

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

## A Daily Occurrence, A Never-Ending Impact

Over the holidays, my attention was devoted to reading Jonathan Weiner's *The Beak of the Finch: A Story of Evolution in Our Time*. The book follows the twenty-year careers of Rosemary and Peter Grant as they make an annual trek to the Galapagos Islands to observe the six species of ground finches first highlighted in the nineteenth century by Charles Darwin. The Grants detail a remarkable story of continual environmental changes that birth physical adaptations in the finches. A series of droughts and floods produced an altered version of the finches that was most noticeable in the beak. After the years of drought, the beaks became larger, and after successive yearly flooding, the beaks became smaller. The changes to the beaks were less than one millimeter, but this slight adaptation could mean the difference between life and death.

*“Creation is not a one-time event, but a daily occurrence manifest in every living creature.”*

work at Pullen. She has a history of adapting when other faith communities remain in stasis. She has continually made strong commitments to racial equality and the inclusion of people of varied sexual orientations and gender; she has opened her doors to the homeless and working poor; and she has advocated for the end of the death penalty and for the fair education of all students. Certainly, these are not all of her adaptations, but when put in dialogue with Darwin's theory, a new understanding prevails: The adaptation is not necessarily about the survival of an institution, it is about the survival of humanity.

Again we are seeing continual environmental changes that are affecting the humanity around us. Budgetary reductions to federal programs, lack of affordable housing, insufficient support of people leaving prison, and a quickly changing climate are acting in concert to enact devastation of myriad people. Pullen has already ventured into many of these arenas with our work of Round Table, Support Circles, and Care of Creation. We are looking at ways to support this work with sister congregations and like-minded institutions. We are also in need of volunteers in all these arenas as we look to being a vital source of respite for those caught in the throws of this environment.

The epilogue of Weiner's book lays out one of the most profound theological statements made in recent literature. “Creation is not a one-time event, but a daily occurrence manifest in every living creature.” There was a sense of awe when I

read these words penned by a scientist. Easily the realization unfolded that adaptation is not about succumbing to a pressure, but about making a new way. Certainly, this will also be part of our missions and outreach work at Pullen. We will make new ways of caring, new ways of loving, and new ways of being inclusive and hospitable because, for humanity, it is the difference between life and death. We will look around us and, together, discover new ways of being.

—Brian Crisp

### Opportunities for Racial Equity Learning

On behalf of Raleigh Organizing Against Racism (ROAR), I want to invite my fellow Pullenites to several opportunities in 2019 to attend a two-day workshop in Raleigh led by fantastic trainers with the Racial Equity Institute out of Greensboro. Focused on a historical, cultural, structural and institutional analysis of race and racism in the United States, combined with personal perspectives of attendees, this interactive learning opportunity is transformative—and fundamental to developing an understanding of how in America today, even with changes in law and policy, we continue to see inequitable outcomes across every system. ROAR, which had its formative meetings in the library at Pullen in 2014, has been hosting these workshops since that time because we believe with an understanding of how institutions and systems are producing inequitable outcomes, participants are better equipped to work for change. More importantly, if we think we're doing “something” but are not clear about the history, structure, and economics of racism, we may be doing more harm than good. For a schedule of 2019 workshops open for registration in Raleigh and throughout the Triangle, please go to [www.oaralliance.org](http://www.oaralliance.org). ROAR works in partnership with other Triangle communities to present these workshops, which fill up quickly. Cost is \$295 per person, \$275 for groups of three or more, or \$175 for students. Scholarships are available on a sliding scale basis. We also provide a workshop each summer at Pullen for Youth, generally ages 14-18.

At this time, Pullen is the location for two of our 2019 workshops, and since ROAR provides two free seats at each workshop held by an organization, there are two FREE seats available to Pullen members for the March 15-16 workshop (Adults only) and for the July 19-20 workshop (Youth only). These are first come, first served, so please email Cas Shearin, [cshearin@mindspring.com](mailto:cshearin@mindspring.com), if you want to claim one of these seats. Also, if you want to learn more about the workshops, please email or call me (919-274-8338). Hope to see you at a 2019 workshop!

—Cas Shearin

# Opportunities to Connect, Serve, Learn and Grow at Pullen

## Want to Know More About Pullen?

Pullen 101, the eight-week introduction to our church, will begin again on Sunday, January 6 at 9:30 a.m. in Room 203 next to the sanctuary. All are welcome to join us during the Sunday Group hour for this orientation to the life and ministries of Pullen. For more information or to let us know you plan to attend, contact me at [covery@pullen.org](mailto:covery@pullen.org) or 919-828-0897x214.

—Chalice Overy

### LGBTQIA+ Christmas Potluck Party Rescheduled to January 6



What was going to be the LGBTQ Christmas Potluck has now become the LGBTQ

Epiphany Potluck, due to the snowstorm in early December. Get to know more Pullenites at this fun, casual holiday gathering on Sunday, January 6 at 6 p.m.

Pat Hielscher and Brooks Wicker invite you to their home at 1333 Diehl Street in Raleigh. Bring a dish or two to share. Children are welcome. Call 919-833-4950 or mobile 919-418-0924 with questions. This is a great way to continue the season's celebration and spend quality time with Pullen people. Happy New Year!

—Pat, Brooks & the LGBTQIA+ Committee

## Pullen Women's Group

The next get together for the Pullen Women's Group is Tuesday, January 8, at Centro (106 S. Wilmington Street). All women are invited. We get to know each other and enjoy casual conversations and drinks. RSVP to 919-360-0975 or [Rita.blue@hotmail.com](mailto:Rita.blue@hotmail.com) so we know how big of a table to reserve. I hope to see you there.

—Rita Rakestraw

## Please and Thank You

As a kid, I never saw the point of thank you notes, but after nearly three decades in the South, I have seen the light. Whenever one of those tiny envelopes arrives in the mail, my smile gets wider and my day seems brighter. I've also grown to enjoy sending them. Slowly writing out a note gives me an opportunity to consider how much the giver and their gift means to me.

That's why I'd like to thank everyone who has already turned in their pledge for 2019. Your faithful financial gift will help keep the lights on and the sanctuary toasty warm this winter. It will help our volunteers serve roughly two hundred hot meals every week to our Round Table guests. It will support our staff as they teach our children, visit our elders and lead us in joyful music. It will provide vital aid to our sister churches and faith partners here in the U.S. and around the world.

But while I am thankful for these financial commitments, Pullen's budget for 2019 isn't yet pledged. This church community needs your help—and your pledge—so it can continue its many good works. To submit a pledge, please visit [pullen.org/pledge](http://pullen.org/pledge) or email Brooks Wicker at [bwicker@pullen.org](mailto:bwicker@pullen.org).

—Amber Keister

### 2019 Budget Pledging

2019 Budget:	\$	1,117,901
Pledged to Date:	\$	820,213
Percent Pledged:		73.37%
<b>214 Pledges Made</b>		

## Juice & Sausages Always Needed

A group of dedicated volunteers recently packed over 1100 lunches for the Round Table Ministry. We are now collecting items for the next packing and need cans of Vienna sausages and individual-sized juice pouches or boxes. Any items you can contribute will enable us to pack more lunches for our Round Table guests. Please place your contributions in the blue wagon outside the church office or drop them off with back door volunteers on Sunday mornings. Thank you for your generosity.

—Nancy Bradley

## Meditation Group Schedule

As we begin 2019, let us renew our commitment to allowing time in our busy lives for silence. To help you in that effort, Pullen continues its meditation in the chapel on the first and third Sundays of each month. After a few months of trying our meeting time at 1:30, we are moving it back to 2:00–3:00. Here are the dates beginning in January:

- ♥ January 6
- ♥ January 20
- ♥ February 3
- ♥ February 17
- ♥ March 3
- ♥ March 17
- ♥ April 7

We hope to see you there. Blessings.

—Karla Oakley and Ann Eller

## Inclement Weather Policy at Pullen

With the possibility of winter weather upon us, it is a good time for a refresher on Pullen's inclement weather policy. Our custom is that Sunday morning worship will be held for any members who are able to attend and will not be cancelled except in extreme circumstances. Our practice for events, meetings, and office hours follows the lead of the Wake County school system. With rare exceptions, if Wake County schools are closed, then the church office will be closed and weekday events and meetings cancelled. If the schools have a delayed opening, our office opening will also be delayed. If church activities are cancelled, a notice will be posted on WRAL and WTVD. In addition, unless extreme circumstances prevent, a message will be recorded on the church answering machine and at the top of our website. We will also send a church-wide email if circumstances allow. If you are in doubt about the status of worship or an event, you may call the church office to listen to the recording, watch the announcements on WRAL, or look for a notice at [www.pullen.org](http://www.pullen.org).

—Church Staff

## Pullen People

### We Grieve With:

- ☞ The family of Marion Gwyn. Her memorial service was held at Pullen Saturday, January 5.
- ☞ Toni Whitaker in the death of her father, Percell Whitaker. Services for Mr. Whitaker were held on December 29 in Rocky Mount.
- ☞ Joyce and Vic Correll in the death of Bill, husband to Joyce and father to Vic. Bill's memorial service was held December 17.
- ☞ The family of Jane Wilmot, who died in early December. A memorial service celebrating her life was held on December 19 in Poteat Chapel.
- ☞ Rob Schofield in the death of his father, Phil Schofield.
- ☞ Melissa Michener in the death of her mother, Louise Powell.
- ☞ Theresa Riggins in the death of her mother, Sylvia Riggins.
- ☞ Kiara Ruth in the death of her grandmother, Quilla Lanes Guiden.
- ☞ The family of the Rev. Vernon Tyson, who died on December 29. Vernon Tyson was a Methodist minister serving churches throughout NC during the civil rights movement and worked tirelessly for racial reconciliation in the churches he served in the South.

### We Celebrate With:

- ☞ Stephen Toth and Ern Roberts who were married on December 22 at Pullen.

## Welcome Mary Pat to Our Staff

We are excited to have hired a part-time receptionist, Mary Pat Peters. She is a recently retired Montessori teacher and a member of Umstead UCC. Mary Pat is also a certified landscape designer with her own business, CenterPeace Garden Design, LLC. In her free time she enjoys hiking, kayaking, gardening, singing, and reading, as well as spending time with her husband Dan and her sweet dog Kelsey. She is also the sister of Grace Evans (for that moment when you meet her and think, "Gee, she looks very familiar!")

Note that this position is, at this time, a temporary position. Until our 2019 budget is fully pledged, none of us can guarantee that we will have the funding to support this position past February. We are hopeful!

Mary Pat will work the 8:30-12:30 shift each weekday. If you are at church during these hours, please stop by the office to introduce yourself.

—Brooks Wicker

January 6, 2019

## Pullen People

### Mental Health Advocates Meeting at Pullen

NAMI (National Alliance on Mental Illness) will be holding weekly 'Peer to Peer' group course sessions on Monday evenings beginning January 21, 6:30-8:30 p.m. in Room 203.

NAMI Peer-to-Peer is a free, 8-session course for adults, age 18 and older, living with mental health challenges to help them better understand their condition and work toward recovery. NAMI Peer-to-Peer provides an educational setting focused on a recovery plan that offers respect, understanding, encouragement and hope.

The NAMI Peer-to-Peer education program is:

- ♥ Free and confidential, a shared experience with peers working toward recovery.
- ♥ Held for 8 weeks for two hours per week.
- ♥ Taught by trained Peer Mentors living in recovery themselves and who understand what it is like.
- ♥ A great resource for information on mental health and recovery and how to stick to your plan.

Send an email to [education@nami-wake.org](mailto:education@nami-wake.org) to register or submit any questions. Additional information may be found at [www.nami-wake.org](http://www.nami-wake.org). For any immediate questions contact Gary Landis at [ira.landis@gmail.com](mailto:ira.landis@gmail.com). Please include a call back number if there is anything you would like to discuss.

—Gary Landis

### Another Staff Transition

I am sad that David Anderson has submitted his resignation as Pullen's communications specialist. David's last day in this role is January 20. I know that you will join me in thanking David for his help in keeping our faith community informed and connected. Please continue, even after January 20, to submit articles for our various publications to [news@pullen.org](mailto:news@pullen.org). See the following article for a few words from David.

—Brooks Wicker

#### Farewell From David:

For a little over a year, I have had the privilege of compiling the *PullenNews* and the *Sunday Update* while working part-time as Pullen's communication specialist. This will be the final edition of the newsletter I put together, as I leave my part-time job at Pullen to begin a new career as a real estate agent with Allen Tate Realtors.

I first joined the Pullen staff in 2011 as Community Minister. I resigned that job at the end of 2015 to be a stay-at-home dad to Samuel and Eliana, and later came back into this communications job as a 12-hour per week position.

The thread I find between these transitions is my personal exploration of the meaning of "home." My ministry focused on providing a sense of belonging to people experiencing homelessness. Then, with two young children, I dove into the task of being a homemaker for my family. In 2019, I look forward to helping clients clarify, and hopefully realize, their own unique vision of "home."

I am grateful for the opportunity to serve on staff at Pullen during these different seasons, and look forward to making our church my faith home for many years to come.

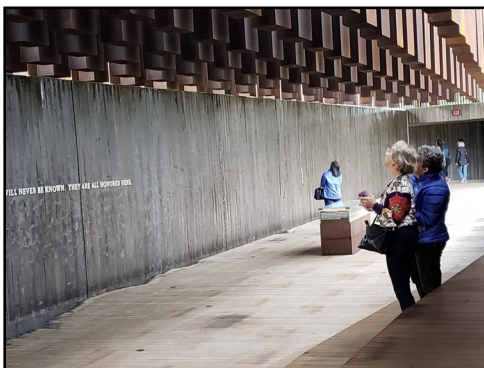
# Wednesday Nights at Pullen

We can't wait to see you on Wednesdays in 2019! We've scheduled presenters to keep you informed about and engaged in what's going on in our church. And, of course, we'll have the same food and fellowship that makes Wednesday nights a wonderful time to gather. Remember, dinner is served from 5:15 to 6:00 p.m. The cost is \$6 for youth and adults and \$3 for children in kindergarten through fifth grade. The family maximum is \$20. We also have programming for children and youth each night.

## Adults' Wednesday Night Series

We'll begin with a series on activism!

### January 9 – Memories from Montgomery



Pullen members will share their experience engaging faith and race this past fall and the culminating trip to The National Memorial for Peace and Justice (Lynching Memorial).

### January 16 – Faith & Activism

Rev. Nelson Johnson and Joyce Johnson of the Beloved Community of Greensboro, NC will talk about their lifelong activism fueled by their deep faith.

In 1979, Nelson Johnson led the labor and civil rights march that ended with five deaths and became known as “the Greensboro Massacre.” In 2004, Johnson and his wife, Joyce, launched an unprecedented American experiment to deal with the confusion, hurt, blame and injustice rooted in that fateful day.



### January 23 – Witness: On Pastoral Activism

From marriage equality to immigration, Isaac Villegas, Pastor of Chapel Hill Mennonite, will offer reflections on his pastoral activism as a form of Christian witness.



### January 30 – The Making of an Activist

Pullenites engaged in activism will join a panel discussion talking about the work they're doing and the journey that led them there.

## Wednesday Nights for Children

Childcare is always available for our youngest children. School-age children (grades K-5) are invited to develop their musical skills through Music Discovery or the Children's Choir. This time is followed by Micah Kids, where children learn to live out the message of Micah 6:8. Activities are designed to help each child deepen their relationship with God and understand how they can make a difference in their family, community, and world—right now.

- ♥ Childcare (preschool) 6:00-7:30 p.m.
- ♥ Music 5:45-6:15 p.m.
- ♥ Micah Kids 6:15-7:30 p.m.

## Programs for Youth (Grades 6-12)

Wednesday Night Live 6:00-7:30 p.m.

This is a space for teens to be in community with one another, have fun together, and engage topics about everyday life.

## Music Ministry at Pullen

### Experience Communal Music-Making in 2019

All are invited and welcomed to experience the joy of communal music-making by participating in a Pullen Music Ministry Group. In this new year, participate with the Chancel, Youth or Children's Choirs in leading Sunday worship, attending festival retreats, and singing a spring concert to benefit The Hope Center; play your instrument with the Pullen Orchestra; or involve your young children in Music Discovery. See the church website and calendar for group schedules.

### Youth Choir Begins Sunday, January 6

Pullen's Youth Choir meets from January through May each year and participates in Pullen worship services, the Youth *Festival by the Sea* in Myrtle Beach, and in May will sing in a *Concert for a Cause* benefitting the Hope Center at Pullen. Following worship and lunch with friends, join us each Sunday from 1:15-2:00 p.m. in the Rehearsal Hall. All 6<sup>th</sup>-12<sup>th</sup> Graders are invited to participate!

### Save the Date: May 5, 4:00 PM

#### *Concert for a Cause*

#### Benefitting The Hope Center at Pullen

Sponsored by the music ministries of Pullen Memorial Baptist and the Kirk of Kildaire Presbyterian churches.

The concert, held at Kirk of Kildaire Presbyterian in Cary, will feature the popular *Song of Wisdom from Old Turtle*, a setting of Douglas Wood's book by Joseph Martin, presented by storyteller, orchestra, and the combined adult and youth choirs of Pullen and the Kirk.

—Larry Schultz

## Children & Youth at Pullen

### Parent and Children's Night Next Friday

Friday, January 11 @ 6:30 p.m.

# Winter Family Night

Parents of preschoolers and children up to 5th Grade, make plans to join us in Finlator Hall. We will share family-fun time! We will share Pullen's love for children! Preschoolers & children will be dismissed for supervised fun while par-

ents and caregivers will be lead in a discussion about helping children with disability awareness, compassion and making friends in the classroom. The discussion will be led by Vickie Leigh. We will share a family meal together. A \$5 donation is requested to offset the cost of the meal, but do not let cost be an obstacle.

—Tommy Cook

### Children & Youth Volunteer Lunch Sunday

Sunday, January 6 after Worship

This lunch will be for all Pullen volunteers who serve our younger Pullenites, from infants to high school graduates. ALSO, if you are interested in being a part of the Children or Youth Ministry volunteers, please join us and find out where you can fit in!

Please contact Tommy Cook at [tcCook@pullen.org](mailto:tcCook@pullen.org) or Bryan Lee at [blee@pullen.org](mailto:blee@pullen.org) with questions and to let us know if you're coming.

—Tommy Cook



### Save the Date

Children's Summer Day Camp at Pullen

June 24-28, 2019  
9 AM - 5 PM

For children currently in Kindergarten - 5th Grades.

January 6, 2019

## Pullen Community Partners

### Hear from Rabbi Eric Solomon Wednesday



On Wednesday morning, January 9, Rabbi Eric Solomon will be the speaker at our monthly Congregations for Social Justice meeting. Rabbi Solomon will reflect on the challenges facing the Jewish community and how people of other faiths can support them and other faith groups being targeted in these days.

We will gather at 8:30 a.m. at Holy Trinity Lutheran Church located at 2723 Clark Avenue (corner of Clark and Brooks). There is parking behind the church and across Clark Avenue. Coffee and light breakfast snacks will be served.

Even if you have never attended a CSJ meeting, you will be welcomed into this important conversation. Join us!

—Cathy Tamsberg

### Advent Mission Offering Collection Continues Through 1/31: Help Our International Partners

Our offering will go to places around the world where your contributions can make a big difference. Our partners and friends will be grateful for your help in supporting their important ministries. Offering envelopes can be found in the pew racks. Receipts not otherwise designated will be divided equally among our five international partners:

- First Baptist Church of Matanzas, Cuba;
- Peace Cathedral of Tbilisi, Republic of Georgia;
- AMOS Health and Hope in Nicaragua;
- Community of the Cross of Nails based in Coventry, UK;
- Zimbabwe Theological Seminary in Gueru, Zimbabwe.

—Brian Crisp

### Healing Beyond Words

Have you ever wondered about the connection between your physical body and your energy body? Have you ever wondered what this even means?

The Spiritual Life group invites you to explore these connections and experience a session of gentle body work by practitioners of the healing arts.

Sessions will be held Saturday, February 2 in the Potat Chapel at Pullen Memorial Baptist Church scheduled at 1:00, 2:00 and 3:00. Call or text Andy Bayard 919-758-9098 with questions or to register. There is no charge, but donations may be made to the Hope Center.

Practitioners offering sessions are: Susan Arendell, Andy Bayard, Suzanne Hayes and Rachel Smith. Each session involves gentle touch, lasts approximately 45 minutes and is conducted mostly in silence while recipients lay fully clothed on a massage table.

We hope you will leave your session feeling more in balance, with a sense of deep relaxation and greater calm.

—Rachel Smith

# Care of Creation Monthly Challenge: Energy Efficiency

As a child I remember my grandfather yelling at me to close the refrigerator door, which I was holding open to decide on a snack. "You're wasting electricity!" he said. I'm pretty sure that Grandpa, who came of age during the Great Depression, was concerned about wasting money, not about climate change or carbon footprints.

An individual's carbon footprint is an estimate of the amount of carbon dioxide and other carbon compounds emitted as a result of our lifestyle choices. Our carbon footprints can be seen as rough indicators of our contribution to climate change.

Why should we as Christians care about climate change? Christmas reminds us that God is our loving Creator, who sent his Son to all of us so we can love each other as sisters and brothers. And climate change is perhaps the ultimate social justice issue. Our brothers and sisters who are least responsible for emitting greenhouse gases are the ones suffering the most.

Extreme temperature swings, drought and storms are causing record levels of devastation globally. Poor people in tropical countries are experiencing more extreme effects of climate change in the form of heat, drought and storms. And when temperatures are unbearable, crops are ruined and homes are devastated, people with no resources die or are forced to migrate.

There are 7.7 billion people inhabiting our planet. We each have energy needs. We each leave an environmental footprint on this planet. The size of our individual footprint is determined by our personal lifestyle choices. Start to pay closer attention to just how much energy you use. Ask yourself, "Is it all necessary? How can I reduce my use of energy?"

In 2018, 56% of NC's electrical energy was generated from fossil fuels (coal: 26%,

natural gas: 30%, nuclear power: 32%, solar: 10%). Burning fossil fuels adds carbon dioxide (CO<sub>2</sub>) to the atmosphere that contributes to global warming and climate change. By reducing our dependence on fossil fuel-based energy sources, we can each help address these serious challenges.

Solar and wind energy are promising, clean, cost-competitive alternatives to meeting our energy needs. Solar power is rapidly growing across the nation and around the world. North Carolina is the second largest producer of utility scale solar energy in the United States, second only to California. We must encourage our legislators to rapidly expand the use of solar and wind energy as we quickly phase out coal and natural gas facilities.

Why should you consider a solar system for your energy needs? There has never been a better time in North Carolina to consider solar energy for your home, business or church. Currently, the federal government offers a 30% tax rebate on the cost of residential solar systems. In addition, Duke Energy Progress has a rebate plan that may cover up to \$6,000 of the cost of your system. [www.duke-energy.com/home/products/renewable-energy/nc-solar-rebates](http://www.duke-energy.com/home/products/renewable-energy/nc-solar-rebates). You can learn more about solar systems and compare quotes from solar companies at [energysage.com](http://energysage.com). There are several highly experienced, reputable, well-established local businesses in our area.

About 30% of U.S. CO<sub>2</sub> emissions come from transportation. In 2017, the US consumed 143 billion gallons of gasoline. Every gallon of gasoline, added an astonishing 19.6 lbs of CO<sub>2</sub> to the atmosphere! In 2016, American cars released more than 1,100 metric tons of CO<sub>2</sub> into the atmosphere. The U.S. has 4.3% of the world population, yet we consume 20% of the world's petroleum!

We must each challenge ourselves to rethink our approach to transportation! While mass transit is not yet convenient for many people in our area, smaller cars with higher fuel efficiency ratings and hybrid and electric cars are available and affordable. Consider sacrificing the comforts of larger cars as a way to slow climate change.

Here are some ideas to help reduce your use of energy. If this list overwhelms you, start with three or four new actions from the list. Choose things that are the easiest to do first. As you successfully implement those actions, choose several more ideas from the list. Think of this as a journey and a challenge toward sustainable living.

## Electricity

- Replace all (or at least your most frequently used light bulbs) with LED bulbs. They will save energy and money!
- Turn off lights, computers, TVs, and electronics when not in use.
- Unplug TVs, DVD players, electronics and cell phone chargers when not in use. Many of these draw electricity even when not in use. Consider plugging them into a surge protector strip to make it easier to turn off all electronic devices simultaneously.
- Replace your old refrigerator and other appliances with new Energy Star models.
- Clean the coils on your refrigerator periodically.
- Line dry some or all of your laundry.
- Contribute to NC Green Power - a program that promotes development of clean energy sources. ([www.duke-energy.com/home/products/renewable-energy/nc-greenpower](http://www.duke-energy.com/home/products/renewable-energy/nc-greenpower))

## Hot Water

- Use cold-cold cycle for laundry.
- Take shorter showers.
- Use low-flow shower heads.
- Insulate your water heater and wrap your hot water pipes with insulating tape.
- Set the temperature on your water heater to no higher than 120° F.
- Run the dishwasher and washing machine only when you have a full load.

## Heating and Cooling

- Investigate the possibility of solar power for your home.
- Contact Duke Progress Energy about a free home energy audit.
- Turn your thermostat up 2 to 3 degrees in summer and use fans to compensate. Fans provide cooling without consuming much electricity.
- Turn your thermostat down 2 to 3 degrees in winter. Wear a sweater to compensate.
- Install energy saving programmable thermostats.
- Seal drafty windows and doors.
- Keep your heating and cooling systems properly maintained to maximize efficiency.
- Change air filters monthly.
- Gas logs and wood burning fireplaces are delightful ways to stay warm in the winter. But both these fuels produce CO<sub>2</sub> emissions. If you use these as a source of heat, think about wearing an extra sweater to reduce the amount of fuel you consume.

—Care of Creation  
Advocacy Group,  
Gail Powell & Sheila Read

# Pullen Partners in the Community



Happy New Year! We hope you had a holiday season full of joy and peace.

## The Hope Center has a New Executive Director!

Meredith Yuckman has been named to the position and took the reins beginning January 2. Many of you already know Meredith and her commitment to our work. She has served as the Program Coordinator for The Hope Center since 2014, spearheading the development of the Tutoring and Internship Programs that prepare young people in foster care for a successful transition to adulthood. She is ready for his new chapter and the Board and staff are thrilled to have her at the helm. Meredith remarked, "It is an honor to be chosen to lead such a vibrant organization. I am grateful for the opportunity



to continue serving The Hope Center at Pullen as we light a path toward a safe and stable future for former foster youth." Please join us in congratulating Meredith and celebrating this good news!

## Thank You!

We are so grateful for the generosity you've shown during the holidays and all year long.

In December alone, you donated to the Annual Appeal and showered our young people with Angel Tree gifts that brought joy to them and their families. Thank you!

We also can't thank you enough for opening Finlator Hall and the rest of the church to our work. We were able to host two holiday parties in Finlator this year and, as most of you know, we now host LINKS on Tuesday evenings during the school year. We'd especially like to thank Brooks, Warren and Sylvanda for helping us schedule, prepare for and host our young people in the space.

Our work, quite literally, would not be possible without this level of support and commitment from you! It is an honor to partner with you in serving our young people. We are so grateful.



## Hope for the Holidays

Pullen members and cousins, Patrick and Denise, contacted us earlier this year because they wanted to highlight our work in a holiday party! We quickly agreed and Hope for the Holidays, a black-tie party and fundraiser, took place on December 8. The party was co-hosted by: John & Denise Stevens, Patrick Michael & Michael Carrol, Trae & Katie Myers, Kevin & Chrissi McCallister and Dan Bishop & Kathryn Schley.

The hosts stopped by LINKS on Tuesday, December 18, and presented their donation. We are so grateful for their support and look forward to using the funds to help our young people get a jumpstart on achieving their goals in the new year!



—Hope Center Staff

## CSJ Annual Dinner on Monday, February 4



Please consider representing Pullen at this important event in early February. 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 4 at 6:00 p.m. at Highland United Methodist Church, 1901 Ridge Road.

Tom Campbell, NC Hall of Fame broadcaster and moderator of the WUNC weekly program NC SPIN, will be our speaker. He will share what he's learned from more than 1,000 episodes featuring balanced discussion by experts and thought leaders on different sides of current events and important issues in our state.

Usually attended by 125+ people, the CSJ annual meeting is a meaningful opportunity to deepen our relationships with clergy and laity from other faith communities and encourage each other in our witness for social justice. CSJ's annual Social Justice Award will also be given on this evening to an unsung faith community that is working hard to better the lives of our community's most vulnerable citizens. The cost of the dinner is \$15 paid at the door.

If you'd like to attend, please email Cathy Tamsberg at [ctamsberg@nc.rr.com](mailto:ctamsberg@nc.rr.com) by Monday, January 28. We'd love to have you join us!

—Cathy Tamsberg

# Pullen Memorial Baptist Church

## Call for Donations to Take to Cuba in March

Pullenites will be traveling to Cuba in March and ask for your help in collecting the following items to be taken to our sister congregation, La Primera Iglesia Bautista of Matanzas, Cuba. Both generic brands and name brand items are welcome.

Items can be found and registered on Sign Up Genius: [www.signupgenius.com/go/60b0c4fafa9283-requests](http://www.signupgenius.com/go/60b0c4fafa9283-requests)

These items include:

- Rechargeable AA batteries with charger
- AAA batteries
- 2 bicycle Tires MTB 24' x 12 vel
- 2 inner tubes MTB 24 x 12 vel
- 3 Microphone cables
- 2 microphones
- Scotch Tape
- Masking Tape
- Duct Tape
- Elmer's glue
- stickers
- All kinds of trash bags
- Plastic grocery bags
- Rubber bands
- Travel-size Toiletries
- staples
- colored construction paper
- origami paper
- Bulb for their projector (Epson model #H331A)
- Tri color ink cartridge: HP 22
- Laser Printer Toner: Samsung . SCX-4300
- Asthma apparatus with Fluticasone
- Anti-allergy: Cetirizine, Benadryl, Loratadine, Phenylephrine
- Decongestants
- Antihistamines
- Antibiotic drops for eyes
- Eye drops for allergies
- Disposable needles for insulin normal and large 20 ml & 15 ml
- Analgesic
- aspirin, ibuprofen, acetaminophen, acetaminophen with methocarbamol, naproxen sodium
- Glucosamine with chondroitin, excedrin, analgesic cream
- Vitamins: Vitamin C is particularly hard to find now, Multivitamins for kids and adults, vitamin E, Calcium with Vitamin D.
- Digestive meds: Esomeprazol, Meprazol, Ranitidina, Antacids Pepto Bismol, Imodium, Metoclopramida
- Probiotics
- Antibiotic cream (neosporin)

Please bring all donations to Brian Crisp's office by March 17.

—Cuba Mission Group

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