

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

## Discovering the Courage to Grieve

*“Only people who are capable of loving strongly can also suffer great sorrow, but this same necessity of loving serves to counteract their grief and heals them.”*

— Leo Tolstoy

Grief is an inescapable part of life. One might even say it is a necessary part of life. Our grief can be the result of a significant loss—the death of a loved one, the loss of a job, the news of a devastating health diagnosis. Other griefs we experience are little losses that occur day

- by-day over our lifetime. Over time, these small griefs are stored in our bodies—in our memory banks and in our broken hearts. Sometimes we are aware of the grief we carry in our bodies and souls, and other times our grief can catch us off guard leaving us feeling bewildered, angry, and even depressed.

My mentor, Mahan Siler, described grief and the grieving process to me this way. He said that grief was like standing in the ocean with your back to the waves. Sometimes, he said, the waves would come and gently brush up against your legs, making you aware of their presence. Other times, he said, a wave will come and hit you in the back of your legs and take you down to your knees. And yet still, he said, there are those waves that come and take you all the way under and you gasp for breath wondering if you will ever resurface and find air again. And then he said, and you never know when it going to be that gentle wave or the one that takes you all the way under. That's how grief is.

I have not only remembered Mahan's description of grief, I have now lived long enough to experience it. All of us carry grief within us. Sometimes we are gently made aware of its presence; other times we are swallowed up by it. What helps us through our grief is finding the courage to name it, to honor it, and to talk about it with those who can bear witness to it.

Through a very generous gift to Pullen we are helping to sponsor a **GriefFest weekend, October 25-27**. Working with Nation Hahn, who has spent the last 5 years naming and honoring his grief over the death of his wife, Jamie, we have planned a weekend for folks to gather and bear witness to our individual and collective journey with grief. Our weekend will feature two very special guests: Nora Purmort McInerney and Kate Bowler.

(by Nancy Petty- Continued on page 5)

## Pullen welcomes visitors from the Republic of Georgia, October 3-12

On October 3, Pullen welcomed 16 visitors from our sister church, Peace Cathedral, in The Republic of Georgia. They will be with us in Raleigh until Saturday, October 12.

The 150-year-old Peace Cathedral in the Republic of Georgia has claimed the mantle of Christian peacemaking, investing in a vision of inclusive and merciful community. Established as First Baptist Church of Tbilisi, it serves as the mother church of the Evangelical Baptist Church of Georgia, an Alliance of Baptists' Active Hope Partner.

During their time with us, we are looking forward to getting to know our guests and treating them to Pullen's radical hospitality. We have planned what we hope is an exciting itinerary that allows our friends to get to know Pullen, Raleigh, and a bit of North Carolina. We are encouraging all Pullenites to join us for several events. Those are:

**\*Sunday, October 6 - Worship** led by Archbishop Malkhaz Songulushvili, Bishop Rusudan Gotsiridze and members of Peace Cathedral.

**\*Wednesday, October 9 - Wednesday Night at The Table** with our Georgian guests.

Other experiences that are planned for our guests include: a day trip to the beach, a tour of downtown Raleigh including the History Museum and the Museum of Natural Sciences, NC Museum of Art, Farmer's Market, NC local Winery Tour, Shabbat services at Temple Beth Or, visit to the Islamic Association of Raleigh, and experiencing our Round Table Ministry. And yes, we will give them time to sleep and rest!

-Nancy Jones



## October News Inside:

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## We grieve with:

- ☞ Elena Ceberio in the death of her mother, Ursula Ceberio, on August 28. A memorial service celebrating her life was held in New Jersey.
- ☞ Renee Keever in the death of her long time business partner, Tom Drew, on August 30.
- ☞ The family of Pullen member Lefty Barefoot who died on August 31. A memorial service celebrating her life was held on September 7 at Springmoor.
- ☞ Bill Brooks and Helen Tenney in the death of their 15 year old grandson/nephew, James Moorman, on September 9 in Albuquerque, NM.
- ☞ Oppie Jordan, Hannah Jordan, and John Paul Womble in the death of Josh Jordan, Oppie's son, Hannah's father, and John Paul's brother on September 17. A funeral service celebrating his life was held at Pullen on September 21.

## We celebrate with:

- ☞ Andrew and Christina Sims in the birth of their son, Liam Parker Sims on September 11.
- ☞ Joe Reed and Miranda Dotson who were married on September 14 in Highlands, NC. Joe is the son of Susan and George Reed.

## Church Financials — as of 9/30/19

Gifts to Date:	\$	811,386.11
Expenses to Date:	\$	856,985.10
Difference:	\$	(45,598.99)

## Pullen Youth Ministry

Pullen youth are working through the Rite 13 curriculum during Sunday Morning Group, and enjoying time together each Wednesday from 6:00-7:30 for "Wednesday Night Live". All 6-12 graders are welcomed to join us!

Please contact Bryan at [blee@pullen.org](mailto:blee@pullen.org) if you have questions about the Pullen Youth Programs. *-Bryan Lee*

## Conversation About Spiritual Life at Pullen, October 13

If you're drawn to spiritual practices or would like to be, this is an invitation to join us for an after-worship conversation about spiritual life at Pullen on Sunday, October 13, in room 203 behind the sanctuary. We'll begin as soon as we can after worship ends and provide a light lunch. All interested persons are welcome to join us and bring your thoughts and your sense of what might be helpful for the Pullen family in these challenging times in which we live. How can we support the efforts of ourselves and other Pullenites to live more contemplatively as we work to bring more justice to our world? We are an active church. So in addition to (or in place of) what we are currently offering, are there new, creative ways we can give attention to "being" as we also focus on the "doing" to which we're called?

This is not a gathering where if you show up, you'll be assigned some new thing to do. It's an attempt to draw from our collective wisdom, experiences and needs to see if there is a "new thing" we are being drawn to in these days - or not. We are grateful for all that Pullenites are already doing to enhance our spiritual life and look forward to this conversation in October. More information will be forthcoming. In the meantime, either of us will be happy to answer questions about this discussion.

Reach Suzanne at [suzannehayes1@icloud.com](mailto:suzannehayes1@icloud.com) or Cathy at [ctamsberg@nc.rr.com](mailto:ctamsberg@nc.rr.com).

*-Suzanne Hayes and Cathy Tamsberg*

## Spring 2020 Adult Trip to Matanzas, Cub

If you have been longing to experience the love we share with our siblings at Primera Iglesia Bautista de Matanzas and would like to learn more about the next opportunity to go, please join us for a brief interest meeting immediately after worship on Sunday, October 13 in Room 310. Bring your calendar and any questions you might have.

If you have any questions before this meeting, please contact Clinton Wright at [wrightclintonw@gmail.com](mailto:wrightclintonw@gmail.com).

*- Vickie Leigh*

## Items Needed for Lunch Bags

We are now collecting items for the next packing of lunch bags for the Round Table Ministry. Needed are cans of Vienna sausages, juice pouches/boxes, packages of 4- or 6-pack crackers, and cereal/granola bars. If you can help, please place donations in the blue wagon outside the church office or drop them off with the Back Door Volunteers on Sunday mornings. Your generosity is greatly appreciated!!

*-Nancy Bradley*

## Get involved!

### It is Nominating Season again at Pullen

This year the Nominating Committee process is made a little different because we approved a new church Constitution and Bylaws this year, and those documents helped us to standardize our selection of Pullen folks for our important leadership positions throughout the church. For instance, before this iteration of the Bylaws, some committees were two-year terms, and some leadership positions were one-year terms. Now, all Councils and Committees are three-year terms.

To that end the Nominating Committee is not only requesting Pullen family members to fill vacant leadership positions, but also reapportioning terms to meet the three-year requirement.

So, if you have been asked to serve on a position, please give it your most sincere consideration. Pullen is a Laity-Driven church, meaning that the church membership carries the largest responsibility for carrying out the work of the church's ministries. So, when a member of the Nominating Committee approaches you to consider serving, please think positively!

Thanks!

Members of the 2019 Nominating Committee

*Pat Hielscher, Jim Jarrard, Serena Buckner, Derrick Davis, Martha McCaskill, Beth Reed*



**MEALS on WHEELS**  
**WAKE COUNTY**

### Meals on Wheels– Can You Help?

Pullen has sponsored a MOW team for many years. There are five routes that are served the first Friday of each month. Generally, we have two volunteers for each route, plus identified substitutes to call on as needed.

At this time the team is in need of both regular members to partner each month for deliveries, AND substitutes to be on stand-by. You already know that this is a much needed and appreciated service to our community. And it requires only a couple of hours each month.

Please contact Laura Crumpler, 919-782-3018, [lcrumpler1240@gmail.com](mailto:lcrumpler1240@gmail.com), if you would like to know more about this activity - or just flat out volunteer! Thank you!!  
*-Laura Crumpler*

## Welcome New Members

### Zach Cox

I Am An Old Retired Guy that enjoys greatly exploring all the things that I loved since undergrad school, but at my own pace and my own agenda.

The past 48 years (I graduated HS in 1965 ): I was a student, a teacher, and a worker in mathematics, physics, computer science.

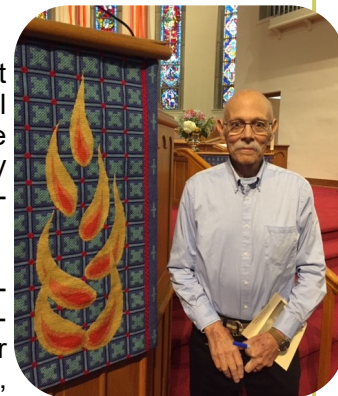
I am a spouse, a father of three, and father-in-law to the spouses of my daughters.

In 2013 I retired from being paid to work (I turned 66 years old). Now I keep very busy with my retirement projects: Woodworking, Mathematics, Physics, and Artificial General Intelligence that (may) apply to our species. With certainty, AGI will be beyond our reach until we understand how our mind works.

In the 48 previous years leading up to 2013, I was employed by the United States Navy, Naval Weather Service, the US Dept Of Commerce, the National Weather Service, the GI-BILL as an undergrad then grad student, and by a small college to teach math and computer science. I then worked for a small new type of company called a start-up, by larger company that acquired the start-up, and by the very large company that acquired that company! Finally, I worked for a huge international company as a principal software engineer.

You can learn about my life since 2018 by following my Caring Bridge site:

<https://www.caringbridge.org/visit/>



### Pullen Women's Group - October 7

The next get together for the Pullen Women's Group is Monday, October 7, at 6:30 pm at Waraji Japanese (5910 Duraleigh Rd).

All women are invited to get to know each other and enjoy casual conversations. TEXT Rita at 919-360-0975 so we know how big of a table to reserve.

We hope to see you there!

*-Rita Rakestraw*

### LGBTQ Second Sunday Lunch, Oct. 13

Please join us immediately following worship on October 13 for LGBTQ Second Sunday Lunch at El Cerro Restaurant at 2217 Avent Ferry Road. Parking is plentiful and I hope to see you there!  
*- Randall Brady*



## We're Going Big for Halloween!



Join us for the annual  
**Pullen Halloween Carnival**  
October 30, 2019  
5:30-7:30pm

### We're Going Big for Halloween!

October is here, and we're looking forward to a Halloween Carnival with games, inflatables, food, and more. We hope all kids will join us and bring a friend, too. Be sure to wear your Halloween costumes!

### Volunteers Needed:

We still need about 8 more individuals or groups to sponsor a booth. Choose from one of our standards like ring toss, fishing, cupcake walk, and photo booth, or submit an idea of your own. Then, let your imagination run wild as you bring it to life! You can make it a family project, a team building activity with a Pullen group, or a fun thing to do with friends. Just fill out the online form by Oct. 8 so we know we can count on you. Email us or visit the Pullen facebook page for the link. We can't wait to see what you come up with!

Not very creative? Not to worry! Use the same form to volunteer in another capacity.

*-Bryan, Chalice & Tommy*

## Foyer Signup by Oct 13!



### Foyer Dinner Groups

Foyer is a French word that means "hearth" or "fireside," suggesting a group that is relaxed, receptive, and open to each other. A foyer is a caring, sharing, and loving community

where casual acquaintances can develop into deeper and more meaningful relationships. A foyer enables the members to become a community. We hope you'll consider joining a foyer group this year!

**A foyer consists of six to eight adults—or approximately three family units, in the case of family foyers—who meet in each household once for a simple meal.** Church membership is not required. Each household takes a turn as host, preparing and serving the meal. The meal is "in the style of the house." Foyer meeting dates and times are decided by group consensus. In the foyer there is no agenda. It is not a prayer group or a Bible study group. The only structured element is time. The foyer meal usually lasts 2 hours. **It is a relaxed, informal gathering for food, fun and fellowship.**

For more information about Foyers or to register, please go to [pullen.org](http://pullen.org) and click on the Foyer feature photo on the front page! **Please register by October 13.**

Or go to <http://www.pullen.org/fellowship/foyer-groups/>

*-Pat Thomas and Heidi McLean*

## Join us October 14, 6:30PM

Join us at Pullen for a moderated discussion about affordable housing in Raleigh and Wake County with Ms. Lorena McDowell, Wake County's Director of Housing Affordability and Community Revitalization, and Niki Jones, the City of Raleigh's Assistant Director of Housing and Neighborhoods.

## A Conversation About Affordable Housing

with Lorena McDowell and Niki Jones

*Opening remarks by Jessica Holmes, Chair of the Wake County Board of Commissioners*

\* Hosts: Pullen Memorial Baptist Church and IHEAR Network  
(Interfaith Homelessness Education, Action, & Response)



Raleigh and its surrounding areas, similar to other regions across the United States, are facing critical affordability pressures with increasing housing costs and stagnant wages leaving more than half of tenants cost burdened. **Join us for a moderated discussion** about affordable housing in Raleigh and Wake County with Ms. Lorena McDowell, Wake County's Director of Housing Affordability and Community Revitalization, and Niki Jones, the City of Raleigh's Assistant Director of Housing and Neighborhoods. After a panel there will be a brief time for questions.



**Monday, October 14, 6:30 p.m.**

Pullen Memorial Baptist Church Sanctuary  
1810 Hillsborough Street, Raleigh NC

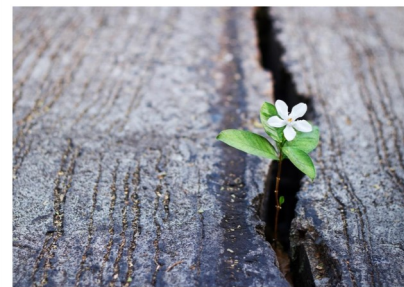
## Discovering the Courage To Grieve *(continued from page 1)*

Nora McInerney is an American author. She writes about dealing with grief and loss, drawing on her personal experience. She writes on her website: "Bummer alert! A few years ago I miscarried my second baby, lost my Dad to cancer, and then my husband, Aaron, died from a brain tumor, all within weeks of each other. These are all really sad stories, but they are not \*only\* sad stories. They are love stories and life stories and sometimes even funny stories. I wrote about my experiences while we were living them on a blog, *My Husband's Tumor*. Before Aaron died, we wrote his obituary, which went viral."

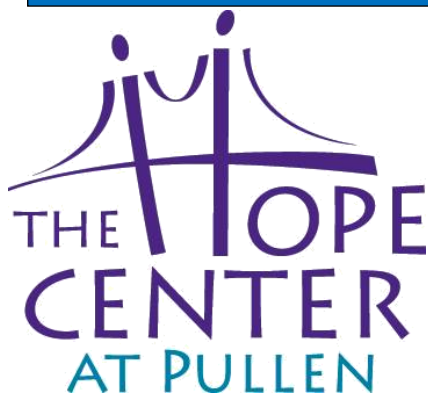
Kate writes: I'm a historian at Duke Divinity School. My wordy title is that I am an associate professor of the history of Christianity in North America. My book, *Blessed: A History of the American Prosperity Gospel* (Oxford University Press, 2013), received wide spread media attention as the first history of the movement based on divine promises of health, wealth, and happiness. I researched and traveled Canada and the United States interviewing megachurch leaders and everyday believers about how they make spiritual meaning of the good or bad in their lives. My work on the prosperity gospel has been featured in the New York Times, The New Republic, The Guardian, TIME Magazine, The Atlantic, The Economist, The Washington Post, NPR, and the BBC. In 2015, I was unexpectedly diagnosed with Stage IV cancer at age 35. In this New York Times op-ed, I write about the irony of being an expert in health, wealth and happiness while being ill.

Both Nora and Kate will share their experiences of their journey with grief. You will receive more information about GriefFest weekend in the coming days. For now, save the date, **GriefFest weekend, October 25-27**, because you will not want to miss this opportunity to bear witness to our individual and collective grief; and possibly experience some healing.

-Nancy Petty



## The Hope Center at Pullen



### Have you seen our new look?

The Realtor Foundation of Wake County partnered with The Green Chair Project to transform our front room into a cozy and welcoming space for clients and guests. Young adults now have a warm and inviting place to meet with our staff. What a gift for all of us! The pictures don't do it justice.



Stop in and take a peek yourself! We'd love to see you.

### Are You an Ace Envelope-Stuffer (or Even a Willing Novice!)?

We are preparing to mail our 2018-2019 Annual Impact reports to our community of supporters. We could really use some help getting the mailings prepped. If you have some time to spare the last week in October or first week in November, we would LOVE your help. You can come see our new cozy space first-hand and we will supply you with the reports/envelopes. If you are able to help, please contact Kellie Burris at [kburris@hopecenterpullen.org](mailto:kburris@hopecenterpullen.org).



### LINKS Nights Are Back

Tuesday night LINKS is back. We kicked off the 2019-2020 school year on September 10 with a cookout celebration. These sessions bring together Wake County's foster teens in fun, engaging environments to learn life skills that will help them as they transition to a safe and stable adulthood. We're so grateful that we have the opportunity to use Finlator Hall and the church classrooms to facilitate this program. Thank you for your steadfast support of our work.

-Erin Witcher





### PREPARING FOR CHILDREN'S SABBATH

Parents: we need as many K-5 children to join us for Choir & Micah Kids (**October 9**). Children's Choirs will meet at 6 PM and **all** children will meet in room 122 at 6:30 PM to help plan the worship for Children's Sabbath.

I hope your child can help us lead worship on Children's Sabbath!  
*-Tommy Cook*

# Children's SABBATH

**Sunday, October 13**  
**11 am Worship**

**"Uniting Hearts and Voices to End Child Poverty"**

Children's Sabbath is not only a celebration of our children. Our prayers, worship, and action are focused on learning more about the urgent problems facing our nation's children. Exploring sacred texts and teachings that call us to love and protect children, responding with outreach and advocacy, and—most importantly—inspiring new, year-round action to improve the lives of children. Together, we hope to inspire change that will improve the lives of children!

Also: As part of our Children's Sabbath event, we will have a talk around "The Table" (Wednesday, October 16 from 6:30-7:30) that will guide us to action in helping meet the needs of children in our community and raise a voice for justice .

### THERE'S A CHANGE IN THE CHILDREN'S WORSHIP BAGS!



Beginning this week, we will no longer put paper, worksheets, or "peace papers" in the Worship Bags; however, children may take a clipboard and pencils from the baskets if they will use them, (just return them in the bag). The bags will now have dry erase boards and colored markers in a pouch (plus erasers). Please remind the children to return the bags as they found them. Bags are located in the foyers and can be returned in the basket as you exit.



An open and informal gathering for Pullen parents and caregivers of children to explore, together, what it means to parent. We will share our experiences, ask questions, and enjoy each other's company. Bring your coffee or tea with you!

*Facilitator - Sarah Bowen*



Please contact me at [tcCook@pullen.org](mailto:tcCook@pullen.org) if you have any questions about Pullen's Children and Family Ministry Programs.

*-Tommy Cook*

## October 22 Author talk

STEPHEN A. JUROVICS  
FOREWORD BY MATTHEW SLEETH



**Hospitable Planet**  
Faith, Action, and Climate Change

You're Invited by  
**St. Francis of Assisi Catholic Church  
and Interfaith Creation Care of the Triangle**  
To hear author Stephen Jurovics discuss  
**Creation Care and the Bible**  
Tuesday, October 22, 7:00-9:00 pm

St. Francis of Assisi Catholic Church along with the Interfaith Creation Care of the Triangle, is hosting a program on faith and climate care on Tuesday, October 22 from 7-9 pm in the Founders' room at 11401 Leesville Road in Raleigh.

Stephen Jurovics, author of "Hospitable Planet : Faith, Action, and Climate Change," will speak about the deep connection between both Old and New Testament teachings and environmental justice in today's world. He will offer ideas about how people of faith can become inspired to take action. Afterwards there will be opportunities for working together in interfaith action teams to become agents of change.

## October Earth Ministry Challenge

It's 6 a.m. My thermostat is set at 82. Ceiling fans cool my home. The crabgrass lawn is lush and flourishing. Three deer just passed through the yard nibbling their favorite weeds. As I eat a vegetarian breakfast on the deck, I see 3 Pileated Woodpeckers and hear the calls of two others in the distance. For lunch, I eat fresh home grown cucumbers and tomatoes. I compost the food scraps. I drink freshly brewed green tea to avoid the carbon footprint associated with bottled drinks. I hang my laundry to dry.

It's now 4:30 p.m. My Prius Plug-In is charging in the garage. My solar panels have generated 35 Kwh of electricity today. As I look out the window, I see a flurry of avian activity in my pollinator garden. There are Bluebirds competing for the freshly filled bird bath and foraging in garden mulch for fallen dogwood berries. I see goldfinches enjoying the seeds of Black-eyed Susans. There is a hummingbird on the feeder and a Vireo nearby. I see a Summer Tanager in my yard for the first time. Butterflies and bees are enjoying the Lantana and butterfly bushes.

After eating a vegetarian dinner, I open the windows to cool the house, as evening temperatures drop. Before going to sleep, I drink chilled tap water as I sit on the deck and savor the evening chorus of katydids and tree crickets. The scenario I just described is real. Its an example of how personal lifestyle choices can protect life on earth and slow climate change.

A recent study by Cornell Ornithology Lab found that the population size of North American birds has declined by 29% since 1970, largely due to habitat destruction. Only 9 North American bird species have gone extinct in modern times, but the National Audubon Society predicts that 314 more species of North American birds are at risk of extinction by 2100, due largely to climate change. This includes species that I now see in my yard, such as Nuthatches, Purple Finches, Yellow-bellied sapsuckers, Wood Thrush, Warblers, American Redstarts and larger birds such as Mallard Ducks. Brown Pelicans, Bald Eagles, Common Loons, Whip-poor-wills, Wild Turkeys and Herring Gulls.



**Birds desperately need our help to survive.** It may not be possible for you to drive an electric car or put solar panels on your roof. Maybe you can't create a wildlife friendly yard. But, you can still counteract your carbon footprint by supporting tree planting organizations or using carbon offsets. Start by calculating your carbon footprint. *Plant trees or purchase carbon offsets to compensate for emissions that you can not eliminate.*

There is no longer time for complacency! **We must each act now to make dramatic changes in our lifestyles to ensure that life on earth as we know it will continue to flourish. Please check out this link to useful resources and take action today!** [https://docs.google.com/document/d/1j\\_Y39behnRxS1z18Dbf8Wtt-EKxCM4clT6oI3mrL6E/edit?usp=sharing](https://docs.google.com/document/d/1j_Y39behnRxS1z18Dbf8Wtt-EKxCM4clT6oI3mrL6E/edit?usp=sharing)

-Gail Powell, Pullen Earth Ministry

*"Are not five sparrows sold for two pennies? And not one of them is forgotten before God." (Luke 12:6)*  
**Yet, we have lost 2.9 billion North American birds since 1970.**

## Join us at The Table on Wednesdays

Here's what's in store for October:

### October 9 - Georgians Joins Us at the Table

We welcome our visitors from the Republic of Georgia to The Table! Imams Zurab Tsetskhladze and Akbar Moghaddasi will discuss the common misperceptions of Islam, the differences between Shiite and Sunni Islam, and their own perceptions of the US. We'll also hear more about the Peace Cathedral Project from Rusadan Gotsiridze, Bishop of the Evangelical Baptist Church of Georgia.



### October 16 - Table Talk: Creating Change for Our Children

This extension of Children's Sabbath offers an opportunity to "pray with our feet" when it comes to the well being of children suffering under poverty. We'll hear more about where change is needed, and use resources from the Children's Defense Fund to guide small group discussion (or Table Talk) about how we can act.

### October 23 - Intergenerational Trivia Night

From pop culture to Pullen history, teams will compete for the title of Pullen Trivia Champion! These intergenerational gatherings are a great way for us to get to know each other and learn from each other across generational lines.



### October 30 - Halloween Carnival

We will not have regular programming or dinner, but you are welcome to join us for the Halloween Carnival from 5:30-7:30 pm. See page 5 for more information and volunteer info!

*-Chalice Overy*