



# Pullen News

JANUARY 12, 2020

*What does God require of you but to do justice, to love kindness, and to walk humbly with your God. —Micah 6:8*

## Making New Connections Around the Table



**PRACTICING  
WELLNESS**

The **Practicing Wellness** series is off to a great start! We're taking the month of January to learn about and embody the kinds of practices that nourish the mind, body and spirit. Be sure to check out the wide range of

offerings in this series, and join us in January at The Table!

We hope you will join us in Finlator Hall at Pullen on Wednesdays from 5:15– 6:30 for dinner and sharing time. Our featured program begins at 6:30. Children's and Youth programs are concurrent. We offer childcare for our youngest guests. All are welcome!

### January 15 - "In So Many Words" Film Screening, and Q&A with Lucy Daniels

This remarkable documentary explores the inner life of Dr. Lucy Daniels, whose childhood has both tormented and motivated her throughout her life. Filmmaker Elisabeth Haviland James employs imagined narrative, constructed dream sequences, intimate interviews, and Daniels's own writing to bring a harrowing survival story to the screen. We will begin the screening at 6 pm, and conclude before 7:30 pm, providing those who need to leave the opportunity to do so. The movie will be followed by a Q&A with Lucy Daniels for those who are able to stay. This free event, which includes dinner, is sponsored by the Justice Love Foundation.

### January 22 - Writing as Teacher and Healer

Facing a blank page often triggers anxiety and resistance. Working through this resistance can become a spiritual practice and path toward growth and healing. Referring to Dr. Lucy Daniel's documentary, *In So Many Words*, and her own therapy with Dr. Daniels, Mary Lambeth Moore will discuss writing as teacher, recognizing resistance (which often comes disguised), and ways to develop a consistent writing practice. Attendees will be invited to share their experiences and do a bit of impromptu writing.



### January 29 - Moving Well

We'll explore the mind, body, spirit connection using the practice of Tai Chi, led by Ryan McCann of TW Smith's Martial Arts Center.

#### Dinner Menus:

- **January 15** Meatloaf (Beef and Vegetarian) Peas, Cheesy Cauliflower Rolls and butter, Salad Bar, Dessert
- **January 22** Herb Baked Chicken, Balsamic Glazed Brussels Sprouts, Roasted Sweet Potatoes, Bread, Salad Bar, Dessert
- **January 29** Vegetable Soup, Toasted Cheese Sandwiches, Fruit, Salad Bar, Dessert

On **February 5** our friends at **St. Ambrose Episcopal Church** have invited us to their table! As a part of their Black History Month Celebration, St. Ambrose is hosting an Ethiopian meal and special evensong. Dinner begins at 6 pm with a catered meal designed to offer a sampling of Ethiopian cuisine. From there, St. Ambrose rector, Jemonde Taylor, will present on Ethiopian culture and Christian tradition using the artifacts and stories he has collected in his travels and studies. As an uncolonized nation on the African continent, the history of Christianity in Ethiopia is unique, and I hope we will take advantage of the opportunity to learn from Fr. Taylor's expertise.

This will be an event for the entire family with art activities for children and a drumming session for youth. All ages will gather in the sanctuary from 7:00-7:30 pm for an evensong service in the Ethiopian tradition.

St. Ambrose Episcopal Church is a historically black congregation with more than 150 years serving the Raleigh community. While the Sunday morning worship hour still remains one of the most segregated, it is important to create space, where we can, to break bread and worship across racial and cultural lines. I know we're used to our routine, and meeting at a different location requires a little extra effort, but drawing the circle wider will always require us to shift a bit. I hope that you will join us at St. Ambrose Episcopal Church on Wednesday, February 5!

Please let us know if you plan to attend so that St. Ambrose can properly prepare. RSVP on our website here: [pullen.org/wednesday-nights/](http://pullen.org/wednesday-nights/) or email [covery@pullen.org](mailto:covery@pullen.org). Be sure to let us know the ages of those who will be attending.

—Chalice Overy



## January News Inside:

- Pullen News, Joys & Concerns page 2
- Pledging, Georgia Trip, New Members page 3
- Sanctuary Church Update, Women's March page 4
- CSJ, Chapel Banners, Emergency Assistance page 5
- Earth Ministry Challenge, Monday Yoga page 6
- Hope Center, Music Notes page 7
- Children's Ministry News page 8



## We grieve with:

- ✧ Lisa Grabarek in the death of her father, Wence Grabarek, who died on December 15.
- ✧ Bret Smith in the death of his grandmother, Francis Adams.
- ✧ Brett Freeman in the death of his cousin, Eric Freeman.
- ✧ Chris Tew in the death of her father, Edward Davis, who died on December 21.
- ✧ Rob Schofield in the death of his mother, Patricia Schofield, who died on December 22.
- ✧ The family of Joyce Gourley who died on December 26.
- ✧ Oppie and Hannah Jordan, and John Paul Womble in the death of their husband, grandfather and step-father, Walter E. (Buddy) Jordan, Jr., who died on December 30.

## We celebrate with:

- ✧ Lou Fabrizio and Janet Huffman who were married in our sanctuary on December 21.
- ✧ Allen and Phyllis Tew upon their 40th wedding anniversary on December 22.
- ✧ Alyssa Rockenbach and Miranda McCall in the birth of twin daughters, Harper and Finley Rockenbach-McCall on January 1.



## Young Adult Lunch– 4th Sundays

Love dumplings? Join the Pullen Young Adults at David's Dumplings on the 4th Sunday of the Month directly after the service. Enjoy food, fellowship, and a light theological discussion! Contact Chalice Overy, [covey@pullen.org](mailto:covey@pullen.org), for more information. -*Chalice Overy*

## LGBTQ Second Sunday Lunch– Today!

Please join us immediately following worship on January 12 for LGBTQ Second Sunday Lunch at El Cerro Restaurant at 2217 Avent Ferry Road. Parking is plentiful. I hope to see you there! -*Randall Brady*

## Looking for an opportunity to connect with other Pullenites?

Eat, chat and get acquainted on the second Friday of each month at 11:30am. The group meets at the handicap accessible K&W in Cameron Village. If you have questions, please contact Elmer Johnson at [elmphy@aol.com](mailto:elmphy@aol.com) or 919-848-7335. -*Elmer Johnson*

## Baby Items Needed for Nicaragua by January 26

Pullen Mission Women (PMW) and a team of volunteers will be preparing 130 baby "layettes" for AMOS, our partner in Nicaragua. Layettes for Nicaragua and Wake County are PMW's designated mission of giving for December, in honor of baby Jesus. AMOS provides these bundles of baby items to new mothers as an incentive to receive prenatal care.



We need your help to gather **new or gently used baby sleepers (size 0-6 months), baby onesies (size 6-12 months), and baby blankets.** Please leave donations in the labeled bin outside Finlator by Sunday January 26.

Questions? [elizabethwkasper@gmail.com](mailto:elizabethwkasper@gmail.com) -*Elizabeth Kasper*

## PMW Brunch– February 13



Pullen Mission Women invites you for brunch on Thursday, February 13, at 10:00 in Finlator Hall. Bring yourself and your sweetheart for a delicious meal, good conversation, and great company.....just for the fun of it! Just call the church office to let us know you're coming. 919-828-0897. -*Sharron Underwood*

## Personnel Committee Update

The Personnel Committee is pleased to announce that Kyle Hampton will chair the search committee for a new administrator. Members representing other committees are: Sarah Chew (Finance), Richard Cook (Treasurer), Steve Edwards (Personnel), Carol Hodge (Volunteers), Vickie Leigh (Building and Grounds), and Kim White (Coordinating Council). Pat Thomas will serve as an at-large member. The Chair will appoint one additional member.

In addition, the Personnel Committee has employed Michael Gallery of Dallas, TX as a consultant to assess the entire operation of our non-ministerial staff, hoping that we can discover more efficient and effective ways to provide services to our members. With reduced volunteer help it is becoming increasingly difficult to offer needed member services while maintaining budgetary restraints. We expect a report from Michael by January 10, 2020.



## Please Pledge!



### Make Giving Easy in 2020

Did you make any resolutions this year? More than 60 percent of us do, with the most common being to lose weight, eat better and exercise more. These are all great goals, but what if we all resolved to invest more in our faith community?

Maybe you can volunteer one Sunday a month to rock a baby or play with toddlers so their parents can attend church? Perhaps you can give a few hours a week to tutor a child? Or maybe you could donate a little more each month to support Pullen's mission?

This last resolution is easy to achieve.

- ♦ If you have a bank account, you can set up regular monthly payments in whatever amount you choose.
- ♦ If you shop on Amazon.com, you can link your Amazon Smile account to support Pullen Memorial Baptist Church.
- ♦ You can also make a pledge to support Pullen's 2020 budget, in whatever amount you choose.
- ♦ These small steps will go a long way in making this community a warmer, brighter place.

### 2020 Budget Pledging

2020 Budget: \$1,177,045  
Pledged to Date: \$ 844,513  
Percent Pledged: 72%  
Pledging Units: 206



To make a pledge to support Pullen in 2020, please visit [pullen.org/pledge](http://pullen.org/pledge) or fill out one of the blue pledge cards found on the back of the church pews, and place it in the offering plate.

For information about setting up regular monthly payments, email Brooks Wicker at [bwicker@pullen.org](mailto:bwicker@pullen.org).

-Amber Keister,  
Stewardship Committee

<Quilt Update! Your time, talents and money are what make Pullen the beautiful place that it is. The Stewardship Committee invites you to help us create a quilt to symbolize the diverse gifts that you bring to our church community. During our pledging season, we are asking that you to bring a 2 1/2-inch wide strip of fabric, of any length, to turn in with your pledge card. These pieces are coming together to create a beautiful representation of our love and support of this church.

## Georgia 2020

### Pullen Pilgrimage to Georgia

We are in the planning stages for the next trip to The Republic of Georgia. We have tentatively set the dates for early October of 2020. This trip coincides with several events that are of importance to Pullenites: the opening of the Crook Center for International Dialogue, the opening of the Peace Mosque that is attached to Peace Cathedral and of course, the harvest season for grapes and the beginning of the wine making season!

If you are interested in joining the group, please join us for an information meeting: **January 26, 12:15 in Room 203**, or email James Crook at [jamesacrook@gmail.com](mailto:jamesacrook@gmail.com).

-James Crook



## New Members

### David and Dana Lindquist

David and Dana are happy to have found a church home at Pullen. Dana is a Raleigh native, and David grew up in Chicago. They met at Duke and returned to the Triangle in 1989. Their daughters, Caroline Lindquist and Hannah Margaret Clare (husband Patrick), also live in Raleigh. David is Assistant Vice President for Regional Engagement in Duke Alumni Affairs. He enjoys woodworking, swimming, and sailing. Dana, a writer and former high school English teacher, tutors students in writing and teaches yoga at Dix Park to public school teachers, and in her private studio, Woodland Yoga. She specializes in working with people who live with chronic pain. Dana is an active volunteer in the fine arts community.



Dana and David look forward to becoming involved in the life of the church.

## Sanctuary and Resettlement Update



### Two Years after Our Sanctuary Vote, What is Now in Store for Pullen?

In January 2018, our church voted to become a Sanctuary church with great volunteer momentum to support a Sanctuary guest. Members of Pullen and the Raleigh Mennonite Church formed a mission group charged with supporting a Sanctuary guest for an extended period of time. Hard work was done to outfit living quarters near the youth rooms for a sanctuary guest. We were at the ready, but then applications for Sanctuary dried up. Time went by.

With the two churches' support, the Resettlement and Sanctuary Mission Group switched tactics, moving our work from Sanctuary toward supporting an immigrant sent from the southern border in need of asylum. Yet, despite hours of contacts, written applications, and interviews, no organization is yet willing to send an immigrant with a viable case here, because the overwhelming majority of asylum cases heard in NC are denied.

Only one door is still open to us for a long term guest at this time, and that is to an organization called the Santa Fe Dreamers' Project. This group assists transgender females from the southern border currently living in detention in New Mexico. We believe that our church is uniquely situated, because of its strong LGBTQ community, to support a transgender person as their case is being heard.

A recommendation would be based on whether placing someone with us would be in that person's best interest, and also that person's desire to come here and live in a church environment for a few months. The living quarters at Pullen remain open as we wait to hear from the Dreamers' Project. Our volunteer base still exists and can be mobilized.

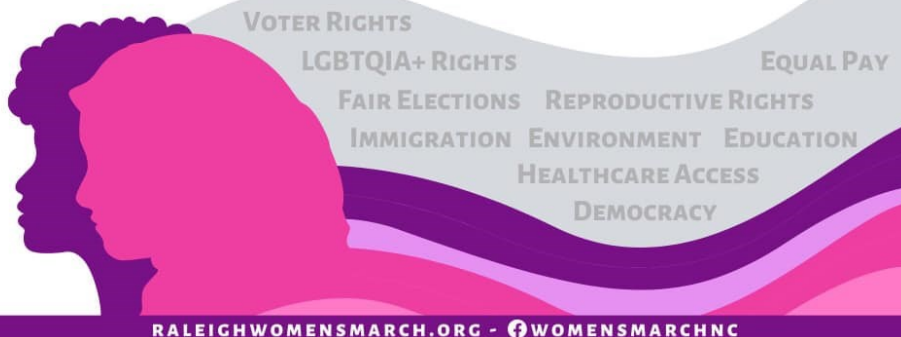
In the meantime, to help our mission work evolve further, we are asking for guidance from the local immigrant advocacy community to identify not only the most pressing needs, but needs that we feel equipped to address. We need to know more about what advice is being given to local immigrants seeking status.

We believe that we should plug into already established local service projects run by more experienced people who speak Spanish (or any other language required). We are now receiving requests from the immigrant community to provide short-term basic need support, such as transportation costs, food and clothing. We have provided short-term support to several immigrants, and we are open to providing emergency shelter to immigrants in crisis, as we did last July.

With all the changes over the past two years, we continue to work on a mission statement that truly reflects our purpose. We look forward to sharing this statement with you in the near future, and welcome anyone who wants to participate in the work ahead. We meet every 3rd Tuesday at 5 pm at Pullen. For more information, contact Jim McMahon at [jimmcmahan1019@gmail.com](mailto:jimmcmahan1019@gmail.com). *-Jim McMahon*

## WOMEN PROTECTING THE FUTURE RALEIGH WOMENS MARCH 2020

SUNDAY, JANUARY 26 12:30PM - 3PM - HALIFAX MALL - 16 WEST JONES STREET



[RALEIGHWOMENSMARCH.ORG](http://RALEIGHWOMENSMARCH.ORG) - [f WOMENSMARCHNC](https://www.facebook.com/WOMENSMARCHNC)



## CSJ Annual Meeting

## New Banners!

### CSJ Annual Meeting on February 3



Congregations for Social Justice (CSJ), an ecumenical, inter-faith, multi-racial advocacy organization working especially on affordable housing, will hold its annual meeting on Monday evening, February 3, at 6:00 PM, at Highland United Methodist Church, 1901 Ridge Road.

We typically have 15 to 20 Pullenites represent us at this important event. Chris Fitzsimon, former director of NC Policy Watch and current director of "States Newsroom," will be our guest speaker. The annual CSJ Social Justice Award will also be presented.

The \$15 cost of the dinner is payable at the door, but a headcount is required. If you'd like to join fellow Pullenites as we deepen our relationships with persons from other faith communities, contact Cathy at [ctamsberg@nc.rr.com](mailto:ctamsberg@nc.rr.com) by Sunday, January 26, to be included in the Pullen headcount.

—Cathy Tamsberg

### Visit the Poteat Chapel to see the beautiful new banners!

The long-awaited chapel banners are completed and installed! Inspired by the four seasons, these banners hint at birds taking flight, leaves falling and seasons changing. Though the design is constant, like the changing seasons of creation and our lives, the colors and details change.



These banners were lovingly created over several Saturday workdays by Pat Thomas, Beth Barnwell, Grace Evans, Laura Ford, Rachel Smith and Ginny Going. They are made of the magical fabric silk organza with designs made using cotton remnants and notions. They were carefully hung by Warren Chesson and Tony Quartararo.

—Grace Evans



## Emergency Assistance Collaboration

For years, several downtown congregations have helped various people needing financial assistance for rent, utilities, and food. Often supplying money requires communication amongst the churches to cobble together the needed funds. This takes time, and individuals needing assistance miss work, lose income, and become frustrated. When the assistance is finally given, there is no planned assessing the efficacy of the assistance.

Understanding this is an untenable way to work, Pullen, First Presbyterian, First Baptist, and Edenton Street United Methodist began thinking of ways we could work more effectively and collaboratively. The goal was simply to make ascertaining much-needed assistance less frustrating. After a few meetings, we invited Lorena McDowell from Wake County's Department of Housing Affordability and Community Revitalization and Kathy Johnson from Oak City Cares to join the conversation. The aim was to eliminate barriers to assistance and screen for households needing more sustainable solutions. The budding partnerships of downtown churches transformed into a collaboration between faith communities and Wake County Human Services. The four churches agreed to combine resources and focus emergency assistance on people who truly need a one-time intervention, while households needing more assistance to become sustainable would be handled by Wake County's newly-formed Homelessness Prevention Team.

This collaboration, which has already begun, will operate in the central location of First Presbyterian with staff and volunteers utilizing a simple intake tool created by Wake County. If the household requires further prevention, then the volunteers will be able to do coordinated entry and offer a soft handoff to the Prevention Team. More in-depth help could include multiple months of assistance, job and housing coaching, and social service casework. Those requiring a one-time financial assistance will be helped by the combined \$300,000 from the downtown churches.



FIRST PRESBYTERIAN  
CHURCH

—Brian Crisp

## Earth Ministry Challenge

I have been reading an eye-opening, and frightening book: On Fire: The (Burning) Case for a Green New Deal, by Naomi Klein. This book ties together many of today's issues for me, and I encourage you to read it. The award winning journalist, writer, and Rutgers professor writes:

*"Until the 1600's, earth was seen as alive, usually taking the form of a mother. Europeans, like indigenous people the world over, believed the planet to be a living organism, full of life-giving powers, but also wrathful tempers. There were, for this reason, strong taboos against actions that would deform or desecrate 'the mother,' including mining. This metaphor changed with the unlocking of some (but by no means all) of nature's mysteries during the scientific revolution of the 1600's. With nature now cast as a machine, devoid of mystery or divinity, its component parts could be dammed, extracted, and remade with impunity. Nature still sometimes appeared as a woman, but one easily dominated and subdued."*

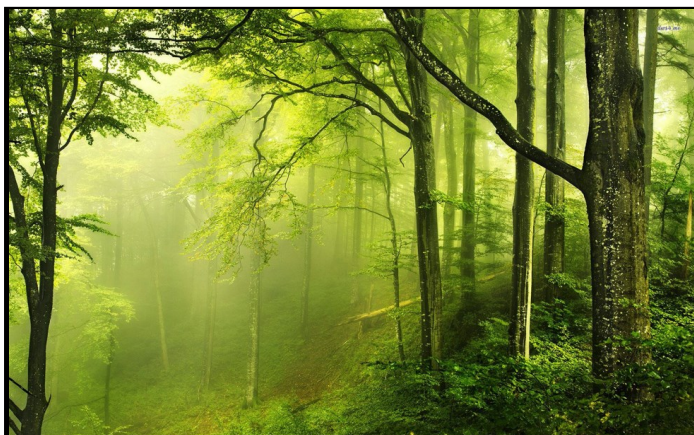
Klein writes that Edward Said was "a giant in the study of 'othering,' what is described in his 1978 book Orientalism as "disregarding, essentializing, denuding the humanity of another culture, people or geographical region." And once the other has been firmly established, the ground is softened for any transgression: violent expulsion, land theft, occupation, invasion because the whole point of othering is that the other doesn't have the same rights, the same humanity, as those making the distinction.

What does this have to do with climate change? Perhaps everything. We have dangerously warmed our world already, and our governments still refuse to take the actions necessary to halt the trend. This refusal to lower emissions has been accompanied with full awareness of the dangers. And this kind of recklessness would have been functionally impossible without institutional racism, even if only latent. It would have been impossible without Orientalism, without all the potent tools that allow the powerful to discount the lives of the less powerful. These tools- of ranking the relative value of humans- are what allow the writing off of entire nations and ancient cultures. And they are what allowed for the digging up of all that carbon to begin with.

If you have heard or read any news in the past weeks, you may have some sense of the urgency of climate change, that we may have less than 8 years to make drastic changes to prevent catastrophe. Pullen church has fought for years against societal wrongs: racism, sexism, gender inequality, poverty, war. Now is the time to open our eyes to climate change, and as Ms. Klein writes, "A culture that places so little value on black and brown lives that it is willing to let human beings disappear beneath the waves, or set themselves on fire in detention centers, will also be willing to let the countries where black and brown people live disappear beneath the waves, or desiccate in the arid heat." Now is the time to act.

- Kathleen McQuaid

Please visit our page at [pullen.org/earthministry](http://pullen.org/earthministry) for links!



### Are You Concerned About Global Warming?

Join Us to Discover How People of Faith Can Make All the Difference.

### Reversing Global Warming: Introduction to Drawdown, Paul Hawken's Powerful Guidebook

Offering 80 Existing, Research-based  
Solutions Bringing Hope and  
Leading to Action.

Presented by Pachamama Alliance RTP,  
Co-sponsored by  
Interfaith Creation Care of the Triangle  
And Campaign Nonviolence NC

**Tuesday, January 21, 7-9 pm**  
**Highland United Methodist Church**  
1901 Ridge Road, Raleigh, NC

For more information:  
[www.interfaithcreationcare.org](http://www.interfaithcreationcare.org)  
Free! Register at [bit.ly/drawdown-icct](http://bit.ly/drawdown-icct)

### January Yoga— join us!

Julie Gilbert Yoga is continuing to offer yoga on **Mondays from 9:00-10:15am**. Classes will be held around the labyrinth in Poteat Chapel. Each class will consist of a brief meditation followed by an all level flow. All faiths are welcome.



For the month of January we will focus on cultivating stillness. Class dates are **January 6, 13, 20 and 27**. Suggested donation is \$15.00 a week but is not required. Pay what you can or wish. Bring your own mat, blocks and straps or use ones I provide.

-Julie Gilbert



## The Hope Center January Update



### Happy New Year!

We hope you had a holiday season full of joy and peace.

Thank you for making our Annual Appeal amazing yet again!! We are so grateful for the generosity you've shown during the holidays and all year long. Your support helped us raise more than \$72,000 this year – allowing us to beat our goal for the third year in a row! We also met our 4 Others Foundation match, which will release \$15,000 in funds to support our work in 2020. Thank you!!

Your hospitality set the stage for our Transition Program holiday party. We are so grateful for the space that we can use to create fun and welcoming environments for our young adults and, in particular, for the work that Sylvanda, Warren and Brooks do to make it possible for us to use this space.

### SAVE THE DATE!! Raising Hope 2020

Mark your calendars for Thursday evening, **April 23, 2020** to join us for the 10th Anniversary of Raising Hope at The Woman's Club. We are so excited to host it on an earlier date and look forward to seeing you there. Stay tuned for more details about the night and our special guests in 2020.

### LINKS Kick-Off 2020

Our LINKS Academy Night started off with the sound of video games, engines roaring and laughter at Adventure Landing on Tuesday, January 7. More than 20 youth joined our staff for a fun night of relationship building with their peers and our team. These nights of fun are so important to teens becoming comfortable with us so that they will come back for the classes that we facilitate on college and job-readiness, financial management, and healthy relationships.

*-Erin Witcher*



## Pullen Music Notes:

### Music Ministry Choir Festivals Coming up soon!



- ♦ Adult Festival by the Sea (Charleston) - Jan. 24-26
- ♦ Youth Festival by the Sea (Myrtle Beach) - March 6-8
- ♦ Children's Raise a Song Festival (Asheboro) - March 13-14

### Youth Choir 2020 begins January 12, 1:15-2:00 PM

Youth Choir will meet on January 12th and other Sundays through May from 1:15-2:00PM.

All 6th -12th Graders are invited to join us on January 12 as we prepare to sing for worship at Pullen and to participate in our annual Youth Choir Festival by the Sea. Note: Festival Sign-Up due January 19!

Complete information and links found here:  
**[www.pullen.org/music](http://www.pullen.org/music)** under  
"Youth Choir."

*-Larry Schultz*





Join us on February 8  
Pullen Kids Got Talent!  
Saturday, February 8, 6:00 PM in Finlator Hall



EVERYONE is invited to join us for a night of fun entertainment as our children showcase their talents for our church friends and families. We'll have pots of soup and chili provided by some of our families. (Let Tommy know if you'd like to bring your favorite crock pot dish to share as well!) It should be fun for all and encouraging for our children!

Parents (and children) please let Tommy know what talents can be shared with our church family, (instruments, dance, magic, etc.). This will be a great opportunity to showcase our children's talents!



An open and informal gathering for Pullen parents and caregivers of children to explore, together, what it means to parent. We will share our experiences, ask questions, and enjoy each other's company. Bring your coffee or tea with you! *Facilitator - Sarah Bowen*

2020 Children's Summer Day  
Camp at Pullen  
June 22-26, 9 AM - 5 PM

It's already time to start planning for summer! Look for more information about our Summer Day Camp in February. Sign up begins in March. For children currently K-5th grades.



Please contact me at [tcCook@pullen.org](mailto:tcCook@pullen.org) if you have any questions about Pullen's Children and Family Ministry Programs, or visit our website: [pullen.org/children/](http://pullen.org/children/).

*-Tommy Cook*



Pullen Memorial Baptist Church

1801 Hillsborough Street, Raleigh, NC 27605



(919) 828-8297 [www.pullen.org](http://www.pullen.org)