

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

Making Habits, Breaking Habits

Disclaimer: Although this article begins with a quote about giving money to the church, this article is not about giving money to the church. Read on to find out what it is about!

I have heard it said more than once, “People don’t give to the church because we don’t ask them to.” Those who say this will go on to say something like, “We need to be more direct in asking people to give financially to the church. Other institutions are not afraid to ask for money, why is the church?” Maybe this is true. Maybe we should be more direct. Or, on the other hand, maybe the church could be a different kind of place in our society—a place where money is not always the focus or the highest priority. Perhaps the church could be that one place where we make a different direct ask. So here is my direct ask: *For one year make it your habit to be in church on Sunday morning.*

Recent research led by a team at the University College London demonstrates just how long (on average) it takes for something to become habitual. They do not think it takes 21 days to form a habit—the number of days that previous research concluded. They believe it takes an average of 66 days to create a habit.

My interest in this study came about as I have been weaning myself off of added sugar starting with my beloved and

preferred drink of choice: Sprite. In the middle of April, I stopped drinking Sprite. Those first days and even weeks were brutal. Nothing I ate tasted good because I wasn’t chasing it with my sugar-filled bubbly. But I was committed and, as tough as it was, I didn’t give in. After about two months, I noticed that my cravings for Sprite had stopped or at least significantly decreased. I had gotten into the habit of drinking water and whereas before I hated the taste of water (yes, water has a taste), now it had become my preferred drink of choice. In about 60 days I had formed a new habit. Instead of reaching for a bottle of Sprite, I reached for a bottle of water when I wanted something to drink. *Making Habits, Breaking Habits!*

Another thing I often hear people say related to church is, “I don’t go to church because I don’t want to give up my Sunday morning of leisurely reading the paper and watching CBS Sunday Morning, or Face the Nation, or Meet the Press, or Fox News Sunday, (Oh, never mind that last one). I like my Sunday morning routine.” It is true that we are creatures of habit and we don’t like to mess with our routines. But at some point, the truth is, you made staying at home and leisurely reading the paper and watching the news shows on Sunday morning a habit. And, just as easily as habits are made, they can be broken—in 66 days according to research. So I am asking, whatever habit

(HABITS Continued on page 2)



Sunday
IN THE PARK
A NEW THING SPRINGS FORTH
ISAIAH 43:19

SEPT. 9TH | **OUTDOOR WORSHIP & POTLUCK MEAL**
GREGG MUSEUM LAWN
1903 HILLSBOROUGH ST., RALEIGH NC 27605

PULLEN MEMORIAL BAPTIST CHURCH
WWW.PULLEN.ORG

Opportunities to Connect, Serve, Learn and Grow at Pullen

Join Us for Lunch Sunday, September 23 with AMOS Leader Dr. Laura Parajon

Our friends in Nicaragua have faced extraordinary challenges in the past few months, due to the political unrest and resulting violence and humanitarian crisis. AMOS Health & Hope has rallied, with the help of Pullen and many other friends in the U.S., to provide crucial services to its communities during this time.

Please join us for a visit with Dr. Laura Parajon, who founded AMOS with her husband, Dr. David Parajon, on Sunday, Sept. 23, after worship. Lunch will be provided.



Pullen has partnered with AMOS and walked alongside them for more than 10 years, sending work teams, layettes, supplies and funds for support. AMOS focuses on healthcare needs of Nicaraguans in poverty-stricken rural communities, providing education and training for local leaders to become community health workers, supporting their locally run community clinics in remote rural areas where there are no doctors or nurses, and supporting clean water programs and health and vision screenings. During the political crisis, AMOS also has worked hard to address the economic, social and psychological impact of the crisis in these communities, knowing that people are experiencing hardships, anxiety and fear as well as food and medicine shortages.

Dr. Parajon is always informative and inspiring, so we hope you'll join us on Sept. 23 to learn more about the situation in Nicaragua and what AMOS is doing to meet these challenges. You'll be glad you did!

—Kim Gazella

Victor Judge as Guest Speaker & Preacher on September 30

Dean Victor Judge, Academic Dean of Vanderbilt Divinity School, will be our special guest lecturer and preacher on Sunday, Sep-



tember 30. During the morning education hour, Dean Judge, drawing on his vast knowledge in the field of literature and religion, will present a comprehensive analysis of Flannery O'Connor's religious views in the short story, "The Displaced Person" (Available in the collection *O'Connor: Collected Works* in the church library), and its relation to the current social-political climate in the United States. Dean Judge will also be our guest proclaimer during the worship hour where he will focus on Esther 7:1-6, 9-10; 9:20-22. These events are open to the greater community, and I encourage you to come hear this amazing speaker.

—Brian Crisp



YOGA IN THE CHAPEL

Yoga resumes in Poteat Chapel on September 4 at 7:00 p.m. This fall will focus on gentle movement and restorative yoga with focus on breath and meditation. Each week we will center our weekly practice on finding stillness in the midst of busyness. All mats and all props will be provided, and there is no need to make a reservation. For questions, email Julie at jacgilbert@me.com.

—Brian Crisp

(HABITS Continued from page 1)

or routine you might have adopted that is keeping you away from church on Sunday morning, I am making a direct ask and asking you to make a new habit. Make it a habit to come and learn and worship with your Pullen community on Sunday mornings. We have some wonderful Sunday groups this program year that I think you would find interesting, followed by thoughtful and relevant worship experiences. *Making Habits, Breaking Habits!*

That's my direct ask. It's NOT about money. It's about engagement. It's about making habits and breaking habits. For one year, make it your habit to be in church on Sunday morning—if not a Pullen then another faith community of your choice. For those of you who are up for this challenge, I would be interested a year from now to know how making a habit and/or breaking a habit made a difference in your life. And when you see me next, ask me how making a habit of drinking water instead of Sprite has changed my life.

Nancy

Pullen Women's Group Dinner Next Thursday

Pullen Women's Group will meet on Thursday, September 13 at 6:30 p.m. at 5 Star Chinese Restaurant at 511 W. Hargett Street.

—Rita Rakestraw

PMBC Scholarship Recipients

The GEMS committee is happy to announce that \$750 scholarships have been awarded to: Virginia Keister, Holly Lewis, Samuel Matthews, Caleigh Norris-Bradshaw, Sergio Osnaya-Prieto, and Ryan Schultz.

Best wishes to all of you as you continue your educations.

—Emily Cato and Nancy Jones,
co-chairs of GEMS committee

Pullen People

We Grieve With:

- ☞ Cathy Wagoner in the death of her father, Oscar Holcomb, who died August 1 at the age of 96.
- ☞ Susan Rogers in the death of her 39-year-old nephew, Doug Newbold, who died from an opioid overdose.
- ☞ Karen Price in the death of her mother, Bertie Tucker, on August 19.
- ☞ Steve Gurganus in the death of his uncle, Earle Bradley.
- ☞ Libby Stephens and her family in the death of Ben Mitchell, Libby's nephew who died on August 20 after struggling with addiction for several years.
- ☞ The family of Virginia Neeley, who died August 30. A service celebrating her life will be held September 8 in Creedmoor.
- ☞ Carol Hobbs in the death of her mother.
- ☞ Nadine Martin in the death of her brother.
- ☞ Nancy Bradley in the death of her nephew, Jeff Stott on Friday.

We Celebrate With:

- ☞ Former Pullen members Claire and Jason Campbell in the birth of Leo Chatfield Campbell. Jason, Claire, and Leo live in Washington State.

Sunday in the Park is September 9

Sunday in the Park is September 9 at 11 a.m. Pullen people who have attended this worship and fellowship event will tell you that it is one of the best things we do all year. This year we'll gather right next door on the front lawn of 1903 Hillsborough Street. This is the former residence of the NCSU chancellor and now the new Gregg Art Museum. After worship, we will enjoy a potluck meal together.

What to bring:

- A prepared main dish that serves 6-8, stored in a cooler if refrigeration is needed. Label container and lid with your name. Please do not bring serving utensils. Dishes can be dropped off at the back door of Finlator Hall.
- Lawn chairs or blankets.
- Whatever you typically need to be comfortable outdoors: bug spray, sunscreen, etc. Wear casual, comfortable clothes.

While you experience a wonderful outdoor worship service, members of the Education Council and their friends will get the food ready for a delicious meal when the service is over.

Bring the family and friends for this great event! In the event of rain, worship will be in the Pullen sanctuary at 11 a.m. and the picnic will likely be cancelled.

—Education and Worship Councils

September 2, 2018

Sunday Groups

Sunday Groups Resume September 16

Fall Sunday Groups begin September 16 from 9:30 - 10:30 a.m. This year we will have several adult options from which to choose. These are the following way to enhance your faith, deepen your spiritual practice, or strengthen your biblical understanding:

Care of Creation // Room 309

Care of Creation focuses on environmental, political and social challenges faced by people of faith.

Discoverers // Room 303

Discoverers focuses on asking questions and seeking answers in our sacred stories.

Exploring the Bible // Room 307

This lecture and discussion class tackles Bible study and faith formation.

Grope Group // Room 310

Grope Group is a discussion-based class that grapples with hard questions in the current political and social world.

McMillan Group // Room 312

This group looks to stories and life for great questions and greater answers.

Pullen 101 // Room 203

Pullen 101 is an 8-week course designed to introduce people to the culture and ministries of Pullen Memorial Baptist Church.

Spiritual Practices // Poteat Chapel

Spiritual Practices facilitates the group in spiritual disciplines and discussions.

Please make plans to attend one of these classes as it is a great way to participate in the life of Pullen. Contact bcrisp@pullen.org if you have more questions.

—Brian Crisp



Need to share something?

Send any submissions for publication in the *Sunday Update* or *PullenNews* to news@pullen.org. The deadline for the Update is the preceding Tuesday. The deadline for the monthly newsletter is the last Sunday of each month.

Wednesday Nights at Pullen

We return to our regular schedule beginning September 12, and there is something for everyone! As always, we begin with a community meal in Finlator from 5:15-6:00 p.m. Dinner is \$6 for youth and adults, \$3 for children with a maximum of \$20 per family. If this is a hardship, please contact one of the ministers. After dinner, we share announcements, joys and concerns. Next we offer programming for all ages. Here's a peek at what's ahead!

Adults

September will feature a series called, *Why I Still Believe*—faith leaders narrating their spiritual evolution and sharing why they remain among “the faithful.”

September 12

John Pavlovitz, North Raleigh Community Church

Writer, activist and former mega-church pastor, his blog “Stuff That Needs To Be Said” has reached a diverse worldwide audience. John is committed to equality, diversity, and justice—both inside and outside faith communities. In 2017 he released his first book, *A Bigger Table*.



September 19

Imam Abdullah Antepli, Duke University

Founder of the Association of College Muslim Chaplains, Imam Antepli has served as a guide for many on their faith journey. In his current role as Chief Representative for Muslim Affairs, he engages students, faculty, and staff across and beyond campus to provide a



Muslim voice and perspective to the discussions of faith, spirituality, social justice, and more.

September 26

Rabbi Lucy Dinner, Temple Beth Or

Rabbi Lucy Dinner has served Temple Beth Or as Senior Rabbi since 1993. Rabbi Dinner's commitment to social justice infuses her involvement in local, national, and international initiatives. She has been recognized time and time again



for her leadership in the faith community and beyond.

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.**

Youth (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. September will be about reconnecting with one another by sharing experiences from the summer and the start of the school year.

—Chalice Overy

Pullen 101 Begins September 16:

Sunday Group for Newcomers

If you are new to Pullen and trying to find your way around, we hope you will join us for our fall series of Pullen 101. It begins on Sunday, September 16, and ends on November 5.

Pullen 101 is an 8-week Sunday class designed for persons who are new to the Pullen community (but veterans are welcome!). This class will offer an introduction to our congregational life and ministry. We will talk about topics like Pullen's identity, theology, worship, Baptist identity, missions, and education. In these sessions, Pullen members will share memorable Pullen stories and explain the “culture” of our community. Information about how our church functions in its various ministry areas will be included and various church members will share “Why I Am at Pullen.” A staff member will also be present each week to share in the conversation.

We will meet in Room 203 next to the sanctuary from 9:30 - 10:30 a.m. This class is the ideal opportunity to get to know what is important in the life of our faith community. Newcomers and old-timers alike are invited to attend, although we ask that participants make a commitment to as much of the series as they can.

Contact Chalice Overy at 919-828-0897x214 or covery@pullen.org. Pre-registration is not required.

—Chalice Overy

Children's Ministry at Pullen

Parent & Children's Night at Pullen Friday

**For Parents of children in preschool through 5th Grade.
This Friday, September 7 at 6:30 p.m. in Finlator Hall**

Family Night

- ♥ **Come share food together!** We'll have Hungry Howie's Pizza and a salad bar. We have a suggested donation of \$5 a person.
- ♥ **Come share family-fun time!** We'll enjoy family ice-breakers, games and fun songs.
- ♥ **Come share Pullen's love for children!** After preschoolers and children are dismissed for supervised fun, parents and caregivers will learn about upcoming opportunities for preschoolers and children, discover ways to plug into the PMBC Children's Ministry and more!

Call the church office at 919-828-0897 to signup, email Tommy at tcook@pullen.org, or just come!

—Tommy Cook

Acolyte Training on Sunday, Sept. 23

This training is for third graders AND upper grades who have not participated in training. Join us on Sunday, September 23 after worship. Lunch will be provided. Training should be finished by 1:45 p.m.

—Tommy Cook



Kids Day at the NC Food Bank

Saturday, September 22 // For Ages 5 to 11

Meet us for lunch at Buffalo Brothers (3111 Capital Blvd, Raleigh) at 12:30 p.m. or meet at the NC Food Bank at 1:50 p.m.

About Kids Day: Volunteering is a wonderful way for kids to learn about hunger in our communities. The Food Bank of Central and Eastern NC offers a kid-friendly volunteer session called Kids Day. During Kids Day, volunteers will participate in an age-appropriate food sorting project, for example repackaging bulk food into family-size portions. Parents are welcomed to stay!

—Tommy Cook

pmbc
Children



September 2, 2018

Youth Ministry at Pullen

Kickoff Night this Wednesday

Join me September 5 for a fun night kicking off our 2018-19 Youth Ministry year. We'll start with dinner at 6 p.m., games, discussions, and a layout of what the year might look like. Expect to be done around 7:30. A suggested donation of \$5 per person will help cover dinner, and it'll be good! If you are in need of childcare at the church that night, please let me know.

Important Dates

- Fall Retreat - Mark your calendars for November 9-12.
- Sunday in the Park - September 9 at 11am at the Gregg Museum of Art.
- Wednesday Night Live Starts September 12
- Sunday Morning Groups start back September 16

PARENTS: Catch a Drink with Bryan

September 23 at 7 p.m. Bryan will park himself on the patio at Boylan Bridge Brewpub, 201 S Boylan Ave, with a beer. Join me to talk about your hopes and dreams, fears and stresses parenting a teenager. Boylan Bridge Brewpub serves other drinks as well as food.

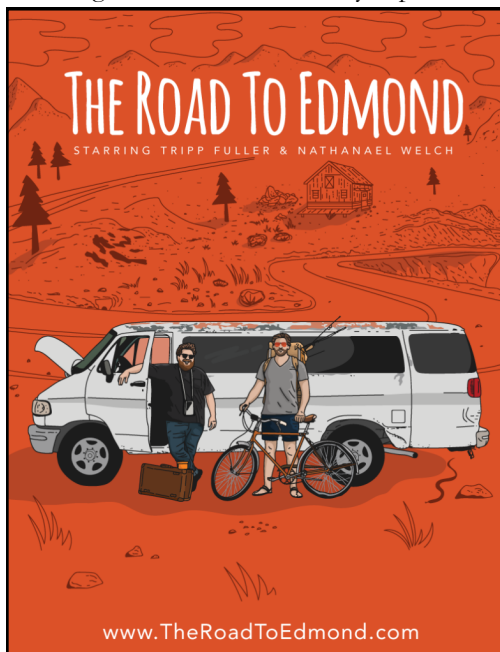
House Party for The Road to Edmond

Bring a friend and join us on Sunday September 16 at Bryan's House (1001 Flanders Street in Garner) for the *The Road to Edmond House Party*.

You can watch the trailer at: theroadtoedmond.ticketspice.com/the-road-to-edmond-raleigh-nc-premiere

Food starts at 6 p.m. Movie starts at 6:30 with discussion for 30 minutes afterwards. Night ends at 9 p.m. Parents are encouraged to be there. RSVP by September 10.

—Bryan Lee



Rite 13 RSVP NEEDED

Are you 13 years old? Will you be 13 by October 21? Then we invite you to be a part of a very special coming of age ritual at Pullen called Rite 13.

But this is not just a one day event. Beginning September 23 you are invited to Sunday Morning Groups at 9:30 a.m. for a 4 week series called "Platform 9 3/4." As you may imagine, we'll follow Harry Potter as he journeys to Hogwarts and talk about what it means to begin venturing out on your own. We'll tie that with some coming of age stories in scripture and maybe even play Quidditch!

We are asking you, as a 13 year old, and your parents to commit to five weeks for this coming of age ritual.

- ♥ September 23 - Commitment
- ♥ September 30 - Loneliness
- ♥ October 7 - Expectations
- ♥ October 14 - Vulnerability
- ♥ October 21 - Ceremony during worship. During the Sunday Group hour, youth and parents will run through the ceremony as practice.

Please be aware that Sunday morning groups actually start September 16 but we will use that time to introduce the year as a large group. Our Rite 13 will begin as a smaller group the following week.

Email me at blee@pullen.org to let me know if you are planning to participate.

—Bryan Lee



Music Ministry at Pullen

Resonate with Us!

At Pullen we resonate with progressive thought, expansive theology, inclusive welcome, ecumenical commitment, inter-faith dialogue, justice work, global awareness and creation care, and multifaceted expressions in worship and service. Join us in literally resonating these ideals in song by participating in a Music Ministry Group this fall – all are welcome!

Chancel Choir (Adults) – *Wednesdays, 6:30-8:00 PM // Room 128-B // Begins Wednesday, September 5, 6:30PM.*

Pullen Orchestra (Youth & Adults) – *Sundays, 8:45-9:45 AM // Room 128-B // Begins Saturday September 8, 10:00 AM (rehearsal for Sunday in the Park)*

Music Time for Preschoolers (Pre-K) – *Wednesdays, 6:00-6:15 PM // Room 117 // Begins Wednesday, September 12.*

Music Discovery (K-Grade 2) – *Wednesdays, 5:45-6:15 PM // Room 122 // Begins Wednesday, September 12.*

Children's Choir (Grades 3-5) – *Wednesdays in September-March, 5:45-6:15 PM // Room 128-B // Begins Wednesday, September 12.*

Youth Choir (Grades 6-12) – *Sundays in January-May, 1:15-2:00 PM // Room 128-B // Begins January 6, 2019.*

For additional information go to www.pullen.org/music or email me at lschultz@pullen.org.

—Larry Schultz



Chancel Choir & Pullen Orchestra “Ingatherings”

Join the Chancel Choir and Pullen Orchestra as they resume in September and prepare to enliven Sunday services, lead worship for Sunday in the Park, learn new music, and look ahead to Advent/Christmas, and Festival by the Sea.

- Chancel Choir Ingathering - Wednesday, September 5, 6:30-8:00 p.m., Rehearsal Hall (Room 128-B)
- Pullen Orchestra Ingathering - Saturday, September 8, 10:00-11:30 a.m., Rehearsal Hall (Room 128-B)

Music Ministry Groups for Children begin on Wednesday, September 12. For more information, go to www.pullen.org/music or contact: Larry E. Schultz, Minister of Music (lschultz@pullen.org).

—Larry Schultz



Missions & Outreach at Pullen

Pullen Support Circle Program for Homeless Women Without Children

For the past several years, Pullen has been involved with the Support Circle Program with Catholic Charities. Here is an update about the program:

- Ten single women without children have been referred and accepted into the Support Circle Program for Homeless Families since January 1, 2017.
- Two individuals left the program prior to housing; two others chose to leave the program after approximately six months in the program and after having been partnered with a circle and being housed.
- Eight individuals have participated in the program with circles and have been housed successfully.
- Seven individuals have received rental subsidies with assistance from Pullen, one individual participates in the program but does not receive rental assistance,
- One individual remains unhoused and continues to search for housing;
- One individual referral is currently on the waiting list.
- Six Individual families have been partnered with Support Circles from Pullen, Islamic Association of Raleigh, Millbrook Baptist Church, Yavneh Jewish Community, and S.H.I.F.T (African American Women's Circle). One current participant remains without a support circle, as do the one unhoused and newly referred individuals.
- \$8,655.62 has been spent by Pullen in rental subsidies for the Single Women Program.

Successes of this program for these women include, but is not limited to the following:

Individuals who came into the program from places considered uninhabitable, including a shelter, outdoors or in their vehicles or in a risky situation – are now housed in stable, safe and affordable situations. Individuals who were working minimal income jobs when they came into the program completed Jobs for Life, Step Up Jobs Programs, NC Works and/or Dress for Success and now have livable wage employment positions (income increases from minimum wage to as much as 19.50/hr). Individuals who came into the program with challenging driving records, without valid driver's license, or other legal issues have received assistance and guidance to clear all records and become "legal without issues." Individuals who entered the program with little or no health insurance now have identified a health care provider, receive regular and consistent health care and medications to allow for a more healthy and stable life. Individuals who came into the Support Circle Program with little or no family, community, or faith support have experienced the compassionate, non-judgmental support of persons who chose to be in relationship for the duration of the program and (more often than not) beyond!

Pullen is in the process of forming another Support Circle with our interfaith and interreligious partners. If you are interested in working with our partners at Temple Beth Or, Islamic Association of Raleigh, the SAI Center, and NC State to support a person moving from instability to security over a 12 to 18 month period, then contact Brian Crisp at bcrisp@pullen.org.

—Rev. Carolyn McClendon and Brian Crisp

Round Table Volunteers Needed

If you are not in Finlator Hall on Tuesdays or Thursdays from noon onwards, then you are most likely not aware of Pullen's effort to alleviate the burden faced by many people with housing instability and food insecurity. So far in 2018, we have served over 2,500 meals, provided over 2,000 snack packs, and assisted with \$2,000.00 towards rents and utilities. Beyond these numerical expressions, volunteers spend their time and energies learning names and listening to stories, hoping they can provide a few moments of friendship and hope to people in distress.

As Round Table is growing, we need volunteers. The Pullen Roundtable Fellowship is an excellent opportunity to provide our radical hospitality to people experiencing housing instability and food insecurity. Roundtable occurs twice a week on Tuesday and Thursday. Volunteers help prepare and serve meals and, in the process, form appropriate relationships with the people in our community. We have volunteers from Pullen Memorial Baptist Church, Hayes Barton United Methodist Church, North Carolina State University, and St. Francis Parish. Come join us in a fun, enriching experience! If you are interested in volunteering on Tuesdays or Thursdays, then please contact Brian Crisp.

—Brian Crisp

Free Healthcare Day September 15

Registration is open from 8 a.m. to 1 p.m. on the day of the clinic in Finlator Hall at Pullen Memorial Baptist Church. No preregistration or appointments are necessary. All guests under 18-years-old must have a parent or guardian on site. Available services Include:

- Physician Consultations for adults & children
- Eye Screenings
- Prescription Glasses (subject to availability)
- Blood Pressure Check
- Memory Screening
- Youth Sports Physicals
- Specialist Referrals
- Women's Health
- Cholesterol Test (Do not eat or drink anything other than water for 12 hours prior to visit.)

For more information, call 919-442-8564 or visit www.raleighsaicenter.org/healthcare/contactus

—Raleigh Sai Center

Connect, Serve, and Grow at Pullen

Spaces at Pullen:

There are times when we all need a little space. As our needs are ever-changing, Pullen offers three distinct spaces to accommodate the needs of our community attending on Sunday mornings:

Meditation Space, Room 305.

For those who need quiet space on Sunday mornings, the Meditation Room is open for quiet reflection and reading. The room is comfortable and offers different reading material for reflection and varying visual iconography for centering meditation.

Pullen Library

For those wanting to read books and periodicals on various religious topics, the Azelene Medlin Memorial Library. The library operates on a self-checkout system and is open to those seeking to engage printed material as a source of faith formation.

The Parlor

For those wanting to build community and engage in conversation over a cup of coffee, the Parlor is an open comfortable space designed to foster faith and friendship. Coffee is served and people are encouraged to sit and unwind while they relax.

Additional Spaces

During Sunday morning worship we offer an infant and toddler space for quiet regrouping. Parents and caregivers are welcome to use this space adjacent to the West balcony to calm and nurture their child while still being connected to worship

—Brian Crisp

Bread for the World Offering of Letters

Each year Pullen joins with congregations all over the U.S. in writing letters to our congressional representatives to encourage them to use the power of our government to feed a hungry world. Bread for the World, a national advocacy group on hunger issues, selects a critical legislative issue related to hunger and suggests the content of the letters. This year our letters will implore Congress not to reduce funding for SNAP and other food programs as recommended by our president.

Letters will be available for signing at both main exits after worship on September 16 and 23 and on Wednesday evenings, September 19 and 26. We have already prepared letters to our Senators and the House members who serve the districts where Pullen people live. Last year we sent more than 200 of these letters to Congress after they were brought forward in worship on the first Sunday of October. We hope you will take time to sign a letter to your Senator and Congressperson and be present on October 7 as we bless these advocacy efforts in worship.

—Brian Crisp

It's FOYER Time – Let's Shake It Up!

If you used to be a Foyer participant but haven't for a while, or never have participated, we encourage you to give the 2018-19 Foyer gatherings a try.

Foyers are small gatherings of Pullen households and are a long-time tradition at Pullen. Assignments have usually consisted of six to eight people representing three to five households, so there are normally at least three gatherings. The only purpose of the gathering is to share a meal and get to know each other.

If you have taken a break from participating or have been reluctant to sign up, please know that we're open to organizing the groups to fit your needs. Also, you may consider some different ways of hosting when it's your turn:

- Don't like to cook? It's fine to get take-out from your favorite restaurant / deli.
- Dinners feel like too much pressure? When it's your turn you can meet for lunch or maybe even brunch! Or serve just hor d'oeuvres.
- Don't like to cook? Partner with another household (even a non-Foyer household) to prepare the meal together
- Don't have room to host? Gather in a restaurant (one that will let the group linger over conversation for a while)
- Have a very small house or apartment? We can set up "mini-Foyers." Ask to be paired with maybe three other people – then we may also try to set up at least one gathering where two "mini-foyers" are paired to hold a joint gathering so more people get to know each other

You get the idea – the priority is the gathering to get to know each other. Here's how you can sign up:

WHO? You can participate whether you are a long-time member or a new member—or are a visitor wanting to host and share a meal with a small group of other Pullen people.

HOW? You can sign up for Foyers several ways. The easiest way to register on line using this link: www.pullen.org/foyer-registration Fill out the form and it will be submitted directly to the coordinators.

Sign up forms will also be available in the church office and can be turned in there. Or **email PullenFoyers@gmail.com** and we'll send you a form with the information we need.

Deadline for submitting the forms is Sunday September 23; assignments will be made by email around October 4. Questions? Email Foyer Coordinators Heidi McLean or Pat Thomas at PullenFoyers@gmail.com.

—Pat & Heidi



Care for Each Other, Care for God's World

The Work of the Nominating Committee

Fellow and Sister Members of Pullen –

We are a combination of folks who have been involved in Pullen's missions and ministries for a long time, and others who are newer and less familiar with the way things work here. The Nominating Committee is preparing to fill the slate of church committees and councils in the next few weeks. We hope that those who have been serving a while can partner with others who are newer or interested in becoming more involved to help the committees and councils continue their important work, as well as welcome new thoughts and ideas to keep our missions and ministries fresh and responsive. We hope you, our newer members, will respond positively to serving where you feel called to offer your time, talent and interests.

So, please take a look online at the church website (pullen.org) under (1) "For Pullenites"; (2) "Church Records and Documents"; (3) "Constitution and Bylaws"; (4) Councils and Committees and then look for the "2018 Council & Committee Roster." These are the documents and lists from which the Nominating Committee works. Under the Bylaws, Article III, there is a description of each council and committee. The 2018 Council and Committee Roster shows the members serving and their terms.

If you are interested in being considered for a particular Council or Committee, please let us know by sending an email to nominations@pullen.org. Or, please contact one of our members:

- Nancy Jones, Chair—nfjones@gmail.com
- Deborah Brogden—deborahbrogden@yahoo.com
- Pat Hielscher—pathielscher@gmail.com
- Jim Jarrard—jjarrard001@nc.rr.com
- Gene Moore—genewmoore@nc.rr.com

—Jim Jarrard

CURRENT COUNCILS, COMMITTEES AND OFFICERS

CHURCH OFFICERS:

Clerk and Assistant Clerk (1-year term)
Treasurer and Assistant Treasurer (1-year term)
Librarian (2-year term)
Archivist (2-year term)

COUNCILS AND COMMITTEES:

Congregational Care Council - [3-year term, 6 members]
Coordinating Council - [3-year term, 6 members]
Deacon Council [3-year term, 12 members]
Education Council - [3-year term, 6 members]
Missions & Outreach Council - [3-yr term, 6 members]
Worship Council - [3-year term, 6 members]
Adult Education Committee - [2-year term, 6 members]
Archives and History Committee - [2-year term, 4 members]
Building & Grounds Committee - [3-year term, 6 members]
Children's Committee - [2-year term, 6 members]
Fellowship & Hospitality Committee - [2-year term, 6 members each]
Finance Committee - [3-year term, 9 members]
Funeral Committee - [2-year term, 6 members]
GEMS - [2-year term, 2 members]
Library Committee - [2-year term, 10 members]
Nominating Committee - [3-year term, 6 members]
Personnel Committee - [3-year term, 9 members]
Sanctuary Committee - [2-year term, 9 members]
Siler Garden Committee - [3-year term, 6 members]
Technology Committee - [2-year term, 6 members]
Trustees - [3-year term, 3 members]
Ushering Coordinators [2-year term]
Wednesday Night Committee - [2-year term, 6 members]
Young Adult Committee - [2-year term, 6 members]
Youth Committee - [2-year term, 6 members]

Spiritual Retreat for Social Justice Advocates in October: Register Now

Being a social justice advocate is always hard work. But in these times that try our souls on a daily basis, we all need opportunities to deepen our roots so we can continue God's work for justice in the ways we feel called.

To meet this heart-deep need, an all-day retreat for Pullen's social justice advocates will be offered at Cedar Cross Retreat Center on Saturday, October 6, from 9:30 a.m. until 4:00 p.m. The day will include reflection on the work in which one is engaged; spiritual practices that sustain during difficult times; learning from each other what is helpful; and being nurtured by the beauty of nature. John and Margaret Hilpert will serve as retreat leaders. John, a former Pullen staff member, is an experienced spiritual guide who offers help with spiritual disciplines and discernment around



vocation or ministry. Margaret guides through facilitating creative expression, inviting people to approach their spiritual journeys through simple art exercises.

The cost of the retreat is \$20 per person for the first twelve members of the Pullen family who register. A vegetarian lunch is included. This event is subsidized by the Spiritual Life Group as a gift to the activists among us. You can register for the retreat on the church website at www.pullen.org/retreat. More information about Cedar Cross and driving directions can be found at www.cedarcrossretreat.org.

We are grateful for the activism of many members of our Pullen family. If you need to feed your soul in the company of other advocates, we hope you will sign up!

—Spiritual Life Group

The Hope Center at Pullen



We can't believe it's time to say goodbye to summer and start gearing up for fall. Internships ended in August and our young people in foster care have started a new school year. We are looking forward to connecting more tutors with young people in need of academic assistance and to restarting the LINKS year, where we co-facilitate life skills classes with Wake County Human Services.

We can't believe it's time to say goodbye to summer and start gearing up for fall. Internships ended in August and our young people in foster care have started a new school year. We are looking forward to connecting more tutors with young people in need of academic assistance and to restarting the LINKS year, where we co-facilitate life skills classes with Wake County Human Services.

The interns were individually recognized and three young people took the opportunity to speak and share what the experience meant to them. Here's a little of what those in attendance got to hear:

"Through this internship I got to see what it would look like when I reach my dream. I got to see what the day to day life would be when I reach my goal of being a mechanic.

I want to thank everyone again who supported us all. Thank you, mom for taking me every day. Thank you to everyone who helped us all get to where we needed to be. Thank you Ms. Meredith. This wouldn't be possible without you."

We echo this young person's thanks. Our partnership with Pullen Memorial Baptist Church makes it possible to do this work and your commitment to serving our young people is always such an encouragement to us.

Thank you: 10 Year Celebration



We are so humbled by and grateful for the outpouring of support that The Hope Center received at the 10th Anniversary Luncheon hosted by Pullen Memorial Baptist Church on August 19th. Thank you for attending and celebrating our shared history. And thank you to Porter Bell and Stacy Bluth, two former Executive Directors, for taking part in the celebration and sharing what The Hope Center meant to them.

Congratulations to Toni Whitaker, Felicia Roper and BJ Welker, who received volunteer awards, and to Anne Sayers, who received a Bridges of Hope Award. We are so grateful for your dedication and commitment to fulfilling The Hope Center's mission!

We can't wait to see what the next 10 years bring and look forward to continuing to partner with you. Thank you!!

End of Summer Intern Celebration

On Friday, August 24, The Hope Center hosted its annual End of Summer Internship Celebration. The house was packed for the luncheon event, where we celebrated the accomplishments of the 25 interns who completed their 10-week internships.

2018 Mac & Cheese Throwdown



The 3rd Annual Mac & Cheese Throwdown for Hope, hosted by Relish Craft Kitchen and Bourbon Bar, is just around the corner on Sunday, September 16 at 5:00 p.m. Join us at Market Hall (215 Wolfe Street, Raleigh) to help judge the best Mac Maker in Raleigh. Tickets can be purchased by visiting <https://www.eventbrite.com/e/mac-throwdown-and-bartender-showdown-for-hope-2018-tickets-48310743735?aff=ebdssbdestsearch>.

Nutritious Meals for Wednesday Life Skills Group

Many thanks to the wonderful folks who have signed up to donate nutritious meals! We continue to have a need for donated nutritious meals to serve at our Wednesday Life Skills Group. These meals are a big draw for our young people to come to group and your help would be greatly appreciated! If you are interested in helping in this way, please visit <http://www.signupgenius.com/go/60b0849aeaf2da7f85-lunch> to sign up.

—Hope Center Staff

Pullen Memorial Baptist Church



Sunday
IN THE PARK
A NEW THING SPRINGS FORTH
ISAIAH 43:19

SEPT. 9TH

OUTDOOR WORSHIP & POTLUCK MEAL
GREGG MUSEUM LAWN
1903 HILLSBOROUGH ST., RALEIGH NC 27605



PULLEN MEMORIAL BAPTIST CHURCH
WWW.PULLEN.ORG

Pullen Memorial Baptist Church
1801 Hillsborough Street
Raleigh, North Carolina 27605
(919)828-0897 • Fax: 919-833-9364
www.pullen.org