



Pullen News

JUNE 5, 2020

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

What Can We Do?

It is a refrain, a question, I get asked daily. So I am giving my space over this month to Corinne Shutack who writes for the website Medium.com. She first published an article called “75 Things White People Can Do for Racial Justice” in August of 2017. Since that time, the article has been updated continually to ensure each item is accurate and needed today. Space does not allow me to include the entire article. So, I am including the first 11 suggestions she offers. There *is something we can do!!!*

1. Google whether your local police department currently outfits all on-duty police officers with a body-worn camera and requires that the body-worn camera be turned on immediately when officers respond to a police call. If they don't, write to your city or town government representative and police chief to advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
2. Google whether your city or town currently employs evidence-based police de-escalation trainings. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
3. More and more stories of black folks encountering racism are being documented and shared through social media — whether it's at a hotel, with the police, in a coffee shop, at a school, etc. When you see such a post, call the organization, company, or institution involved to tell them how upset you are. Then share the post along with the institution's contact information, spreading the word about what happened and encouraging others to contact the institution as well. Whether the company initiated the event or failed to protect a POC during an onslaught by a third party, they need to hear from us.
4. If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.
5. If you or a friend or family member is an educator, watch or share this [video](#) of Neil deGrasse Tyson speaking about his experience as a black student telling people he wanted to be a scientist and astrophysicist. Tyson's experience reminds me of a black friend whose high school teachers tried to dissuade her from taking AP classes, because, with the best of intentions, they thought the AP classes would be “too much” for her. Be an educator who supports and encourages, not one who dissuades. Talk to educators you know about being educators who support and encourage, not educators who dissuade.
6. Work on ensuring that black educators are hired where black children are being taught. If you want to know more about why and how this makes a difference for black children, check out [this episode of Malcolm Gladwell's podcast](#). There are some really good nuggets in there about how schools can support the achievement of black students — from ensuring black students aren't closed out of gifted programs by using test results instead of white teachers' recommendations to the influence that having a black teacher has on a black student's education to the importance to fostering a school ethos wherein black students think, “This school is here for me.”
7. Many companies have recruiting channels that are predominantly white. Work with your HR department to recruit Americans who are descendants of enslaved Africans. Recruiting from HBCUs is a good start. Work to put descendants of enslaved Africans already hired under supportive managers.
8. Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), [Equal Justice Initiative](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.
9. Support black businesses. Find them on [WeBuyBlack](#), [The Black Wallet](#), and [Official Black Wall Street](#).
10. Bank black. It doesn't have to be all of your checking or savings. Opening up an account with some money is better than no account at all. You can use the link from #9 (type “banking” in the Category field) or [this site](#) to find a bank. At the very least, move some or all of your checking, savings, mortgage, etc out of Wells Fargo as a part of the [divestment movement to protect Standing Rock](#).
11. Don't buy from companies that use prison labor. Find a good list [here](#).

-Nancy

June News Inside:

- Books, The Table, Hope Center page 2
- Pullen News, Joys & Concerns, page 3
- Abbey update, Care of Creation page 4



Pullen Book Exchange

With libraries closed and wallets tight, book lovers are trying to figure out how they will get their fix. For many, the solution will be one that has become our default during the pandemic: 'going digital'. There are many books in the public domain that are available online for free. Here are some digital solutions you might want to explore:



Ebooks

- ♦ [Google Books](#) will allow you to search their catalog exclusively for free books in the search options.
- ♦ [Project Gutenberg](#) has a large selection of free books that you can download to your PC or eReader.
- ♦ [Kindle](#) and [Nook](#) allow you to share your ebooks with friends, and you never have to worry about getting them back! Want to share with Pullen friends? List your digital loans on our [exchange](#).
- ♦ [Wake County Public Library](#) (and others) also have electronic books and magazines available to check out with the [libby app](#).

Audiobooks

- ♦ [Audible](#) is making hundreds of books available to kids and teens.
- ♦ [LibriVox](#) offers options for adults.

If an important part of your reading experience is feeling the pages between your fingers we have another solution for you--a non-contact book exchange. Simply fill out this [form](#) by June 15 to let us know what books you are willing to contribute to the exchange. We will compile them in a spreadsheet where participants can sign up for the book(s) they want to read. Then you deliver your book(s) to the first person on the list (without direct contact). When that person has finished reading, they will deliver it to the next person on the list, and so on. We will also list ebooks on this exchange for those who can access them.

If you do not have access to a computer or need assistance with delivery, contact Chalice at 919-475-2167.
-Chalice Overy, for the Congregational Care Council

The Table— June 17!

Wednesday Night at the (Virtual) Table

Do you miss seeing your Pullen friends? Join us on June 17 from 6:30-7:30 pm via Zoom for a time to connect! We will acknowledge birthdays and share joys and concerns before breaking up into smaller groups for more intimate conversation. In order to join this conversation, you will need to register. Simply click this [link](#) to register by June 16.

I hope to see your face in the place!

-Chalice Overy



The Hope Center

Remote Programming Update.

Our Youth Programs staff are piloting a "Get Outside for a Bit" virtual summer camp that combines coding with opportunities to explore outside. The camps are filling up fast. They are an extension of coding activities that our teens have been participating in through online LINKS Academy sessions. We can't wait to see them again in person when it is safe, but are really proud of them for how they've adapted to the changes. A foundation of coding skills will be such a benefit to them in the future.



Mask Donations. We have a need for 150 cloth masks and 100 disposable masks. Cloth masks will be distributed to our teens, young adults and the children of our young adults for general use in the community. We'll also keep a basket of disposable masks in the office to ensure that we'll always have some on hand for our visitors. If you're able to make or donate some masks, please email Joseph McNeill at jmcNeill@hopecenteratpullen.org.

-Erin Witcher

We grieve with:

- ☞ Roger Smith in the death of his wife, Bonnie who died at the age of 77 on May 4. A graveside service was held on May 12.
- ☞ The family of Hazel Foster who died at the age of 90 on May 7. Hazel was a member of Pullen for 58 years. A private memorial service was held on May 15.
- ☞ Georgette Foster in the death of her brother, Robert Foster, who died suddenly at the age of 61 on May 15.
- ☞ Dave Parnell in the death of his cousin, Becky, who died on May 15 in Virginia Beach after a brief struggle with cancer.
- ☞ The family and friends of Robert Morrell who died after a long battle with cancer on May 17. Though Robert was not a member of Pullen, he participated in leadership roles in various Worship in the Round services over the years. We grieve with his wife, Maureen, as well as his many friends in InterPlay.
- ☞ Pruitt Allen in the death of his mother, Loretta Allen-Adams. Loretta, who was a member of Pullen for 36 years, died of COVID-19 on May 18 at the age of 81 in Fairfax, VA.
- ☞ Trevor Colleton in the death of his grandmother, Elizabeth S. Colleton, who died on May 24 in South Carolina.
- ☞ Mary Kilburn in the death of her husband, Eric Ellwood, who died of cancer at the age of 97 on May 27.

We celebrate with:

- ☞ Jim Zupancic and Chris Whitaker and Xavier Whitaker Zupanic as they were officially sworn in as a family on May 4 by a Florida judge.
- ☞ Jill Hinton in the birth of her newest grandchild, Penelope Mabel Keel, born to Adam, Becca and big brother, Theo on May 16.

An Update from AMOS in Nicaragua

Click on the link below to read an update about the work of AMOS Health and Hope, as they train, support, and provide resources for their communities as they deal with COVID-19. Please support them in prayer during the coming days. <https://www.amoshealth.org/blog/amos-update-on-the-covid-19-pandemic-in-nicaragua/>



Nahum Zuniga, health promoter of Rancho Pando, is grateful for the personal protective equipment, cleaning supplies, and medicines you helped provide.
-Deborah Norton



**INTERFAITH
CREATION CARE
OF THE TRIANGLE**

What Makes a Sustainable Community and Why It Matters?

A Zoom Conference on Tuesday, June 30, 2020,
6:30 pm

Sponsored by
**Orange-Chatham Creation Care and Interfaith
Creation Care of the Triangle**

Mark your calendar on Tuesday, June 30, 6:30-8:00 pm to join Orange-Chatham Interfaith Creation Care (OCICC) and Interfaith Creation Care of the Triangle (ICCT) for a joint Zoom meeting. A panel of local thinkers and doers will respond to the featured speaker, Melissa McCullough, Associate National Program Director of the Environmental Protection Agency Sustainable and Healthy Communities Research Program. Look for more details and registration information coming soon in the Pullen Tuesday email.

Job leads for Abbey?

Abbey Thompson, our Nigerian Guest, is eligible and ready to work. He has received his social security number! He speaks English, is able to read, has experience in manufacturing and farming, can drive a forklift, and is physically fit. If anyone has a lead on a job, either full or part-time, preferably with afternoon or evening hours, please contact Elena Ceberio by email at ttplustq@aol.com.

-Noelle Gay Schofield

Pullen Guest Abbey Thompson Adapts to American Life, Interrupted

What key attributes should a human being have to adapt well to an uncertain future, not sure of what s/he/they is adapting to, and in touch with just a few of us who don't know either? I did a little internet search and found a list of six such attributes. As I read about each of them, I thought with a smile, "Yes, that's Abbey." Then I thought, "Would that be me?" Here are the attributes:

1. **Self-confidence:** Abbey believes that his life has divine purpose. God is the source of his strong resolve to live with confidence. He is comfortable saying he does not know something, as well as what he needs and does not need.
2. **Creativity:** Abbey's mind flows with ideas. He tells us of his desire to produce three books of his writings: about his life journey, his beliefs and the status of his home country, Nigeria. He has an inquiring mind, is not afraid of trying new things, even when the effort will be challenging.
3. **Ability to Adapt:** Abbey has a positive attitude. He is not discouraged, just grateful. While he struggles with managing time and keeping daylight waking hours, so do us all right now in our home "incubators". He has spent many days in the church without going outside, and is doing ok with this. He is also okay with beginning to venture out again.
4. **Seeks Out Support:** Abbey is a people person. He asks for advice from people he trusts. He initiates phone calls and messages, emails people, and sends support to others through daily prayers. He needs more support to help him find a place to live, get a job and attend class at Wake Tech. He is starting to submit job applications.
5. **Balanced in More than One Area of Life:** Abbey loves sports, especially soccer and badminton. He likes to work out, jog and play video games. He reads, and interacts on social media. He loves history and geography. He likes to cook his own food. He is now venturing out to bicycle with certified bicycle instructor Ted Buckner, who is outfitting him with a bike and safety gear. Looks like those bases are loaded.
6. **Driven By Personal Development:** Abbey gets an A+ for this attribute. He is juggling science, language arts, math, reading and english conversation classes via ZOOM right now. He will be assigned a tutor from Wake Tech to coach him on reading and writing and American history to help prepare him for his GED class intake sessions. When Wake Tech can do in-person intakes again, he can participate and plans to ride the bus to get there (with instruction and support from friends at the Raleigh Mennonite Church).

As you can see, he is busier than a bunch of us combined! The full life he leads is indeed inspiring.

-Noelle Schofield, for the Pullen Sanctuary and Resettlement Mission Group

Resource: <https://leadgrowdevelop.com/qualities-of-people-who-adapt-well-to-change/>

Adding Solar Energy to Your Home

Linda and I wanted to share our story of adding a solar hot water system (2007) and photovoltaic (PV) solar panels (2015) to our home. Our faith drove this decision in protecting all the communities we share -- our land, air and water be they human, plant or animal. We wanted to help those communities that were upstream and downstream from us who had to deal with the impacts of extraction, disposal or transport of uranium, coal or natural gas. Our efforts might be modest, but they demonstrate what anyone can do.

In 2007, after watching the movie *Kilowatt Ours*, we decided to weatherize our home for improved energy efficiency and install a solar hot water system. Southern Energy Management (SEM) in Raleigh, recommended doing an energy audit first to see where we needed to focus our weatherization efforts. From there we would be on a stronger path of reducing our electricity consumption before going the PV route.

SEM did the following weatherization work and guided other subcontractors: air duct and crawl space sealing, adding insulation, replaced lighting and installed the solar hot water system. This effort reduced our annual electricity consumption by 40% saving us around \$1,200 annually.

In 2015, we began a second home renovation including the installation of a 4.4 Kilowatt Hour (kWh) PV system. We joined the Solarize Raleigh Program through the Sierra Club who was working with SEM and Yes! Solar to do the actual installations. We chose SEM given the outstanding work they did on our home weatherization project. The new system would cost about \$17,000 before tax credits. The PV installation was the easiest part of the renovation and only took two days.

We kept the trees already around our home along with their respective animal habitats. We installed a grid tied system where the solar array is connected to an inverter and then to the grid. We generate power when there is sunlight. Should the power grid go down, our inverter can run in a special mode to generate a modest amount of power we can use for limited emergency use.

The PV system has worked flawlessly. Annually we generate around 3.8 MW. This is about 15% of our yearly consumption. Our dream is to offset our entire electrical load, yet given our array size, orientation to the sun, and reluctance to take down mature trees, this is the best we can do. The only challenge we faced was gaining new tenants of two squirrel nests under the solar panels. Our furry friends had quickly determined this was a great place to call home. To prevent our array from turning into a squirrel condominium, we installed a squirrel guard buffer to encourage them to find homes elsewhere.

If your location can support solar power, please consider doing this – if not only for yourself but for future generations. Please contact us at any time if you have further questions.

-Bob Rodriguez, for the Care of Creation group

