



Pullen

Memorial Baptist Church

March news & updates

Upcoming Events

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

Finance Report:

Date: 1.31.23

Contributions: \$132,048.78

Expenses: \$115,337.08

Difference: \$16,711.70



Joys and Concerns

We celebrate with the following members of our community:

We celebrate with Grant and Shelby Forrest in the birth of Rowan Alexander Forrest. Rowan was born Monday, Jan 30, 2023.

The Table this March

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 March at The Table!

March 1 - Intergenerational Game Night: Women's History Trivia

We'll kick off the month with an intergenerational game night that's all about the impact of women in history. It's not all competition, we'll also learn more about these women of diverse backgrounds as we play.

March 8 - A Conversation About Substance Abuse

All of us have been impacted in some way by substance abuse, and it's important to be aware of the risks and the resources for recovery. This conversation will be led by Flo Stein (Chair, NC Addiction Specialists Professional Practice Board), Jessica Herrmann (Advocate for

substance abuse services) and Chris Budnick (CEO, Healing Transitions). Our presenters will address some common myths around substance abuse, and walk us through the continuum of substance abuse from prevention to recovery so we can learn how we can care for ourselves and those we love.

March 15 - A Jewish Perspective on Inter-faith Dialogue

We are excited to welcome Rabbi Golan Ben-Chorin from the Republic of Georgia! He will speak to us about his interfaith work with Peace Cathedral as well as his interfaith initiatives around the world.

March 22 - Book Discussion - "Straight, White Male"

Rev. Chris Furr, Pastor of Covenant Christian Church in Cary, will lead a discussion around deconstructing privilege through the lens of his recently released book, "Straight White Male: A Faith-Based Guide to Deconstructing your Privilege and Living with Integrity".

March 29 - Exploring the Experiences of Transgender Persons in Faith Community

As we approach Transgender Day of Visibility on March 31, Pullen member, Dev Green, will lead a teach-in sharing their own experiences as a transgender person in the world and in faith spaces in particular. They will lead us in a discussion about some of the challenges transgender persons face in faith community, and the importance of creating an inclusive and welcoming space for transgender persons.



Sunday Groups

Sundays at 9:30 am

We have an exciting line-up of Sunday groups for 2023! If you have wanted to dive into the Bible a bit more, this is your year. We have two groups centered around the Bible that will allow you to learn more about the text itself, as well as how it is being used in conversations about controversial topics. We are blessed to have several Pullen members with backgrounds in Theology and Religion leading those groups. This year also offers opportunities to explore subjects like prayer,

forgiveness, the afterlife and anti-racism with members of Pullen's ministerial staff, including our Theologian-in-Residence, Dr. James Forbes. Take a look at a more detailed description of the all the offerings below, including the addition of a 4th Sunday breakfast! Let's come together for fellowship and formation!

[View our Sunday Groups](#)

Church wide

Upcoming Pullen Events:



You Are Invited to Join Pullen Mission Women!

All female-identified Pullen folks are invited to join Pullen Mission Women, which meets on the first Tuesday of each month at 10 AM for fellowship, learning, and service. We strive to create a beloved community among the women who attend, which includes reaching out to “Circle Sisters” who have moved away or become home-bound. We learn about new and old service projects, both local and global. Our acts of love and service include sending baby layettes to Nicaragua, collecting toiletries and clothing for migrant farmworkers, and collecting carloads of food for Urban Ministries. We also collect donations for the ten monthly causes we have voted to support. We get together via

Zoom, or in-person in Finlator Hall. Our group began several generations ago, branching out from the traditional Baptist group entitled Women’s Missionary Union to form a unique Pullen version. Photos of our founders can be viewed in the hallway across from the parlor.

On March 7 we will focus on fellowship and planning during our Zoom meeting, and on April 4, we will hear from Julie Taylor of the National Farmworker Ministry. If you would like to try us out, contact Pat Long (patlong1969@gmail.com) for information about how to join our next meeting!
-Pat Long

Pullen Building Tour: *March 19 at 9:30 am in the Sanctuary*

The Pullen Building Tour is starting up again after a several-years break from Covid-19. Although open to any interested churchgoer who wants to navigate thru the building labyrinth, this is intended particularly for those who have joined Pullen since the start of 2000. The tour is scheduled for Sunday, March 19, starting in the sanctuary promptly at 9:30 with highlights of Pullen's stained glass windows; from there, we'll wind our way through all three main floors. Topics of interest will range from the history of the building's construction to the locations of all the bathrooms! For more information, contact Frank Farmer, 919-741-0002.

-Frank Farmer

Pullen News



Confetti Bean Soup Project

Thanks to all who donated beans, pasta and funds and to those who joined us for our 4th Sunday Intergenerational Service Project on February 26. Together, we put together over 100 bags of soup – consisting of beans, pasta and spices. Each bag will feed 4 people. The soup kits were delivered to the food pantry at Urban Ministries and will be distributed in our community.

-Tommy Cook, *Minister for Children and Their Families*

Volunteers Needed

Do you like to bake? Enjoy arranging flowers? Find joy in feeding people? If so, the Funeral Reception committee would welcome your participation. Pullen often hosts a reception after memorial services, and we strive to make the event special and a comfort to grieving families. We need to enlarge our crew of participants so we don't overload the same small group again and again.

Providing baked goods or purchasing needed items, setting the tables, preparing attractive platters of food, restocking food and trays during the event and cleaning up at the end, we share a lot of camaraderie. We would be delighted to have you join us! Contact Beth Barnwell at 919-609-0692 or beth.barnwell@gmail.com.

-Beth Barnwell and Laura Ford



Pullen's Social and Environmental Justice Lenten practice sign up!

Greener Lent is an invitation for individuals to follow Jesus's example during Lent by loving and caring for low income individuals, communities and the environment on a day to day basis - through how we feed ourselves.

This year, when signing up for the Greener Lent practice of choosing what level of animal products to do without, you will be recognizing and raising your awareness of the effect our food choices are having on the environmental crisis and its harmful effect on many low income populations. Your participation will also contribute to reducing greenhouse gas emissions which increase with the high demand for meat consumption.

GIVE IT A TRY BECAUSE:

- Eating less meat is one of the easiest things we can do to address poverty and the climate crisis. Unchecked, climate change will push up to 130 million people into poverty over the next 10 years.
- Eating less meat reduces the demand for animal products which increases methane emissions into the atmosphere. It also reduces inefficient use of land, deforestation and depletion of groundwater.
- Your participation could help lower the **"18% of human produced greenhouse gas emissions worldwide. This is more than all emissions from ships, planes, trucks, cars and all other transport put together."**

Greener Lent offers a simple way to adopt a plant-rich diet while eating less meat or abstaining from meat for the 40 days of Lent. You can sign up on the website <http://greenerlent.org/fast.html> under Pullen Memorial Baptist Church on the "impact" drop down menu. (or by opening your camera app on the QR code above) and choose a goal of how much meat you want to reduce or eliminate. Each week during Lent you will receive graphic feedback about the amount of carbon dioxide Pullen participants are keeping out of the atmosphere by their food choices.

Inspired by Pope Francis's Laudato Si and created by a member of St. Francis of Assisi Catholic Church in Raleigh, Greener Lent welcomes all people of faith and people of conscience to join together in this effort.

-Pullen's Earth Ministry, greenerlent.org

Sign Up

Farmworker Collection: Outside Finlator Hall now-3/15

Each March, Pullen Mission Women collect clothing and toiletries for the migrant farmworkers served by the Episcopal Farmworker Ministry in Dunn. These are the full-size items we need:

- Shampoo
- Disposable Razors
- Shaving Cream
- Bodywash
- Deodorant
- Toothpaste
- Toothbrush (individually wrapped)
- Comb
- Bengay or generic 4% Lidocaine cream

- Tylenol or generic acetaminophen
- Insect Repellant
- Sunscreen
- Wash Cloth
- Hand Towel
- Men's Long Sleeve Shirt in sizes S, M, and L only (No short sleeves, no 100% polyester. Prefer cotton and light colors)
- Men's pants size 30-34
- Men's work shoes size 7-10
- Men's socks size 7-10

Please put your donations in the marked wagon just inside Finlator Hall to the right no later than Wednesday, March 15. These men often arrive to pick our crops with nothing but the clothes on their backs. The items we collect really make a difference. Thank you for whatever you can contribute!

-Pullen Mission Women

Sleepers Needed for Baby Layettes for AMOS: Outside Finlator Hall now-3/15

Pullen is preparing a big batch of baby "layettes" for AMOS Health and Hope, our medical partner in Nicaragua. AMOS provides these bundles of baby items to expectant mothers as an incentive to receive prenatal care. We plan to send the layettes to Nicaragua with Pullen members traveling there this year.

We need your help to gather lots of gently used or new **baby pajamas/sleepers (sizes 0-6 months)**. We already have plenty of the other layette components on hand from previous donations. Please leave donations in the marked wagon just inside Finlator Hall to the right by Wednesday, March 15. Then come join us to assemble layettes on the morning of Sunday, March 26, as the "fourth Sunday service project." Please contact elizabethwkasper@gmail.com with questions. Thanks in advance for your donations!

- Liz and Andrew Kasper

Celebrating New Members

What is your name? Scott Bailey

What are your pronouns? He/him

Describe yourself in 2-3 sentences: I am a native western North Carolinian who came to NC State in the late 90s and never left town. My wife, Alison, and my son, Allen, are the greatest blessings of my life though our dog, George, may sometimes be the more immediate source of comfort. I am an active runner and a big Carolina Hurricanes fan!

Why did you choose Pullen? The principles and values align with my personal views and beliefs. The foundational principle of justice love is also the lens through which I find meaning and interpret Christianity in the modern world. As this is a central theme for our family's value structure, Pullen has felt like a natural fit. We visited for quite some time (several years!) and we let physical act of becoming members follow a natural process. I am very happy to call Pullen our church home!

How do you imagine yourself growing with this community? My belief is that spiritual growth is a constant and ever changing process as we move through this world. In that way, I hope to continue my personal journey towards salvation, enlightenment, or whatever else may await while in the process finding new ways to live my values in the immediacy of this world.

Kid's Ministry



Pullen Kid's Library Open House and Family Lunch:

March 26 @ 12:15 pm in Finlator Hall

Join us after worship on Sunday, March 26 after worship for lunch in Finlator, Hall. After lunch, we will open up the NEW children's library, a space for children and their families to read, rest and reflect. Come connect with Pullen families and check out a something new for Children and their families at Pullen! Sign up by Wednesday, March 22.



SAVE THE DATE!

Pullen Kid's Annual Easter Egg Hunt: *Sunday, April 2 (Palm Sunday)*

Join us after worship rain or shine! (we will not have eggs like these!!!)



Mark your Calendars!

Pullen Kids Summer Day Camp: *June 17-21*

Youth Ministry



Youth Choir News:

This Wednesday

Be present in Youth Choir this Wednesday, March 1, at 6:00PM, for our final rehearsal before *Festival by the Sea!* If you are unable to attend the festival this year, also be present as we rehearse music to sing in upcoming services at Pullen.

Festival by the Sea

Minivans will be in the Pullen Parking Lot for loading this Friday at 3:00PM as we depart by 3:30PM (or before) for *Festival by the Sea*. Please strive to be on time.

Youth Choir in Worship

Looking ahead, note on your calendars that the Youth Choir will sing in worship at Pullen on Sundays, March 12, April 2 and May 7. Other Sunday's involving the choir will be announced. Thank you, Youth Choir, for singing in last Wednesday's Ash Wednesday's service!



Game Day: *March 11 at 1:00 pm in Room 130-H*

Calling all youth to join us at Pullen from 1:00-3:00 pm for snacks and games (board games, card games, video games- you name it)! If weather allows, we may venture to Pullen Park for outdoor games and activities. Feel free to bring your own game (indoor or outdoor) or play one from our stash.



ONE Wake Listening Conversation: March 9 at 7:30 pm at 1528 Davis Dr, Cary, NC 27523

Our community partners ONE Wake are organizing a grassroots listening conversation with the goal of engaging 1,500 members of our communities this spring to surface their top concerns and appetite to make change.

This listening campaign will set the agenda of the organization for the next 2-3 years, so it's important that our voices are heard! **Please register for the organization's annual meeting on Thursday, March 9, 7:30 - 9:00 pm.**

ONE Wake's last listening campaign led to campaigns that won \$15 million in new investment for affordable housing across the county. 90 minutes of your time for \$15 million - that's a great return on investment!"

Please sign up at this registration link so ONE Wake can send you materials in advance.

For more information, contact Ian at imcpherson@pullen.org

-Ian McPherson, Minister of Missions and Young Adults

[Register Now](#)

Fair Housing Testers Needed

The Fair Housing Project of Legal Aid of North Carolina is currently recruiting Fair Housing testers. Fair housing testers are part-time employees who assist in investigating the policies and practices of housing providers, such as landlords and property managers, to determine compliance with fair housing laws. The work is typically done through in-person site visits and telephone calls. The location of tests will be dependent on how far a tester is willing to travel.

Testers are paid a modest stipend (currently \$55 for an in-person site visit) and are also reimbursed for their mileage. Testing is done on a flexible schedule. Due to Covid-19, we have switched our testing to phone tests (\$35 per phone test, no mileage) but you would be trained for in-person testing to be prepared for that work.

[Learn More](#)



Statewide all-day shape-note singing convention in Pullen's chapel: Saturday March 4, 2023

After a long pandemic pause since March 2020, the annual all-day North Carolina Shape-Note Singing Convention will return to Pullen's chapel on Saturday, March 4, 2023. Singers who meet monthly to sing in Raleigh, Durham, or Chapel Hill will host the event. In past years, 80–100 singers have attended from across NC as well as from several other states, and they love the acoustics of our chapel. This event is free of charge.

The convention will begin about 9 am, pause for a potluck lunch in Finlator Hall, and then continue until about 4:00 pm or until voices give out, whichever happens first!

Extra copies of the tune book, *The Sacred Harp*—meaning the human voice—will be available to borrow or purchase. Anyone is welcome to sing or to listen, and to stay for a little while or all day. You may be familiar with this old American *a capella* tradition from hearing the *Sacred Harp* tune “[Idumea](#)” (YouTube audio, 3:19) sung in the film *Cold Mountain*. More resources are available at <https://fasola.org>, and several recordings of other tunes can be found at <https://www.npr.org/2003/12/05/1534280/preserving-the-sacred-harp-singing-tradition>.

Shape-note music is participatory, not a performance, and formal music training is not required. Singers sit in a hollow square, one voice part per side (treble, alto, tenor/lead, bass), and anyone can sing any part. Many people take turns requesting tunes and leading them. The term “shape

note” derives from the shaped note heads in the music: rather than all round notes, there are triangles, circles, squares, and diamonds. To help singers learn or remember the tune, the participants “sing the shapes” (fa, sol, la, mi) the first time through before moving on to the text. We hope you can join us for any part of the day!

—Erin Newton, 919-460-9797, enewton1979@gmail.com

March 2023 Hope Center Updates

Raising Hope 2023

Raising Hope 2023, our signature fundraiser, is set for April 20, 2023 at One-Eleven Place in Cary. We are so grateful to the Regional REALTOR Association of Raleigh for joining in as the exclusive venue sponsor. Kristin Cooper, First Lady of North Carolina, plans to be with us in person and WRAL’s Elizabeth Gardner will be back for the fifth year to serve as emcee. In 2022, this community helped us raise over \$100,000 to support Wake County’s foster teens and former foster youth. Thank you to everyone who supported Raising Hope in 2022.

Thank you to everyone who has already sponsored Raising Hope this year. Because capacity in the room is limited to 200, we anticipate that the evening will sell out in sponsorships. We hope to see all of you there! For more information on how to become a sponsor, [please click here](#) or email Melissa Gregory at mgregory@hopecenteratpullen.org.

Doulas-in-Training

On February 24-26, members of our Transition Program and Teen Programs staff participated in a 3-day course to begin the process of becoming certified as doulas. Doulas are individuals knowledgeable about the childbirth process who support and advocate for a woman before, during and after labor as well during the post-partum period. Our youth expressed to us that they had feelings of confusion and helplessness while they tried to navigate the medical decisions around childbirth and post-partum care. They were faced with making decisions without someone to help them understand the long-term consequences of their choices. In addition, because most do not have a family support system, hospital rules meant that they could be entering the birthing room without a supportive presence to guide them during one of the most physically grueling and painful experiences they will face in life.

Because of the doula support from our staff, our youth will have the right to insist on having a guiding presence in the room with them and will consequently experience less trauma during labor, making them better able to take on the physical and emotional demands of the early newborn days. Thank you for supporting us as we expand our services to respond to the needs of our youth

Current Need

One of our clients needs a new queen bed for her apartment. If you are able to help with this need, please contact Stacey Rodgers at srodgers@hopecenteratpullen.org.

Transportation Volunteers Needed

We are preparing for our 2023 Summer Internship Program. We partner with businesses and nonprofits across the Triangle to serve as job sites for our teens and young adults. The Hope Center brings youth onto our payroll and all participants are paid \$10 per hour for the work they do over the summer. Participants gain invaluable workplace skills in a supportive environment. Our staff support youth throughout the experience with scheduling, guidance on how to handle workplace communication, and workshops designed to help youth learn about taxes, money management, and HR.

Transportation can be a huge barrier for foster teens who want to work over the summer. We fill this gap with volunteers who ensure that teens can get to and from their job sites. Volunteers choose when and how often to help transport. We'd love your help whether you can commit to one ride over the summer or more. Please email Melissa at mgregory@hopecenteratpullen.org to learn more.

-Erin Witcher



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