



Pullen

Memorial Baptist Church

January news & updates

Upcoming Events
See what's happening
this [month](#).

Financial Update

As of Date: 11.30.2023
Income: \$1,092,993.71
Expenses:
\$1,100,636.02
Difference: -\$7,642.31

Amazing January Sunday Groups

Sundays at 9:30 am

Don't miss out on these amazing opportunities for learning, meaningful conversation, and the possibility of deepening your faith and spiritual life.

-Nancy Petty, Pastor



Living from a Deeper Place Within: A Journey into Presence, Discernment, Embodiment

Sundays in January at 9:30 am in 310

During the first four Sundays of the new year, the classes offered by Winston Charles will invite us to

journey together into deeper communion with the Holy One and with our full selves. The path to be taken will wind through ancient traditions of contemplative faith long forgotten or ignored by most of the Western Christian church, through deeper presence with the Holy Presence, the life-giving core of prayer. By learning to turn more to this deeper place within, where our attention focuses on the invitation of God, we discern more clearly what is ours to do and not to do in order to become more fully the persons and the communities we are created to be and called to become. From this deep spring of living water arise joy and gratitude, compassion and courage, creativity and generativity as we embody the very presence of the Beloved into the world, whether that be in our families and friendships or in actions to confront and heal the pain and injustices of our society. By such living, we follow in the way of Jesus, the very embodiment of the Holy into the world. This is the journey of our faith that calls us so dearly and graciously into fullness of life and love.

Winston B. Charles grew up attending St. Paul's Episcopal Church in Bennettsville, a small town in South Carolina. He graduated from the University of the South (Sewanee) and Virginia Theological Seminary. Ordained as an Episcopal priest in 1974, Winston served parishes in the Dioceses of South Carolina, New York, and North Carolina before retiring from parish ministry in 2008 after fifteen years as rector of Christ Church in Raleigh, North Carolina. In midcourse, he earned a Ph.D. in Church History from Union Theological Seminary in New York City. For more than a decade, he has been involved in many ways with the Shalem Institute for Spiritual Formation, which for fifty years has been reclaiming the

Christian tradition of contemplative prayer and spirituality, teaching how to live and lead from the Spiritual Heart. Winston, Judy, and their daughter Julia all live in the Triangle, enjoying the beauty of the Carolinas.



Anti-racism: A Theological Grounding

January 21 and 28 at 9:30 am in 203

The recent report from our Anti-racist Congregation Committee (ARCC) set forth an ambitious vision for our community. While the work of becoming an anti-racist congregation is still coming into focus, the starting point for our faith community is clear:

we must build a shared Biblical and theo-ethical framework to ground us in the work ahead. Throughout this two-week series, we will explore a wide range of voices, as ancient as the writers of scripture and as contemporary as Christian social ethicists and liberation theologians responding to our current moment of racial reckoning. Together we will build a rich library of resources and a shared vocabulary to sustain us in our striving to become an anti-racist congregation. Led by Rev. Ian McPherson.



Pullen 101

Sundays, January 7 – February 18, at 9:30 am in 308

Are you thinking about joining Pullen, or want to learn more? Pullen 101 is a unique opportunity to hear from Pullen staff and members about our history, values and the ways we put our faith into action. The intimate 7-week class gives you an opportunity to ask questions and get to know other

people at the church. Pullen 101 is for those who are new to the community, thinking about joining or want to get a better sense of who we are. Pullen 101 will be held in room 203 on Sundays from 9:30-10:30 am, January 7 - February 18. Please register by January 1. You may register on Realm if you have an account, or email Chalice Overy at covey@pullen.org.



Exploring the Bible

Sundays January 7- May 19 at 9:30 am in 307 and on Zoom

Exploring the Bible is a Bible study class led by a rotating team of teachers, each leading several weeks to focus on various themes or Books of the Bible. The format involves some lecture and lots of open discussion. This class will be taught by Lisa Grabarek, Jim Jarrard, Katie

Founds, and Allen Page. These four offer a rich mix of life experiences in theological study, teaching, parish leadership, counseling, and social justice activism, which promises a rewarding and stimulating class experience. This class has no prerequisites; no Bible study experience is necessary. All are welcome to join us. Email Steve Smith at smith@mspraleigh.com to be included in the class emails for updates and Zoom link.

Joys and Concerns

Celebrating Joys

- We celebrate with Hilda Highfill who turned 100 on December 1;
- with Elena Ceberio who received the Church Women United 2023 Human Rights Award for her work in dismantling injustice in all forms;
- with Boyd Rogers and Linda Garrett who recently retired;
- with Allie Pruden who gained her National Board Teaching Certification;
- With Eric Rainey, who recently found out that he has been admitted to Duke Divinity School;
- Nicolas Lira, whose sister, Adrienne, gave birth to Sophia Elise Benoit on December 19;
- and with A Place at the Table, a pay-what-you-can restaurant that we support through our mission efforts. A Place at the Table was featured on the Kelly Clarkson show on December 22, receiving the Good Neighbor of the Year award. The recognition comes with a sizable award to help them continue their work.

Praying in Loss

- We pray for Lloyd Jones' niece, Megan and her family. Megan delivered her baby at 22 weeks and the baby did not survive.
- We pray for Lou Fabrizio in the death of his first cousin, Joan Serta-Moore, who died November 20th;
- and for Marcia Matthews and her family as they deal with the death of her nephew, Cody Matthews, who died late last month at the age of 29 in a tragic car accident in Texas. He leaves behind his wife and two boys, ages 5 and 9 months.

Praying with our Community

- We pray for Bill Gowan, who is recovering from eye surgery;
- for Elmer Johnson, who has been dealing with pain from vertebrae fractures and will remain in the health center at Springmoor;
- for Jeanne Sumpter, who has been in the health center at Springmoor recovering and will be moving to assisted living;
- for Pat Long, who recently became aware of a new health challenge and also has COVID;
- for Karla Oakley's sister, Julie, who is hospitalized with COVID;
- and for Sally Parr, who has been diagnosed with metastatic cancer of the colon, liver, and lymph nodes. Sally is not seeking treatment.

-Chalice Overy, Associate Pastor

Church wide

Pullen Events



The Table

Wednesdays at 5:30 pm in Finlator Hall

Join us at The Table this month! Our Wednesday evening begins with dinner from 5:30-6:15 pm, and continues with community celebrations, announcements and prayer before we move into our programming for the evening at 6:30 pm. We also offer activities for children and youth. Dinner is \$4 for children (grades K-5), and \$7 for youth (grades 6-12) and adults, with a \$24 cap per family. Check out what's going on in January at The Table!

January 3 - Strategic Plan Q & A Session

The Deacon Council is excited to announce the completion of the strategic plan and looks forward to presenting it to the membership for consideration and a vote at a special business meeting after worship on January 21. This gathering is one of two opportunities to ask questions about the plan ahead of the vote. Members of the Deacon Council will briefly describe the process that led to the strategic plan, but the focus will be on questions and answers about the Vision Statement and the Goals and Objectives. Both are available [on the website here](#). The Deacon Council encourages you to take advantage of this opportunity.

January 10 - Worship Lab: Taizé

The third installment in our worship lab series brings us a contemplative service from the Taizé community in France. The service features short songs sung repetitively, so that the simple messages of faith penetrate our hearts. The service also includes readings and a brief reflection.

January 17 - Thriving Together

Learn about the impact of stress on our bodies and brains, as well as the neuroscience behind stress and trauma; self-regulation skills for rapid relief of stress-related symptoms; and how to have an increased

sense of control over future wellness by understanding our “owner’s manual to the body’s threat and safety system.” Thriving Together is based on various public mental health models, including Reconnect for Resilience out of Asheville, NC, and the Community Resiliency Model, as well as dozens of other mental health theories and models. This introductory presentation is being offered by Tammy Blackard Cook, Licensed Clinical Social Worker and Pullen member.

January 24 - Cuba Update

Come hear about the most recent trip of Pullenites to Matanzas, Cuba! The group will share the history of our long-standing partnership with the ministry of the First Baptist Church of Matanzas and the community outreach of the Kairos Center. Gather with these travelers as we discern together how our congregation can remain in solidarity with our Cuban siblings' ongoing struggle for liberation.

January 31- Midwives of a Movement Film Screening

The feature documentary film chronicles the stories of the women who boldly birthed a movement to seek greater visibility and opportunities for women in the Southern Baptist Convention (SBC). Despite great opposition, their courage blazed pathways for advancing women in ministry and leadership among Baptists. Baptist Women in Ministry executive director Meredith Stone will join us for a conversation following the film. We will begin the screening at 6:00 pm and conclude at 8:00 pm to give time to view the entire film and engage in conversation.

February 7 - Pullen’s Got Talent Show

Do you sing, dance, write, or recite poetry? Do you play an instrument, create art, tell jokes or possess some obscure skill? Whatever it is, bring your talent to Carnegie Hall, I mean Finlator Hall, for Pullen's Got Talent on February 7! Please [sign up here](#) and tell us more about your act.

-[Chalice Overy](#), Associate Pastor



Pullen Mission Women

January 2nd at 10:00 am on Zoom

Please join our all-inclusive Pullen Mission Women's group at our monthly in-person or virtual Zoom meeting. Our next meeting is on Zoom on Tuesday, January 2 at 10 am. We are dedicated to supporting many service groups in the Raleigh area and socializing with warm and caring women. Please join us.

-[Marty Saunders](#) and [Sandra Brown](#)

Training for On-Call Infant Care Volunteers

January 7 at 12:15 pm in Finlator Hall (lunch will be provided!)

Nursery for infants and rising toddlers are needed on Sundays, 9:15-10:30 am and/or 10:30- Noon. We have babies at Pullen! In the event care is needed for Sundays at Pullen, we are looking for volunteers to be available (on call). On January 7, we will meet with all interested in holding, rocking, and caring for babies during Sunday Groups and worship. At the meeting, we will outline expectations and instructions for infant care. All volunteers must submit a background check and be familiar with Pullen's Safe Child Policies. You will be expected to be available on your assigned Sunday in the event care is needed. If you would love to be a part of little humans' lives, [please RSVP here](#).

-[Tommy Cook](#), Minister for Children and Their Families

Recycling Facility Tour- Are You Confused About What to Recycle?

January 12 at 9:30 am at 111 S Rogers Ln, Raleigh

Join the Earth Ministry Team on January 12th at 9:30 am for a one-hour visit to the Sonoco recycling facility in Raleigh. We will observe operations from a viewing room and learn what really can and can't be recycled. If you would like to carpool from Pullen, meet in the Pullen parking lot at 8:45 am. RSVP to Gail Powell at gspowell299@gmail.com by January 8.

-[Gail Powell](#)

Save the Date for Lay Leadership Training Day

Saturday, Feb 10, 9-12 pm

For all church officers, members of councils, committees, and coordinators. More details coming. Feel free to contact Kevin Neiley at kneiley1@gmail.com or Nancy Jones at nfjones@gmail.com.

-[Kevin Neiley](#) and [Nancy Jones](#)

Save the Date for New York Times bestselling author Cole Arthur Riley

February 16

Cole Arthur Riley is a writer and poet. She is the author of the NYT bestseller *This Here Flesh: Spirituality, Liberation and the Stories that Make Us*. Her writing has been featured in *The Atlantic*, *Guernica*, and *The Washington Post*. Cole is also the creator and writer of Black Liturgies, a project that integrates spiritual

practice with Black emotion, Black literature, and the Black body. She will be presenting on the theme *Dignity, Justice and Joy: Holding on to our Humanity in Challenging Times* at North Carolina Central at 2:00 pm and at Mt. Level Baptist Church in Durham at 7:00 pm. [More Info and Registration Link here](#)
-Chalice Overy, Associate Pastor

Save the Date for Pullen Outdoor Weekend!

May 24th -27th at Hanging Rock State Park

It may seem crazy to remind you this early, but campsites and cabins get snatched up early. How do we do this? Email me at kneiley1@gmail.com or call 919-622-4315 if you are interested. We (Shannon and I) match folks up on sites with other folks so we can fit in more people on the sites. Don't worry about sites. If you are interested in a cabin, you must reserve if there are any left! Please reach out by January 5th if you are interested in attending this year! We have lots of fun together and hope you can join us.

-Kevin Neiley

Pullen News

Save the Dates for the Strategic Plan

*Q&A Sessions January 3 at 6:00 pm in Finlator Hall and January 14 at 12:15 pm in the Chapel
Business Meeting January 21 at 12:15 pm in Finlator Hall*

The Deacon Council is excited to announce the completion of the strategic plan and looks forward to presenting it to the membership for consideration and approval. The plan is the result of collaboration between the Coordinating and Deacon councils, as well as input from individual members and the ministerial staff. You can access the two final documents for the plan, the [Vision Statement and Goals and Objectives, here](#). There will be a special business meeting after worship on January 21 for the membership to consider and vote on supporting the Vision Statement and Goals and Objectives.

Prior to the January 21 meeting, there will be two opportunities for Pullenites to participate in question-and-answer sessions. The first will be on Wednesday night, January 3, and the second will be offered after worship on January 14. You are encouraged to attend either or both sessions, regardless of whether you have questions and regardless of whether you are a church member. Members of the Coordinating and Deacon councils will be present to answer your questions about either the Vision Statement or Goals and Objectives.

Consideration of the Vision Statement and Goals and Objectives puts Pullen at a critical place in its history and for its future. In some ways, we would strengthen what we are already doing, and in other ways, we would redirect ourselves. Congregational support is absolutely essential. Therefore, we urge you to participate in the question-and-answer sessions and to attend the special business meeting after worship on January 21.

-The Deacon Council, [Lisa Grabarek](#) and [Nathan Powers](#), co-chairs

Wiley Partnership Update

Pullen's partnership with Wiley Elementary is active and thriving! This mission goes back to 2001, when Pullen established a weekly after-school tutoring program for 8-10 students each school year. During the pandemic, we paused the program for three years and resumed in January 2023 with a different look. Now tutoring takes place during school hours at Wiley.

Last spring, 10 adult Reading Partners met each week with 3 students to support a total of 22 students. Kathy Foglia, Wiley's literacy specialist, provided a simple-to-implement program in which students read passages aloud and then graph their progress. This semester, the program has expanded to 23 volunteers working with 40 students. Based on the spring semester data, very clear gains were made by the students in reading fluency; with additional months of support for the 23-24 school year, we can expect even larger gains.

Kathy reports that the students are enjoying their special one-on-one reading time with their Reading Partners. They are expressing joy and pride in their reading progress, and she is asked daily, "Is my Reading Partner coming today?" 😊

Mary Moore, one of our newer reading partners, says the tutoring is a time of joy for her, too. "The kids are wonderful, very engaged, and eager to learn. From my very first day of tutoring, I could see them learning new words and reading with more confidence. I love seeing the students smile as they chart their improvement."

The program wishes to thank Pullen for its financial support in 2023 that paid for the literacy curriculum, timers for tutor use, incentive stickers, and small holiday gifts for the students. Special thanks to our Pullen

tutors: Carol Ashcraft, Jeff Bond, Drew Foglia, Lynn Jarrard, Nancy Jones, Amy Marschall, Nadine Martin, Mary Moore, Marty Saunders, and Judy Williams. The other tutors include former Wiley parents, Forest Park residents, and family/friends of our tutors.

[- Judy Williams](#)

Loving-kindness Meditation for the World

January 17, January 31, February 14, February 28, March 13 and March 27 in the Chapel at 5:00 pm

Our world is currently in a state of unrest—unresolved conflict and wars leading to much suffering, polarized viewpoints spewing hatred into social media, devastation of our planet and beyond, and we could go on. With so much at stake and so little that any one person can do to change things externally, it is time to pray. Prayer can change the course of the world.

A few weeks ago, the Young-ish Adults presented an opportunity for the congregation to participate in a Loving-kindness meditation. There are many forms of this meditation, but one is:

May I be filled with Loving-Kindness

May I be safe

May I be peaceful and at ease

May I be happy

As this meditation is done, the meditator enters a state of relaxation that allows for more widening love. The "I" is then replaced with a subject for whom you are praying. It can be a single person, a group, or any other configuration that needs prayer.

The congregation is invited to gather for thirty minutes of loving-kindness meditation for the world six times during Epiphany. The dates are January 17, January 31, February 14, February 28, March 13, and March 27. We will gather in the Chapel at 5:00 pm and end at 5:30, just in time for you to attend the Wednesday night supper and program.

Let's change the world through our prayers!

[-Ann Eller](#)

Join the Youth and Adult Choirs at Festival in 2024!

Each year, the Youth Choir travels to Myrtle Beach, SC, and the Adult Choir to Charleston, SC, where we partner with other churches to provide the Festivals by the Sea. In 2024, the adult festival is January 26-28, and the youth festival is March 1-3. Consider joining the youth or adult choirs to enjoy these upcoming festivals that offer a retreat experience that includes fellowship, worship, and music-making with 250 other voices! Contact Minister of Music, Larry Schultz, for details (lschultz@pullen.org).

[-Larry Schultz](#), Minister of Music

Pullen Youth Ministry

We're starting the year off with new curriculum in youth group! This year will also bring winter and spring retreats, and BYC of course! Join us in 2024!

Youth Group (Wednesdays beginning January 3) - Citizen Redefined

Another presidential election is upon us, and while voting is a central civic duty, citizen power has never been limited to the ballot box. Wednesday nights this winter/spring, our youth will explore what it means "to be a citizen." According to author Eric Liu, this action-oriented understanding of democratic citizenship has nothing to do with documentation or legal status. In Liu's formula, a citizen is anyone who combines "power + character" in responsible ways. 2024 will be an important milestone in this fragile experiment in multiracial democracy we call the United States of America. How can our youngest leaders embrace their power, build moral character, and make our community stronger? Using Liu's formula at the heart of the Citizen Redefined curriculum (developed by his organization, Citizen University), our youth will define together what citizenship means and how they hope to use their civic power for the common good. This months-long program will culminate in a "Civic Confirmation" ceremony in which our youth will share their civic hopes, dreams, and commitments with our larger community as we look to this year's elections and beyond.

[-Jan McPherson](#), Minister of Social Justice and Students

Sunday Group (beginning January 7) - Faith & Social Justice

Join us on Sunday mornings as we engage scripture and the church calendar to learn about our faith, how it helps us confront the issues of our time, and what it means for how we show up in our everyday lives. We begin by checking in with each other, and usually find a fun way to get into the topic of the day. We strive for honest dialogue that is accessible no matter where you are on the spectrum of faith.

[-Chalice Overy](#), Associate Pastor

Kids Ministry



Pullen Kids Sunday Groups/Children's Choir: Imagine God!

Sundays at 9:30 am beginning in January 2024

Pullen's Children's Choir and Pullen Kids Sunday Groups will combine as older children open their imaginations and the Bible to explore many different ways to imagine the divine. Children will express gender-full, gender-fluid, and non-gender images of God through story, song, and creative arts as they learn the musical *Imagine God!* by Larry E. Schultz and Jann Aldredge-Clanton. Combining with multiple generations from January through May, the Children's Choir will sing

songs from the musical in worship services, and the entire musical will be presented for worship in Spring 2024. A parallel experience for younger children will occur as Music Discovery as kids enjoy the songs and activities from *Sing and Dance and Play with Joy!*, a curriculum created by Schultz and Aldredge-Clanton for Pullen children.

Sample Schedule:

9:30 am:

Older children (3-5) will meet in the Rehearsal Hall (Room 128-B)

Younger Children (K-2) will meet in Room 123

10:00 am:

All children will gather in Room 120 for theme-related activities

-[Tommy Cook](#), Minister with Children and Their Families, and [Larry Schultz](#), Minister of Music



Pullen's PALs (Parents and Littles)

January 20 (time and location tbd)

Are you the parent of a baby or toddler looking to connect with other parents at Pullen? Join the Pullen PALs (Parents And Littles)! Please contact Maggie Zeillmann at 919-757-3658 for more information.

-[Tommy Cook](#), Minister with Children and Their Families



Peace In/Peace Out Spring Kid's Camp for Children in 2nd-5th Grades

March 2- 3 at Camp New Hope in Chapel Hill (4805 NC-86)

Children will share an experience with each other and new friends as we join together for fun and explore inner and outer peace. The cost for the camp is \$60 per person, and signups begin in January!

-[Tommy Cook](#), Minister with Children and Their Families

Around the Pullen Community

Find More information about these opportunities at pullen.org/connect.

Peacemaking Summit around Gun Violence Prevention

at First Presbyterian Church of Raleigh (112 S Salisbury St) on January 20

[Learn More](#)

Community of the Cross of Nails: Litany of Reconciliation via Zoom

Third Tuesdays at 12:00-12:30 pm

[Learn More](#)

January Hope Center Update

2023 was a year of growth for us:



- We launched our doula program to offer advocacy and support to our clients who are expecting and improve maternal health outcomes for mothers and babies. Three of our Transition Program staff are now trained doulas. So far, we have supported three moms and helped deliver three healthy babies!
- We decided we needed new and better ways to help our clients reach their housing, education, and employment goals. Five of our program staff are now certified life coaches! These new techniques are essential for overcoming obstacles, setting goals, and discovering self.
- Our holiday Angel Tree program was a huge success and we want to thank Pullen Memorial Baptist Church for sponsoring several of our clients and making their Christmas wishes come true!

• Lastly, Happy New Year from all of the staff at The Hope Center at Pullen!

-***Brittney Sherley***, Hope Center Director of Development and Communications



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