



Pullen News

NOVEMBER 2020

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

*Lord, make me an instrument
of Thy peace;
Where there is hatred,
let me sow love;
Where there is injury, pardon;
Where there is error, truth;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light; and Where there is sadness, joy.
O, Divine Master,
Grant that I may not so much seek
to be consoled, as to console;
To be understood as to understand; To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned; And it is in dying to ourselves that we are born to life.
Amen.*

It is the early morning of November 4, 2020. The deadline for submitting my article for this newsletter has past. More than likely by the time you receive this the results of the 2020 presidential election will be known, but at this hour the election still hangs in the balance. Whatever the outcome, the *St. Francis Prayer for Peace remains my prayer; and our work as a faith community for peace and justice remains constant: to sow love, mercy, truth, faith, hope, light and joy. Hate, pain, deceit, despair and sadness are ever present in the world. The most faithful thing we can do in any time is to be the balm that soothes these ills. How do we do that now? The same way we have been doing it but with renewed commitment and a more passionate spirit. Now is the time to go deep into the well of our lives and as the song says: circle around the ones who tend the fires [of justice-love], and in this great turning learn to lead in love.*

The work of our church, specifically, is such an important witness and light in the world. Our welcome, our inclusion, our commitment to understanding God's justice for all people, our vow to living an authentic faith and our willingness to work for the beloved community here on this earth must remain strong and unwavering. We are but a tiny dot on the celestial map, but we hold to a faith that says if we have the faith of a mustard seed we can move mountains. A mustard seed we must be in our community and in the world. Our friends in the Republic of Georgia and Cuba and Nicaragua have shown us how to be mustard seeds. The people in our nation who have been hurting and will continue to hurt from our nation's resistance to live our highest ideals need us to be mustard seeds.

My gratitude for Pullen church – her witness to doing justice, loving kindness and walking humbly – has never been deeper. May we stay strongly connected to one another, to our heritage and to the One whose presence remains with us always.

- Nancy

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Music Ministry Notes

Pullen's Weekend Connections, emailed on Fridays, includes the new Music Ministry video series: May A Song Remain Within You. This series provides inspiration and encouragement through a variety of music and items of interest related to Pullen's Music Ministry. Archived episodes can be found on the Music Ministry page of the church website: pullen.org/music.

The Pullen Chancel Choir (adults) and Orchestra (youth/adults) meet online every other week for connection, music-making and to prepare recordings for worship. The Chancel Choir meets the first and Third Wednesdays from 7:30-8:15PM and the Pullen Orchestra

on the 2nd and 4th Sundays from 4:00-4:45PM. All are invited to participate with these groups as they meet via Zoom. Interested persons should contact Larry Schultz for link information. -Larry Schultz



Hope Center Angel Tree

The Hope Center at Pullen has approximately 20 Angel Tree Families who need to be adopted for the holidays. Due to Covid restrictions, Angel Tree is using Sign Up

Genius. The link is:

<https://www.signupgenius.com/go/60b0849aeaf2da7f85-hope>

There is a description of desired holiday gifts, current sizes, and a brief portrait of the recipients.

Angel Tree Gifts should be brought to the Hope Center at Pullen by Wednesday, December 9 to prepare for the holidays.

For more information contact bcrisp@pullen.org or Jadie at jbaldwin-hamm@hopecenteratpullen.org.



Pullen Children's Ministry Update:

Virtual Advent Wreath Home Project

Prior to Advent, all are welcome to join us for a virtual gathering as we design meaningful advent wreaths using objects from around your home. This event, though planned with some of our youngest in mind, is open to all. Look for the date and sign up soon!

Contact Tommy Cook for more information about this or any of the Pullen Children's Ministry Programs! tcook@pullen.org

Reaching Drawdown: Climate Solutions for the Next Decade

Tuesday, November 10, 6:30 pm

Join us for an uplifting conversation on Zoom with **Dr. Elizabeth Bagley from Project Drawdown** and **Rob Schofield from NC Policy Watch**. *Dr. Bagley is Project Drawdown's Director of Drawdown Learn. She connects people and organizations with impactful, climate change solutions and initiatives. Dr. Bagley will describe the Drawdown Climate Solutions Framework and provide examples of a diverse array of climate solutions to inspire you and your faith community to put your own climate solutions into action.*



This event is co-sponsored by Interfaith Creation Care of the Triangle and Orange-Chatham Interfaith Care of Creation.

[Click here to register](#)



Orange-Chatham Interfaith
Care for Creation



INTERFAITH
CREATION CARE
OF THE TRIANGLE

We grieve with:

- ☞ Brian Crisp in the loss of his uncle, James Dawes, who died unexpectedly on Saturday, October 3.
- ☞ The family of Thomas Fiedler, who died at the age of 23. We first met Thomas as a youth experiencing homelessness. He went on to become a Marine, homeowner, and expectant father.
- ☞ Pam Knight in the loss of her mother Vernie Ellis who died on October 1 in Massachusetts.
- ☞ Rollin Kibbe in the death of his mother, Genevieve Kibbe who passed away on October 1 in Orlando, Florida.
- ☞ Clay Stalnaker in the loss of his wife Jackie Stalnaker who passed away on October 10.
- ☞ The family of Sharron Underwood in the death of her 38 year old cousin, Nicole Eaton, who died in Bonnetarre, Missouri.
- ☞ Gladys Langdon in the death of her husband Howard who died on October 22 at Hospice Transitions.

We celebrate with:

- ☞ Miriam Pritchard who survived COVID-19.
- ☞ Our newest members, Sarah Bowen, Patrick Michaels, and the Ajamie family: Trish, Jim, Mya and Tya, who joined Pullen on October 14.
- ☞ Abbey Thompson who has been staying at Pullen. He has moved into a new apartment very close to the church and has secured permanent employee status at his job with a higher salary and benefits.



Last month, our mission partner AMOS Health and Hope hosted "Onward!", a virtual event to celebrate Co-Founders Drs. David and Laura Parajón and their 20 years of service as American Baptist medical missionaries in Nicaragua. AMOS also welcomed a new Executive Director, Dr. Gabriella Woo, who has managed AMOS clinics and rural health programs for the past 8 years. (Full recording of the virtual event here.)

Dr. Gabriella Woo and more of our friends from AMOS Health and Hope at **The Table on Nov. 11** to hear about how the COVID-19 pandemic is affecting Nicaragua, and how our support as an AMOS church partner continues to share health and hope with vulnerable people in our world, even during these difficult times.

-Deborah Norton



Round Table
Ministry

Help Round Table Serve Hot Food this Fall and Winter

We will continue through the winter months serving the guests who come to our door on Tuesdays and Thursdays. This summer we have been serving sandwiches, fruit, snack bags and bottled drinks. When cold weather comes, we would like to serve our guests some hot food. For the next several months, we are asking for donations of these canned items:

- Beef Stew
- Chili with beans
- Vegetable soup
- Progresso beef pot roast with country vegetables
- Progresso potato with bacon & cheese

You can drop off these items off on Tuesday or Thursday between 1:00 and 3:00pm. You can also contact Brian to make alternate arrangements.

-Brian Crisp

Snack Items Needed

We've been packing about 400 or so bags every 6 to 8 weeks. We are now in need of cans of Vienna sausages, juice pouches/boxes, cereal/granola bars, and 6-pack crackers (any variety except whole wheat peanut butter) for our next packing. You can donate some items, you can bring them during Round Table Ministry times on Tuesdays and Thursdays from 1:00 through 3:15 PM.

You can also donate money to the Community Ministry fund so we can purchase the items if that would be easier for you. Thank you for your generosity.

-Nancy Bradley

Church Financials as of November 5, 2020

Gifts to Date:	\$ 991,405.11
Expenses to Date:	\$ 983,924.09
Difference:	\$ 7,481.02



Hope Center Updates – November 2020

We closed out October with an AMAZING socially-distant movie night with the teens we serve. We brought out the inflatable couches and the big screen to show *Madea's Boo*. *It was a hit all around. We so missed being with our teens and they missed being with one another. Even the masks couldn't hide their smiles.*



Holiday Grocery Shop

Each year, HCP staff provide clients with a Holiday Grocery Shop to help stock their pantries for the holidays. If you would like to help meet this basic need we could use grocery store gift cards to help offset the cost. We've created a sign-up genius to guide purchases for anyone who would like to help us stock their pantries. If you are able to donate, you can sign-up here. <https://www.signupgenius.com/go/60B0849AEAF2DA7F85-hope1>



Sneak Peak at our Impact Report

Next week, we'll be mailing out our 2019-20 Impact Report. We're so excited for you to see the progress our young adults and teens have made over the last year. If you're not on our mailing list yet, contact Joseph McNeill at jmcneill@hopecenteratpullen.org and we'll make sure one comes to your mailbox. Thanks for all you do to make this work possible.

We wish all of you a safe, healthy and happy Thanksgiving!

Welcome New Members!

Patrick Michael

Hello, my name is Patrick and I was born and raised in Upstate NY Binghamton area. I lived in Raleigh from 1996 until 2000 and then moved to Tucson, AZ. I moved back to Raleigh in 2006, because I missed the change of seasons. I have been in the Healthcare industry for 28 years, and have worked for a urology practice in Raleigh for the last 12 years. I met my husband Michael in 2013 and we were married on 10/08/16, during Hurricane Matthew - I am sure you all remember that day. I enjoy volunteering for two non-profit organizations and giving my time back to the community. I like Pullen because it is very inclusive of everyone. The congregation was warm in welcoming me for services and is a very loving community that I am glad I am now a part of. I look forward to volunteering and also I will be joining the Finance committee in January 2021.



Sarah Wai-Jing Bowen

Raised in Seattle in a music-filled family, I grew up with a love for coffee, rain, outdoor recreation, and classical music. Now a violin teacher and performer, I play for orchestras and private events, and coach violinists of all ages.

I love Pullen's social and environmental justice missions, and the attitude toward Christ-like living. I hope to become more involved with Pullen's missions and push myself to become a more vocal participant in causes I care about.



We hope to see you at The Table on Wednesday evenings at 6:00. Please register if this is your first time joining us for our fall programming. [Click here to register.](#) or contact Chalice Overy at covey@pullen.org.

*** November 11- AMOS: The Mission Continues**

Our partners at AMOS Health & Hope will share how the COVID-19 pandemic and Hurricane Eta are affecting Nicaragua and how our support is continuing to share health and hope with vulnerable people in our world. We will be joined by Christy Lafferty, Marissa Alaniz, and new Executive Director, Dr. Gabriella Woo.



Christy Lafferty



Marissa Alaniz



Dr. Gabriella Woo

*** November 18- A Vision for Pullen's Rooftop Garden**

Would you like to see Pullen's Rooftop Garden and adjoining terrace transformed into a beautiful, soulful space that honors the Spirit in nature? Join us as we re-envision what the space could be, and brainstorm how we can make it happen! A drafted design and set of possibilities will be presented to jump-start the conversation!

*** November 25- No Program**

Pullen Youth News

FINDING YOUR PLACE
2020 FALL RETREAT

NOVEMBER 6-8
RALEIGH, NC

The youth group is doing a combination of in person, physically distanced and virtual events this fall with the hopes to meet everyone's needs and comfort level.

November PYM Schedule:

- ◆ **6-8** - Virtual Fall Retreat in Raleigh
- ◆ **11**- Zoom game night 7-8
- ◆ **18**- Taking care of your mental health during the holidays and winter - Zoom 7-8:30
- ◆ **27**- Friendsgiving dinner and a movie outdoors at Pullen. 6-9pm



For more information about Youth programs at Pullen, please contact Bryan Lee– blee@pullen.org 5

Earth Ministry Challenge for November 2020

Recycling and Low Waste Practice



Micah 6:8 and Recycling / Low Waste Practices

What does God require of us ?

- ◆ **“To do justice”** (Does this include advocating for justice for Earth as we aspire to advocate for justice for human beings?)
- ◆ **“Love kindness”** (Does this include treating Earth with kindness and respect to help sustain our relationship with her?)
- ◆ **“Walk humbly with our God”** (Does living more humbly by choosing Earth friendly practices nurture our relationship with God?)

YES! Perhaps we would all agree that this encouraging passage is not just for our relationships with one another, but also with Earth and its future inhabitants.

So how do we align these values with Earth loving consumer practices?

The Basics

- ◆ **Reduce waste** by making important lifestyle changes. This WakeGov site goes over the basics. <http://www.wakegov.com/recycling/outreach/Pages/home.aspx>
- ◆ **Refuse a plastic bag** whenever possible and bring your own. I love these compact ones! <https://www.recycling.com/reusable-grocery-bags/>
- ◆ **Do not contaminate your recycling bin.** It costs recovery facilities “more time and money” to sort out clean recyclables from contaminated bins, causing truck loads of otherwise recyclable items to go to the landfills. Check this site out on reducing contamination. <https://raleighnc.gov/services/trash-recycling-and-clean-be-cart-smart-recycling>
- ◆ **Recycle only what the facilities are accepting.**
 - ◆ **Plastic:** Rinsed bottles, tubs, jugs and jars (no pumps)
 - ◆ **Metal:** All rinsed cans (no separate lids)
 - ◆ **Glass:** Rinsed bottles and jars (empty and rinse, no lids)
 - ◆ **All paper:** All paper, cartons and flattened cardboard (No tiny bits or shredded paper)

Check out this article in Walter Magazine that outlines recyclables well. <https://www.waltermagazine.com/home/what-you-can-recycle-in-north-carolina/>

◆ Buy Local

GoGreen’s website has some important reasons why:

- ◆ **Reduces Your Food Miles** - reduces fuel consumption and air pollution.
- ◆ **More Accessible** - smaller retailer’s can locate closer to local communities.
- ◆ **Fresher and More Nutritious Produce** - Grocers who sell from local suppliers have less food waste than from long distant sellers.
- ◆ **Protects Local Land & Wildlife** - Developers can transform the land, devastating the homes of wildlife. Big “business producers could buy out small farms and incorporate inhumane and non-eco-friendly farming practices.”
- ◆ **Buying locally supports the local workforce** <http://www.gogreen.org/blog/the-environmental-benefits-of-buying-locally>
- ◆ **Buying bulk and refillable items** - Cuts down on single use plastics and packaging.
 - ◆ Progressive Grocer’s website states why to buy bulk...
 - ◆ A shopper can save an average of 89% by purchasing natural and organic foods in the bulk foods aisle of a grocery store.
 - ◆ Buying bulk reduces the amount of product packaging going into landfills by millions of pounds! <https://progressivegrocer.com/compelling-reasons-buy-bulk> (These local grocers provide bulk items: Whole Foods, Weaver Street Market, Harmony Farms)

In addition to these proactive steps, the pandemic has increased the need for us to be more vigilant with our waste. According to environmental action and advocacy group SoulBuffalo (<https://soulbuffalo.com>), plastic waste from disposable polypropylene masks to gloves to take out food containers worldwide has increased by 30% !

Friends, let’s make sure we are broadening our practice of Micah 6:8 for our planet!

-Grace Evans, Earth Ministry



Time to Pledge

A time when things are different,
a time when they are the same.

"It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair."

– A Tale of Two Cities, Charles Dickens (1859)

Thank you Mr. Dickens, we can relate. In these Pandemic days and in other days, Pullen has been someplace where we can turn our minds and hearts toward the best - to wisdom, belief, light, hope - while naming and confronting and contending with the worst - the foolishness, the incredulity, the darkness, the despair.

And in the simple matters of being the church, we find ourselves in days which are different for us, and days which are not so different as well.

For instance, this year, due to the wisdom of our leadership, we as a congregation are not meeting in large groups together, but alternately, via video screens and telephones and such. Consequently, we have not been able to meet as a church to hear and approve a working provisional budget for 2021. Rather the leadership decided that the Finance Committee should craft a budget for 2021 and then present it to the Coordinating Council for approval.

So, this is something that is different.

But then there follows something which is not different, but is what we do every year. The church sends out the 2021 budget to the membership, along with pledge cards (you have received this letter and the pledge cards in the mail). We are having speakers on Sundays, as we usually do, to focus on stewardship and remind us of the privilege we have to be part of Pullen and the hope that the church will continue to support and sustain its ongoing work.

The budget that was sent to you for review is very close to the current year's budget (it proposes an increase of \$16,477, or less than 1.5 percent, over this year's budget, to accommodate expected increases in health insurance for staff). It will stand as provisional until February 2021, when we will tabulate the pledges to determine if the amount pledged is sufficient to sustain the provisional budget. At that time, we hope to be able to gather in a congregational meeting to either sustain or revise the budget, based on the pledges.

The Finance Committee will continue to do our part by reminding the congregation that it is through these regular gifts and offerings from the church membership that Pullen may continue to turn our minds and hearts toward the best - to wisdom, belief, light, hope - while naming and confronting and contending with the worst - the foolishness, the incredulity, the darkness, the despair.

Please consider prayerfully and thoughtfully your pledge for 2021, and send the yellow pledge card to the church or make your pledge online using Realm at pullen.org. Together we can continue to be the faithful church we have so long been and will long be.

[Pledge Online](#)

- Pullen Finance Committee

Jim Jarrard, Chair Kim Gazella, Kathie Barnett, Ed Henderson, Henry Bowers, Abby Sandling, Sarah Chen, Linda Silber, Jim Zupacic, Richard Cook, Church Treasurer

Note: The above letter is adapted from a letter sent to the congregation in October explaining this year's budget process. It has been shortened for length.

Entering a New Realm at Pullen!

We have launched a new tool to help us stay connected. Realm is a cloud based church management solution that makes it easier for our staff to connect with you and for you to connect with others in the Pullen community. With Realm you can share ideas with members of your council, committee or Sunday group in between meetings. Did you move or get rid of that landline? You can easily update your information without having to call the church office. Not only that, you can give, register for events and send a message to that person named in the prayers on Sunday...all from the palm of your hand.



There is also a handy app! Search for "Realm Connect" at the App Store or Google Play. Once you've downloaded the app, login with the same credentials you used to sign up for Realm. If you have not yet signed up for Realm you can download the app and sign up using the code in your Realm invitation email.

Realm exponentially increases our ability to stay connected in a time when connection is vital. But in order to get the most out of this system, we need you to get connected!

All Pullen members and participants have received an email invitation to Realm. Simply follow the link in that email to create an account! If you have not seen your invitation or if you need help, please get in touch!

-Chalice Overy & Lucy Kucmierz

For more detailed instructions on connecting to Realm, please visit the Realm page on our website:

pullen.org/realm