

SUNDAY AT PLYMOUTH

10:30 am Sunday, November 12, 2023
Worship In the Sanctuary or Online

Twenty-fourth Sunday after Pentecost

1 Kings 5:1–6, 13–14; Psalm 148;
Revelation 21:10, 22–27; Matthew 6:28–34
Rev. Dr. Kelle Brown

9 am Plymouth Singers Rehearsal, Hildebrand Hall

11:30 am Coffee Hour, Lounge/Patio

The Plymouth Library is open before and after worship on Sundays.

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!



988: HELP FOR THE HOLIDAYS



The holiday season is a time of year where many are vulnerable to additional stress, anxieties, feeling overwhelmed, loneliness and feelings of sadness. We may turn to coping mechanisms that are harmful to us and others. Some are triggered this time of year as they

navigate personal histories of trauma and unresolved grief.

This time of year can be especially challenging for those impacted by mental illness. Sometimes, because of the stigma and shame associated with mental health challenges, people are hesitant to share when they are struggling or having a hard time. It is important to be present with loved ones, to listen attentively and let them know you care.

If you or someone you know is struggling, dial **988** to connect with trained mental health professionals. **988** is an easy-to-remember number to connect with suicide prevention and mental health crisis resources. The Lifeline is available for everyone. Get help for yourself, or be the vital difference for a loved one by offering support and understanding. 🌍



1217 Sixth Avenue
Seattle, Washington 98101-3199

Return Service Requested

OUR PRAYERS ARE WITH...

Afghan Family (Supported by Plymouth), Michelle J. Bennett (Sister of Dawn Bennett), Walter Bethel (Friend of Karen Clark), Marilyn Bumpas, Susan Carter (Mother of Heather Banks & Kathleen Bernard), Bruce Chittick & family (Friend of Karen Clark), Mike Correy (Friend of Karen Clark), Sue Ellen Daniel (Friend of Barb Laski), Mykesha Davis (Daughter of Michael & Elizabeth Gordon), Mark & JT Edwards, Diane Folkert (Mother-in-law of Ara Lawrence), Marni Good (Friend of Ricky Powell), Floyd Gossett, Carrie Gossett (Mother of Floyd Gossett), Lucian Guthrie, Allie James (Friend of Dawn Bennett), Shirley K. Shelley (Aunt of Ricky Powell), Beta Utu Malae (Sister of Robert Malae), Vance McDill, Barbara Miller (Friend of Barb Laski), Dr. Maxine Mimms, Paula Orrego, Anna Partch (Friend of Sari Breznau), Jose Robles and Family, Rachel Sebastian (Friend of Jeanette Hagen), Jaime Rubio Sulficio, Charon Washington (Sister of Michael Gordon), Pluma Wright (Friend of Glenda Carper), Judy Young (Friend of Glenda Carper)

The memorial for Don Mitchell will be on Saturday, November 18 at 1 pm. Rev. Dr. Kelle Brown will be officiating. E-mail Rev. Kevin Bechtold for a Zoom link.

Our hearts are with the family and friends of Dierdre Augustine Plunkett, longtime member of Plymouth, who passed October 27.

PLYMOUTH CHURCH HERALD

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WORDS AND MUSIC 2



Lee Peterson

After worship on November 12, Lee Peterson will offer their reflections on creativity, spirituality, and a life graced by two keyboards. Peterson says: “Music is my vocation, as a performer specializing in piano with ‘excursions’ into fortepiano, organ, and harpsichord/teacher of many things/composer/occasional conductor. I’ve taught music in the public school system and at four universities, working with students aged 5 to 70+ representing various levels of accomplishment and learning styles, including students with particular challenges.

“I came to Seattle University as a student in the MATS degree program (Master of Arts in Transforming Spirituality). After earning the MATS degree, I taught several music courses as a member of the music adjunct faculty and in 2006, began working full-time at Seattle U as Assistant Director of Choral Music. I ‘re-directed’ (retired!) from Seattle University in June 2023 after fifteen years as Assistant Director of Choral Music and one year as Pianist-in-Residence.

“Three of my paternal ancestors were Baptist preachers and pastors. I ‘carried on’ as an ordained clergyperson in the Ecclesia Gnostica. In many ways, life has taken me to places not dreamed of in my family context; I am grateful for the years I spent in the Ecclesia and have greatly benefited from the practice of Vajrayana Buddhism. Both traditions showed me a ‘new way’ during a time of great darkness and outright despair. I’ve always been intrigued by the phenomenon of creativity and how creative energy relates to spirituality and to spiritual practice. Now, with plenty of time on my hands (!), I’m able to dive deeply into the subject, continuing to find connections between it and other things that also interest and nourish me.” —Lee Peterson 🌍

WE NEED TO HEAR FROM YOU

Your church council has created a survey to gauge interest in social action efforts and ideas you have. Fill it out online at <https://bit.ly/2023councilsurvey> (link to the survey is also in the news article at PlymouthChurchSeattle.org). The survey is not anonymous. Our plan is to identify who is interested in learning about and working on various options and who has knowledge and experience to lend. Thank you! —Tracy Simpson 🌍

CREATE COMFORT BAGS

Bring items for comfort bags and help assemble them to be distributed to visitors in need. The Community and Care Board is asking for contributions of gloves, socks, tissues, hand sanitizer, and granola bars this Sunday, November 12. After worship we will gather in the Lounge to assemble the bags. Thank you! —Kathy Rood 🌍



Bring items and help make care bags.

SHARE YOUR TALENT!



Enjoy lunch and a show after service Nov. 19

Join our church-wide talent show! Shine your tap shoes, warm up your yodel, dust off your poetry! Come laugh and share and sing along. Enjoy lunch and a show Sunday, November 19 after worship. Please contact Sari to sign up your act, or just to let her know you will be in the audience so we can get a count for lunch: SariBrezna@gmail.com. 🌍

WAITING & WATCHING

This year we will once again create our own Advent Devotional, with the help of Plymouth friends and friends throughout the Pacific Northwest Conference. Our theme is “Waiting & Watching.” We welcome all forms of expression, including but not limited to prose of less than 300 words, poetry, art, and photography. Feel like writing a song? We’d love to include it!

We prompt you to consider: What are you waiting for in your life? For what are you looking? What does a season of “waiting and watching” mean to you? Submissions are due **Wednesday November 15**. Send to RTurner@PlymouthChurchSeattle.org. Please include your name and home church, although anonymous submissions are also welcome. 🌍



Contribute to Advent Devotional.

AWARENESS AND REMEMBRANCE



Each year between November 13–19, people and organizations around the country participate in **Transgender Awareness Week** to help raise the visibility of transgender people and address issues members of the community face. It is a crucial time to lift the voices and experiences of the transgender and nonbinary community and to educate the public about who transgender people are, sharing stories and experiences, and advancing advocacy around the issues of prejudice, discrimination, and violence.

The week’s activities culminate on November 20, **Transgender Day of Remembrance**, a day in which transgender and nonbinary people and allies come together to honor the lives lost to anti-transgender violence. This is an opportunity to remember those we have lost in horrific circumstances, come together to overcome divisions in our community, heal and grieve with other people affected by this terrible issue and attempt to find a way to educate those who are transphobic. All are invited to come together in solidarity and hope to lift up the lives we have lost to hate and violence 6:30 pm Monday, November 20, at University Congregational UCC, 4515 16th Ave NE, Seattle.

“Transgender Day of Remembrance seeks to highlight the losses we face due to anti-transgender bigotry and violence. I am no stranger to the need to fight for our rights, and the right to simply exist is first and foremost. With so many seeking to erase transgender people — sometimes in the most brutal ways possible — it is vitally important that those we lose are remembered, and that we continue to fight for justice.”

—*Transgender Day of Remembrance founder Gwendolyn Ann Smith* 🌍

VOTE FOR PEOPLE’S BUDGET

Seattle has a long legacy of advocating to get our needs met. Community members can choose their top four choices for how to spend \$27 million to improve their communities. Anyone 15 years old and older who lives, works, or plays in the City of



Seattle is eligible to vote. Voting closes on November 12, 2023. Link to ballot in the news article at PlymouthChurchSeattle.org.

Proposals on the ballot have been developed from ideas submitted by the community across five focus areas: **Housing & Physical Spaces; Youth & Children; Crises & Wellness; Economic Development; Mental Health.** 🌍

2024 CALENDARS FOR INMATES

Each year we collect calendars for the coming new year to bring to the Monroe Correctional Complex. In the past we have collected over 1000! The inmates really appreciate them. If you receive free calendars in the mail you won’t use, would you please donate them? Ask your neighbors to see if they might wish to donate theirs.



A small gesture makes a big difference.

There will be a box at church to drop off calendars on Sundays, from now until December. If you live at Horizon House, please put them in Sue Jones’ cubby hole in the mailroom (#1S). If you are unable to make it to church, we will do our best to collect them from you. Call or email Christine Hanson (509-679-7430) to arrange pick up. Thank you in advance for this simple act which brings so much joy to our incarcerated friends! 🌍

PLYMOUTH LIBRARY CITINGS



Visit the Library on Sundays

What do you think about a “Sans Singing” gathering in the Plymouth Library on Sunday morning before worship while the choir practices? I often think of the library as being like that. A chorus of minds, especially in Plymouth Library’s beautifully curved space. And now with the Welcome Table and coffee bar it is ready for folks to gather informally and explore together the many, many voices to be found on the shelves.

Several weeks ago, a random pulling from these shelves gifted me with the book entitled, *We Are All Stardust*. It is a series of conversations between Stefan Klein and the “scientists who shaped our world.” (And that is not hyperbole.) The book was translated from the German by Ross Benjamin. The Free Space square on your Plymouth Church Library Book Bingo card is where this selection belongs as these scientists seem to have minds with free space for other voices that in turn help them discover that new thing never thought of before. Stefan is an interviewer extraordinaire and with titles like “The Laws of Devotion, on altruism,” he pulls you in and you can’t wait to get to the next interview with an equally tantalizing title. They’re short and quirky. No lab coats here or stuck-up noses.

What I personally loved about this book is how painlessly, really very pleasantly, Stefan brought what felt like a galaxy of new voices into my own little mind. To toss around, ponder and create my own Something New in the universe. Funny how a new singular voice arises from the many others they have let in.

—*Melony Joyce, Plymouth Church Library Committee* 🌍

AN URGENT APPEAL



The war in Israel/Palestine declared on October 7, has claimed thousands of lives, and tens of thousands of people have been injured. Approximately one million Palestinians in Gaza have been displaced, still within Gaza, as there is nowhere to go. It is increasingly difficult for Gazan Palestinians to find safe space. Food, water, fuel, and electricity have been cut off, and supplies are running out. The UCC is learning from Palestinian Christian partners how they are attempting to respond to the needs of the people of Gaza, even amid steady bombardments.

Your gifts will make a difference during these days of lamentation and suffering. To make a donation online and learn the latest update, go to Support.UCC.org/MiddleEast. You can also mail a check made payable to the United Church of Christ, PO BOX 71957 Cleveland, OH 44194. Please be sure to note “Middle East Support” in your check’s memo section. We give thanks for your prayerful support. 🌍

CLOTHES AND SHOES NEEDED

Plymouth Church, UCC is now a proud sponsor of Big Brothers Big Sisters of Puget Sound. You can help by dropping off clothing and shoes at the church in the grey bin located by the elevator on the 1st floor. Gently used clothing and shoes of any size are appreciated.



Bring gently used clothing and shoes, any size.

This is also an opportunity to help the environment by diverting used clothing from landfills. Read more about the mission of Big Brothers Big Sisters of Puget Sound at InspireBig.org. 🌍

STUDY THE BIBLE WITH FRIENDS



Bible study 9-10:30 am every Wednesday

All are welcome to online Bible study via Zoom every Wednesday, from 9-10:30 am, led by Rev. Kevin Bechtold. Kevin provides background and context for the discussion. He also sends a weekly email with a link to that week’s scripture texts as well as a link to the Zoom meeting.

Biblical knowledge is not a prerequisite for joining this group! If you have questions, or would like to join, contact Kevin at KBechtold@PlymouthChurchSeattle.org. 🌍

CAREGIVER APPRECIATION MONTH

November is National Caregiver Appreciation Month, a tribute to recognize individuals providing caregiving support to a family member or loved one. Caregiving can be a 24-hours a day/7-days a week job. Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat. What challenges do family caregivers face, and how do they manage them day and night?



We honor those caring for others every day.

- **Morning: Getting off to work.** The average family caregiver is a working mother of school-aged children. Mornings become a tricky balancing act making sure all your loved ones have what they need before getting to work.
- **All Day Long: Managing medications.** Up to 70% of the time, the family caregiver manages medications.
- **During the Workday: Juggling caregiving and work.** Six out of 10 family caregivers work full or part-time in addition to juggling their caregiving responsibilities at home.
- **Evening: Family and meal time.** Nourishing loved ones while also ensuring that you get proper nutrition to maintain strength, energy, stamina, and a positive attitude.
- **Late at Night: Taking time for yourself.** Late at night might be the only time you get a few minutes for yourself.
- **The Middle of the Night: Emergency room visits.** Have you ever had to take your loved one to the emergency room in the middle of the night?

During National Family Caregivers Month, we recognize the challenges family caregivers face day in and day out. Please visit CareGiving.org for information and resources. 🌍

WINTER CONCERT DECEMBER 10

On Sunday, December 10 at 12:30pm, Plymouth Church invites Oregon Koto-Kai to offer a unique winter concert with narration. Come learn the heartwarming story of “Tebukuro o kaini” 手袋を買いに (Buying Mittens) by Nankichi Nimi (1913-1943) accompanied by traditional Japanese koto music. The second half of the concert features familiar holiday selections innovatively arranged for koto ensemble. Suggested donation is \$20 per adult and \$2 per child. Don’t miss this very special performance. 🌍



After worship Dec. 10, in the Sanctuary.