONTH



June is African American Music Appreciation Month. Created by President Jimmy Carter in 1979, this month celebrates the African American musical influences that comprise an essential part of our nation’s treasured cultural heritage.

Though by no means exhaustive, here’s a brief guide to some of the genres that African Americans have created, inspired and fostered. This list of musical styles merely scratches the surface. In addition to these genres, African American musicians and artists have also developed and influenced classical music traditions, country and western music, pop music, and dance music such as disco, techno and house, among other styles.

Sacred Music, which includes spirituals and gospel music, illustrates the central role that music plays in African American spiritual and religious life. The earliest form of Black musical expression in America, spirituals were originally an oral tradition and imparted Christian values while also defining the hardships of enslaved people.

Folk Music African American folk music links back to African cultural traditions. Stemming from field hollers, work chants and game songs, folk music bursts with social commentary.

The Blues form the foundation of contemporary American music. As did sacred and folk music, the blues also greatly influenced the cultural and social lives of African Americans.

Jazz evolved from ragtime, an American style of syncopated instrumental music. Jazz first materialized in New Orleans and is often distinguished by African American musical innovation.

Rhythm and Blues The predecessor to soul music, R&B is another stylistically-diverse genre with roots in jazz, the blues and gospel music. R&B helped spread African American culture and popularized the idea of racial integration.

Rock and Roll incorporates elements from all African American music genres and combines them with American pop and country music components. The genre was born in the 1950s and appealed to the rebellious yearnings of American youth culture.

Hip-Hop and Rap are musical traditions firmly embedded in African American culture. Like jazz, hip-hop has become a global phenomenon and has exerted a driving force on the development of mass media. Hip-hop music spawned an entire cultural form, while rap remains a means for artists to voice opinions and share experiences regarding social and political issues.

There’s so much more to explore. Get started at Nmaam.org/BlackMusicMonth.

FREEDOM DREAM

Join us 2 pm Sunday, June 16, at Plymouth for an unforgettable afternoon celebrating Juneteenth through the powerful lens of Black Women. Curated by the acclaimed soprano Stephanie Ann Ball, this unique concert brings together the rich heritage of Black classical music with the evocative narrative based on the book *As If She Were Free*, edited by Erica L. Ball, Tatiana Seijas, and Terri L. Snyder.

Emcee Kiesha Garrison will guide you through this sensory experience of freedom — what does it feel, taste, and sound like? Award-winning pianist Jessica Evotia Andrews-Hall joins Stephanie to breathe life and energy into the music. Through their exquisite performance, this trio delves into the joy amongst the pain and the lightness against the dark.

This concert is not just a celebration but a profound exploration of Black resilience, creativity, and triumph.

Free parking is located at 515 University St. All are welcome. This is a free event; registration requested. RSVP at bit.ly/juneteenth2024sea.



MUSIC OF RESISTANCE AND HOPE



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.

TAKE ACTION TOGETHER

Are you looking for ways to encourage voting and civic engagement in your faith community this election year? Are you also looking for community-led support? If your answers are yes, FAN invites you to join a Network of 100% Voting Faith Communities.

Many faith traditions highlight the importance of voting in preserving community well-being and the common good in democracy. The Network of 100% Voting Faith Communities is a community space to share ideas, tools, and peer support as we collectively build civically engaged multi-faith communities.

We will offer monthly zoom meetings through the summer to stay engaged as a network. We welcome individuals and communities interested and committed to getting out the vote in their faith community and beyond.

We are committed to voicing the values from multi-faith traditions in the electoral process and we hope you will be part of this movement. Visit Fanwa.org/Advocacy to learn more and sign up.



Make sure your voice is heard.

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 talk is hosted by the Immigration Task Force at Fauntleroy UCC and Alki UCC.

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.

PLYMOUTH HOUSING NEWS

May is Mental Health Awareness Month, a time dedicated to increasing awareness and understanding of mental health issues. At Plymouth Housing, this month holds particular significance as we recognize that mental health disabilities are often a contributing factor to homelessness. With 62% of our residents identifying as having a mental health disability, it’s crucial for us to highlight the importance of mental health in our mission to provide stable, supportive housing.

In recognition of Mental Health Awareness Month, we are honored to share the insights of Dr. Nadine Burke Harris, who recently participated in our 2023 Key to Hope event as our keynote speaker. Dr. Burke Harris, California’s first Surgeon General and a renowned expert on adverse childhood experiences (ACEs), has dedicated her career to addressing the long-term impacts of trauma on health. Her presentation during Key to Hope provided valuable perspectives on the intersection of trauma, mental health, and homelessness.

During her keynote speech, Dr. Burke Harris shed light on the pervasive impact of ACEs, noting that two-thirds of the population have experienced at least one adverse childhood experience. She explained the profound connection between ACEs and long-term health outcomes, emphasizing how prolonged stress can lead to chronic health issues, including mental health disorders. “The dose-response relationship between ACEs and negative outcomes in adulthood is significant,” Dr. Harris stated, highlighting the critical need for early intervention and supportive environments.

At Plymouth Housing, we are deeply committed to a trauma-informed approach in caring for our residents. Understanding the impact of ACEs allows us to bring sensitivity and tailored support to those who have faced significant adversities in their lives. By fostering safe, stable, and nurturing environments, we aim to improve the overall well-being of our residents. As Dr. Burke Harris eloquently put it, “Safe, stable and nurturing relationships and environments are lifesaving.” This ethos is at the heart of our mission, ensuring that every resident has the opportunity to thrive. Read more and get involved at PlymouthHousing.org.



Dr. Nadine Burke Harris

REMINDER: NEW POSTAL ADDRESS

Effective immediately, please send all postal correspondence to our new mailing address:

Plymouth Church UCC
P O Box 21368
Seattle WA 98111