

CHURCH AND HOME

UNIVERSITY CONGREGATIONAL
UNITED CHURCH OF CHRIST



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Children's Ministry

Our Children's Ministry Program is vibrant. We serve and support children and their families through Christian education, faith formation, and community building activities. We seek to become disciples of Jesus, so that we can say "Yes" to God with our lives. We are inspired by our covenant to encourage each other in the growth of our minds and spirits, welcoming everyone.

Worship Children join worship every Sunday. They carry in the light and lead the call to worship. Children and families often sit in the front left pews. Shortly into the service children depart for age-specific Sunday school classes and activities.



Programs and Classes On Sunday mornings we offer toddler care, and preschool and elementary Sunday school. We believe strongly in our covenant that commits us to encourage each other in the growth of our minds and spirits.

Service We build our faith in service to others. Children are involved in service such as Emergency Feeding Program Food Packing, school supply and clothing drives, and gathering Christmas gifts for families in need.

Retreats We take trips together to engage in further learning, service, reflection and play. These include retreats, camping trips, and our annual UCUCS Seabeck All-Church Camp. When we are away together, we grow in new ways and broaden our horizons.



Special Events

Special events bring us together to make new friends and deepen connections. Sunday fellowship breakfasts, Bible presentations, Apple Day and Lamb Day at Pastor Catherine's farm, the annual Advent workshop, family pizza nights, our Easter egg hunt, picnics in the park, baseball outings, and more keep us busy throughout the year.



These photographs highlight activities for children at UCUCS. Turn to the "Children's Ministry News" section on page 4 of this newsletter to read about our current events and plan to join us soon! For more information, contact Rebecca Schmidt, Children's Ministry Coordinator, at rschmidt@ucucc.org, (206)524-2322.



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News and Events in the Church

Thanks to all who supported Tent City 3

Thanks go to the many folks who supported Tent City 3's stay here by organizing things, handling communications, setting up the parking lot physically, giving legal advice, donating funds, coordinating volunteers, being a shower attendant, being a parking lot attendant, being a greeter at the 45th street entrance, and/or driving the parking lot shuttle:

Tom Braman, John Cady, Ed Coleman, Hillary Coleman, Julie Conklin, Holly Eckert-Lewis & Yale Lewis, Cassie Emanuel, Dianne Fruit, Mary Galvin, Joy & Patrick Gilroy, David Glick, Don Guthrie & Candace Tkachuck, Jeaneane Hill, Colton Kissock, Star Leonard-Fleckman, Marcia McCracken, Emily Morishima, Kathryn Murdock, Susan & David Ovens, Michael Phipps, Christina Purdy & Doug Meacham, Dawn Ramsey, Victoria Ramsey, Will Seagall, Elizabeth Spieth-Croll & Tim Croll, Aaron & Robin Turner, Greg Turner, Bill & Cate Vanderwilt, and Jan Von Lehe. (Apologies and thanks to anyone we may have overlooked in making this list.)

Thanks also to folks that donated goods and food to the tent city.

Finally, thanks to the many, many, staff, Superfluity volunteers, Superfluity shoppers, members, friends, and visitors who went out of their way to change their parking spots to make our hosting of Tent City 3 possible.

And thanks and "farewell" to the residents of Tent City 3 who were tremendous neighbors for 3 ½ months!

Acting on our Resolution: Interfaith Dialogue

In 2015, we, the congregation, committed ourselves to action in four areas by passing a resolution for a **Just Peace in the Israeli-Palestinian Conflict**. The resolution was also passed at the conference and the national levels. It calls for action in four areas: Education; Boycott, Divestment, and Sanctions; Congressional Pressure; and Interfaith Dialogue.

As part of our action on *interfaith dialogue*, the Palestine Action Group and the Love and Justice Ministry are sponsoring the display of a peace banner. It says "**Peace Salaam Shalom**", the word for peace in English, Arabic, and Hebrew. The Palestine Action Group leadership team agreed that we'd like a sign that can be used not only during Ramadan (June 6 through July 5), but at any time of the year. We also wanted to include a greeting to our Jewish brothers and sisters. Look for it at the south end of the building. We invite you to join us in seeking additional ways to promote interfaith dialogue, and to work together for goodwill among the Abrahamic faiths.



Death Announcement

Lisbeth "Betty" Juel passed away on March 3, at 99 years-old. She and her husband, Glen, joined our church in 1961, and were long-time members here. Betty was born and raised in Seattle, graduated from Garfield High School, and the University of Washington. She was a head nurse at Harborview when she met her husband Glen. They had a wonderful life that included traveling the world with close friends, and gifting a 40-acre farm to the community: Juel Park. She loved music and writing. She is survived by her husband, Glen, daughters, Karen Kopp and Linda Bain, sons, Randolph and Brian Juel, 10 grandchildren, and 4 great-grandchildren. There is no information about a service at this time.

News and Events in the Church

July Special Offering

Our July special offering funds our own **Hunger Outreach** for the rest of the year. It will help to provide healthy food via the Emergency Feeding Program and the Beacon Avenue Food Bank. Watch for a letter in the mail which will describe how we support these programs, and how they provide for the ever-widening needs for emergency nutritional and supplemental food in Seattle-King County.

Share the Harvest Table Returns in mid-July!

We will have the table in the Narthex for your donations of fruits, veggies, flowers and herbs from your gardens. Watch for more information in the bulletins! We also need volunteers to be at the table on Sunday mornings. To sign up, stop at the table or email Gretchen Hull: gghull@att.net (206) 729-3725.

July Calendar Highlights

- ✠ High school Youth on their mission trip in Alaska
- ✠ First Presbyterian Church of Boise Youth Group here for their missions trip
- ✠ **July 10 Inquirer's class** on O'Hall 2 at 11:30
- ✠ **All-Church Camp at Seabeck July 10-15**
- ✠ **July 17 Food Packing** in 1st Floor hallway 11:30-1:00
- ✠ **July 18 Youth Paddleboard & Yoga**
- ✠ **July 20 Youth Middle School leave for Mission Trip**

Senior Retreat October 3 and 4, 2016

Sally Pritchard

To everyone 55 years-of-age and *better*, welcome to the *2016 Senior Retreat*. We usually reserve the beautiful Rainbow Lodge the last Monday and Tuesday in September, but even two years out, it was already booked. So we have a new adventure: meeting in October! Why do I look forward to the retreat just for adults every year? Everything is focused just on us - where we are in life with our families, friends and ourselves.

We will be focusing on the arts, beauty, our own stories of where we have been, and what we are looking forward to. Sharon D'Amico will be our guide.

The senior retreat is a chance for all of us to get together for fun, as well as address those missions of the church for which we are deeply passionate and active members. At a recent ***Love and Justice*** meeting, we focused on the mission of our church. It was suggested that we focus on ***the Homeless*** - which of course we do with Tent City 3 just leaving after 3 1/2 months, and the Mary's Place hosting that ended recently for this quarter, along with all that UCHA (University Congregational Housing Association) has done to move the homeless into housing, and church members working at DESC (Downtown Emergency Services Center), and Superfluity among others.

Children were another area of focus. Children in our church programs bring great promise to our future, and the three schools in our building that we support show our care for our younger population. Another emphasis was on ***Earth Ministry*** and its commitment to reducing our carbon footprint through recycling, composting, adding solar panels, service days and much more. We also have a mission to ***Worship*** and ***Community***. Our Seniors are deeply involved in all of these missions.

How about the mission to the lively older community and fun?! That's the Senior Retreat. Come and join us.

The 2016 Retreat planning committee: Barbara Deppe, Catherine Foote, Joel Godston, Alan Klockars, Sally Pritchard, Carol Scott-Kassner, and Marion White

Children's Ministry News

Summer Sunday Activities for Children

Bring the kids to church this summer! Before and after worship every Sunday, kids can enjoy activities in the church lounge. During 10:00 worship, young children can take part in toddler and pre-school Sunday school. Elementary children can attend special sermon time with a pastor and extended special project time throughout the summer. All children are welcome to remain in worship with their families if they prefer.

Elementary Special Project Time

We are offering special project time for elementary children during worship this summer to build community and have fun together at church. Currently we are taking apart small electronics and enjoying a variety of craft activities. In July we will offer summer camp-themed crafts to bring some of our Seabeck camp activities home to Seattle! Children begin worship with their families in the sanctuary. Then they are invited to attend circle time with a pastor in the chapel followed by special project time in room 329.

Kids: Lead the Call to Worship

We are scheduling *Call to Worship* elementary kids on summer Sundays, July 3 - September 5. Having children open and close our worship service every Sunday is significant because it represents our commitment to children as worship leaders and it gives children the chance to take an active role in the worship service.

Here is a link to the sign-up sheet: <http://doodle.com/poll/wvn3gniz865usxkr>

This is a unique opportunity for children to speak a few simple lines in front of the congregation (filled with supporters!) and be showered with compliments afterwards! Please sign up today.

Food Packing Service Projects

After worship on **July 17** and **August 21** bring the kids to pack grocery bags in the first floor hallway for the Emergency Feeding Program. This is fun, easy way to involve the whole family in serving others. This activity is suitable for young preschoolers and older,



and it lasts about 30 minutes. This activity is run by Diane and Steve Adam. Please contact Rebecca Schmidt, rschmidt@ucucc.org, (206)524-2322 with any questions.

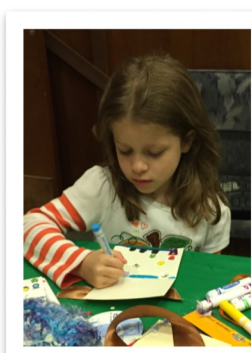
Family Camping Trip, August 12-14

Let's go camping! We have reserved campsites at Camp Casey on Whidbey Island, WA for our annual family tent camping trip on Friday, August 12

through Sunday, August 14. At the time of this printing we have camp sites open for two more families – let me know if you want to come! Camping as a group is great because we deepen friendships and we help each other set up tents, prepare food and keep an eye on the kids. Most of all, we have a lot of fun!

Everett Aquasox Baseball Game August 28

Bring the whole family out to the ballpark to enjoy an Everett Aquasox Minor League Baseball Game! Join us on Sunday, August 28 in the afternoon when Everett plays Vancouver. The game begins at 4:05 p.m. Purchase general admission tickets at the gate and join us in the bleacher seats on the right field side. So fun, so easy, so summery!



You Are Invited to Teach Sunday School

Live into our covenant "to encourage each other in the growth of our minds and spirits" and become a Sunday school teacher or assistant. We have a particular need for preschool teachers this Summer and teachers this Fall in all grade levels. Please contact Rebecca Schmidt at rschmidt@ucucc.org, (206)524-2322 for more information.

Youth News

A Note about Youth Group

Sunday morning 9am Youth Group is on break for the summer and will resume Sunday, **September 11**. In the meantime stay tuned for summer activities!

July Dates to Keep in Mind:

July 10 - 15: UCUCS All-Church Summer Camp at Seabeck

July 20 - 23: Middle School Mission Trip

July 23 - 30: United Church of Christ National Youth Event

Other Fellowship & Fun

Monday, July 18 - Paddleboard Yoga Outing

3:30pm - 5:30pm at Surf Ballard

\$30 per person (scholarships available) 9 youth max.

Yoga, on a paddleboard! We paddleboard to our spot (20 mins), clip our boards to a buoyed line, practice some yoga, then we paddle back. You might get wet, but you might stay dry. You do not have to have ever done yoga to do this event! You **MUST** be able to swim!

Sunday, August 14: Middle School Rock Climbing

After worship - 7 or 8pm

\$60 (includes cost of the rock climbing & dinner out after). Scholarships are available!

We are partnering with Peak 7 Adventures to head out to North Bend for an afternoon of Rock Climbing.

Parents, we hope you will help with transportation.

Online Sign-ups will be available to reserve your spot!

Sunday, August 21: High School Rock Climbing

After worship - 7 or 8pm

Cost is \$60 (includes cost of the rock climbing & dinner out after). Scholarships are available!

We are partnering with Peak 7 Adventures to head out to North Bend for an afternoon of Rock Climbing.

Parents, we hope you will help with transportation.

Online Sign-ups will be available to reserve your spot!

Thursday, August 25: Backyard Movie Night - "My Big Fat Greek Wedding"

6pm at Carol & Ed Coleman's home

Both Middle School & High School youth, their families and friends are all invited to a fabulous evening! We will have a bbq dinner and play some games together. Once the sun sets, we will hunker down in the backyard and watch "My Big Fat Greek Wedding" together! This is a great movie with great lines and laughs! More details to come as we get closer!

Wednesday, August 31: Teen Feed

5pm - 8:30pm at UCUCS

Youth, their friends and family are invited to participate in an important ministry to youth and young adults who are homeless. Sign up to help prepare, cook and serve a warm meal! Email Margaret to sign up: [mswan-son@ucucc.org](mailto:msonian@ucucc.org).

It will be wonderful to see you all over the summer at all these fun events!

Contact Margaret Irribarra Swanson for more information on any youth ministry activity — mirribarra@universityucc.org or (206)524-2322.

May 2016 Church Council Meeting

Received a preliminary report from the budget committee responding to questions about giving patterns and trends, and how to measure and report all of our social justice activity. Written report to follow in June.

Actions:

Updated Agreement between the University Congregational United Church of Christ and the University Congregational United Church of Christ Child Care Programs.

Imagine Campaign:

Tabled most of the Narthex/Lounge Renovation except a few safety issues.

Tabled the Reader Board Project.

Transferred \$100,000 from Contingency to Windows Project.

Transferred \$40,000 from Maintenance Reserves to Wayfinding.

Transferred \$39,957 from #37: Server Upgrades and \$59,852 from #38: Website to Church Revolving Accounts for implementation.

Set aside for a season (the 2nd season) the long-standing practice of alternating men & women for Moderator & Assistant Moderator.

We have more lay women on the council and in the congregation than men. It's been tough to find the right *man*, and maybe it's best to find the right *person* for position of Assistant Moderator.

Summary submitted by David Anderson

Sunday Morning Hospitality/ Security Ministry

Companionship Training by Mental Health Chaplaincy Saturday, September 10, 2016, at University Christian Church

Please consider being a part of a new team to provide a Sunday morning presence for everyone entering our building. This is beyond greeting and welcoming, and could be organized similar to the Openers rotation model. We want to provide training and support for this new group with the good work that the Mental Health Chaplaincy has done with Companionship Training. This will help us continue to provide a safe and welcoming environment for *all* on Sunday mornings. For more information, please contact Carol Coleman, parishcaresupport@universityucc.org, or Peter Ilgenfritz, pilgenfritz@universityucc.org (206)524-2322.

Call for Memorial Reception Coordinators

This is a wonderful and important service our church provides to families in a time of deepest need. The experience of serving as a Reception Coordinator can be very fulfilling. If this ministry appeals to you, please contact Erin Lovejoy-Guron in the church office (206)524-2322 or office@universityucc.org for more information. It would be great to have a list of people to rely on for help with memorials.

Ministry Update

To care for and pray for each other in trials of the spirit...

In the days following the mass shooting in Orlando, I am reminded of, and give thanks for, the many ways the church can be a holder for all of us in times of grief. Be that in sharing prayers in Sunday worship, meeting with a pastor to light a candle and share memories of a loved one, or getting linked with a BeFriender to walk with you through a time of grief we seek to accompany you in hope, prayer and compassion through the trials of the spirit that are part of life.

We are deeply blessed that Mary Jeanne Phipps and Cheryl Ellsworth offer their professional expertise in issues of death and dying, and provide resources, counsel and support to walk with members and friends through times of grief and loss. We are blessed by our Parish Associate, Judith Strausz-Clement, who every month, on behalf of the church, visits members and friends who are grieving. We are grateful for our team of BeFrienders: Wes and Janis Peterson, Jim Faris, Christian Halstead, Faith Gray and Joan Davis who are here to walk with you over weeks or months through times of trial and change.

In our life together as church, we meet each other in times of joy and times of sorrow every week. I am reminded, on weeks like this of national mourning, that many will come to find refuge in churches like ours, to find others who care and with whom they can grieve. Each week as we come to worship, we provide a community of faith ready to meet strangers and friends who come in so many different seasons of joy and heartache. We are a sign and expression of hope.

If you would like to learn more about how you can connect with any of our ways of providing pastoral support, please contact our Parish Care Coordinator, Carol Coleman at parishcaresupport@universityucc.org, or (206)524-2322

~ Peter Ilgenfritz

When to Call a UCUC Pastors

Our congregation covenants together every week “to care for and pray for each other in times of joy and in trials of the spirit.” One way we can fulfill that covenant is to let each other know when we are in need. So we, your pastors, ask that you call us. We can be reached at the church by calling (206)524-2322.

A confidential message can be left at any time for us at the following extensions:

Catherine Foote x3313

Peter Ilgenfritz x3307

Amy Roon x3312

In addition, please know that if you face a pastoral emergency (sudden illness, hospitalization or loss), one of your pastors can be reached 24 hours a day by calling the church pager at (206)445-3378.

Here are some times when a call might help:

When you are dealing with grief or loss.

When you scheduled for surgery or are hospitalized.

When a child is born.

When you have questions of faith you would like to talk over.

When you want to plan a baptism.

When you want to plan a memorial service.

When you want to plan a wedding.

When you are facing a crisis in your life or in your family.

When you lose your job.

When you are graduating.

When you are moving.

When you want a pastor's perspective on an issue in your life.

In Our Community

Opportunity for Social Justice Training

Elizabeth Dickinson and the other members of our **Peace and Justice Advocates** have done some research into how we as church could better serve our community at large. *Justice Leadership Jubilee* is an organization that creates community with people of faith who want to deepen their faith and social justice work. This program is just getting started, so this is an opportunity to learn some skills, meet like-minded people, and get this organization focused on your area of interest.

Justice Leadership Jubilee commitment is about 15 hours per week for ten months. It's for adults who want to develop their faith, and learn systemic-change skills with a community of their peers. The year includes training, spiritual sojourning, working within a social change agency, and church engagement in justice issues. The cohort will gather for social justice trainings, and for spiritual reflection once a month. Each participant will work to integrate these reflections and learnings into their church community, and their weekly work with a social change agency.

Each season of the year will have a particular focus. *The Fall* will focus on relationship and analysis building, including deep learning around structural oppression, and forms of social change.

The Winter will be a season of advocacy (on the National, State, and Local level), with a focus on understanding power through a Christian lens.

The Spring will focus on reflection and action by looking at social movements throughout history, with special attention to nonviolent theory, communication, and action.

The inaugural year of the program will begin this Fall 2016. Apply today at: www.justiceleadershipjubilee.org or contact Jenn Hagedorn, jenniferlin44@gmail.com, or (206)265-2834 for more information.

Upcoming Events from the Church Council of Greater Seattle

<http://www.thechurchcouncil.org>

See their **Weekly Updates** page for links and more information

Wednesday, July 20

Seattle University Poverty Workshop. 10am-1pm at Seattle University School of Theology and Ministry, Student Center 160.

Thursday, July 21 & Friday, July 22

Undoing Institutionalized Racism Workshop.

Saturday, July 30

Evergreen Association of American Baptist Churches' Black Caucus BBQ.

Friday, August 5 - Sunday, August 7

Mustard Seed Associates Celtic Prayer Retreat.

Saturday, August 6

From Hiroshima to Hope. Annual lantern floating ceremony at Green Lake, Seattle.

Tuesday, August 9 - Friday, August 12

Tyree Scott Summer Freedom School.
Email dWASHINGTON@afsc.org.

Recycle Electronics & Help St. Paul's

Free up storage space, help the environment by recycling properly, and help St. Paul's recover from their recent fire! Bring your recyclable items including personal electronics, computers, appliances and stereo equipment to:

Magnolia United Church of Christ
3555 W. McGraw St. Seattle

Saturday, July 9th
10am to 3pm

Recycling services are free. All donations will benefit St. Paul's repair and recovery efforts! Thanks to 1 Green Planet and to Magnolia UCC for hosting this event. Contact Becky Withington for more information, (206)290-9884.

As I See It from the archives

Volume 61, number 1 January 2009

As I Sea(beck) It

~ Lisa Coleman

What do you say about a place that gave you your family?? By the time I was involved in my first Seabeck, I was already feeling committed to UCUC. I felt at ease; had a new purpose; and new friends. But by the time I returned from my first Seabeck Family Camp experience, I had found my community. And quite literally, I had found my family.

In 1991, I was a nanny for a family with three small boys. I had had no vacation for over a year, and I was exhausted. It was Sue Landeen who suggested I try Seabeck. So I went. I tried folk dancing, enjoyed the talent show, took pictures, and even sat and talked to an older gentleman.

But the best part was the people I met. Sue and Jerry hosted a wedding shower for Jeff and me. Jerry sang at our wedding. Lynn Willman had encouraged my attempt at folk dancing. We've been friends for more than 15 years now!

But, the *very* best part of the first Seabeck was that older gentleman—John Coleman. Can you guess whom he introduced me to? If you guessed “Jeff” you'd be wrong. John introduced me first to Winnie, and I never spent another holiday alone! Then I met Ed and Carol. *And then*, Jeff. And the rest, as they say, is (my) history! (Jeff and I were married on August 20, 2004.)

You know, it's so easy to feel overwhelmed by “life” these days. It's easy to say church is nice when it fits in your schedule. It can feel good to come on a convenient Sunday, and hear a good sermon. But, it's when you finally find an opportunity to really *play* and *eat* and *tell jokes* together that you truly, successfully find *community*. The kind of community that holds you up, that turns a work-party into more *party* than work, that listens to everything you say, throws out the stuff you don't mean, and that makes the unbearable burden bearable. Seabeck is that kind of opportunity for finding community.

My first Seabeck seems like a lifetime ago now. And with the loss of Winnie, Seabeck can never be the same for me. But I will go again this year, and by the grace of God, for many years to come because at Seabeck I can be with my Family—my little Ballard family, my extended Coleman family, and my greater UCUC family. Please consider joining me on this wonderful *community (building) family vacation*.

Volume 62, number 11 May/June 2010

Seabeck Creates a Larger Family

~ David Rose

This came from a thoughtful card to a member of last year's Seabeck Family Camp Planning Committee: *Thank you for encouraging us to go to Seabeck this year. We all had such a great time! We appreciate all the hard work the entire Seabeck Committee put into planning a fantastic week.*

Some 230 of us—babies, kids, youth, grownups, and oldsters—became, at Seabeck, a “larger family” increasingly knit together through new adventures for the mind, the heart, the soul, the outreaching hand, and the voices raised up in song—the skills of active sports, and creative crafts. Jesus said, “Where two or three come together in my name, I am with them.” We could look across those dining room tables, meal by meal, and each day discover new acquaintances, younger and older, who are now no longer strangers. Human fellowship and love must be what Jesus meant by God's kingdom.

Youngsters sometimes weep, and grownups feel the pang too, when Friday comes and we must leave Seabeck, and all it has come to mean to us. We had learned to “speak Seabeck” as a new common language! Now at church, I look across the pews each Sunday morning, and gladly see some of us present, not only from this year's adventure but from former years too. On Communion Sundays, we walk down the aisle among fellow travelers in this life whom we now know, and appreciate, and love, and pray for—in part owing to Seabeck.

Betsy Rose, who will be our musical leader again this year, shared an unforgettable song which is filled with the spirit of Seabeck:

*Carry it home to your children, carry it out in the street,
Carry it on to the ones you love, on to the ones you
meet;
Carry it light on your shoulder, carry it deep in your
soul;
For we have been blessed with magic, and the magic will
make us whole.*

Along the Way

Last week a member of our congregation returned from a trip to Scotland, and brought me a gift. It was a little wooly sheep with a magnet glued to the back of it. "It's for your refrigerator," she said. "So every time you open it, you can remember: 'Feed my sheep.'"

I had to laugh. I knew the little sheep was for my refrigerator, but I hadn't gone as far as my friend in making a mental connection to that Biblical passage from the Gospel of John. That's unusual for me. Usually I am all over those Bible-sheep metaphors. But this time, a member of my flock beat me to it.

I took the little sheep home, and put it on my refrigerator, and now when I notice it there, I think of my friend, and I remember my call to ministry. I love those little reminders that take me back to the basics of my faith. And, the invitation of Jesus to "feed my sheep" is something I think about a lot. Feeding sheep is one of the most basic responsibilities of a shepherd. In the summer, when grass is abundant, and I can turn my sheep out to the pasture, the work is less intense. In the winter, when I carry hay to the sheep every day, it is more arduous. Last winter, after hauling four and a half tons of it from my neighbor's barn to my barn, and getting it in my hair, and in my boots, and in the pockets of my jacket and jeans—I even wrote a blog post about it. If you want to read the full post, you can find it on our website. Just use the quick-link connection to our blog, *The Comma*. It is called, of course, "Feed My Sheep."

As our congregation moves into summer, and I look at my little sheep magnet, I am thinking about it again. Feeding sheep seems like such a simple and straightforward thing, but the reality of what it takes to accomplish that is so much more. That moment each morning when I carry hay from my barn to the feeder for the eagerly waiting sheep might be the most satisfying part of "feed my sheep" work, but it is only one very small part of what it takes to feed any flock.

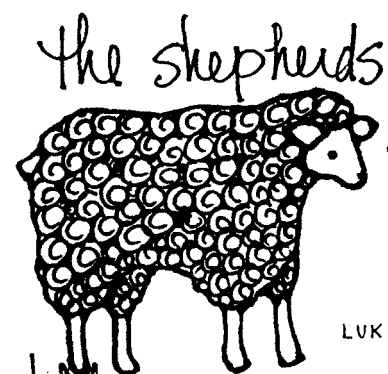
There are the folks who worked to grow hay, watching the skies all summer to know when to plant, and when to harvest, and when to bale. If the weather turns at the wrong time, or they guess wrong about the baling, the whole crop might be lost. There are the folks who bought the hay from the growers and brought it to market, trying to offer a fair price, and to ask a fair price in return. They too will have muscles that ache and hay in their hair, and in their boots, and anxious days before their work is done. There is me with my friends, loading it all up, carrying it to the barn, and stacking it there.

And "feed my sheep" is not a one-time thing. Sheep have to eat every day. I have moved tons of hay in the past, and I will move tons more, God willing, before I am done.

That is true of our spiritual work as well. As much as we might imagine that a one-time spiritual insight will fill us up and keep us full, we will all get hungry again. On Sunday mornings when we gather for worship, it is a satisfying moment of nourishment. But, the work that went into getting to that moment, the hard work of musicians preparing, and liturgists practicing, and preachers writing, all has come before. And the deep work of ministry in the world is still ahead of us as we leave from worship into service. There are folks in our church working hard to help us hear that call, and do that work as well—people gathering in meetings, making connections, and helping us to stretch ourselves into service.

It is all woven together. Perhaps we could all put little sheep on our refrigerators, or find something to remind us of this profound spiritual journey that is reflected in the simple invitation to "feed my sheep."

~ Catherine Foote



Welcome our new members from June 12, 2016

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See a hard copy in the church office for our New Members' biographies

4515 16th Avenue N.E.
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Worship and Preaching Calendar—Sunday worship service—10 am

Last month's mass shooting in Orlando, and last year's mass shooting at Mother Emmanuel African Methodist Episcopal Church in Charleston, make the first of our summer worship series all the more timely. In a time when we can be tempted to turn against each other or withdraw in fear, what an important time to *Draw the Circle Wide* and reflect on our call to offer the world a vision of the rippling effects of grace and peace, reconciliation and joy.
~ Peter Ilgenfritz

July 3 — Ripples of Reconciliation

Preaching: Peter Ilgenfritz

Romans 5:1-11

Today is Communion Sunday and we welcome back Amy Roon from sabbatical!

Terry Paananen and friends are our musicians today.

July 10 — Creation in Color

Preaching: DaVita "Day" McCallister

Day will introduce the theme for our All-Church Camp, *Creation in Color: Embracing & Celebrating Difference*, as we reflect on how our passion for racial justice is rooted in the central truth that the world was created beautifully diverse—with a love for all things and all people.

Rawn Harbor will provide our music today.

July 17 — Ripples of Joy

Preaching: Amy Roon

Romans 6:1-14

Chris Aagard is today's musician.

July 24 — "The Cat is Out of the Bag"

Preaching: Catherine Foote

Mark 1:21-45

We begin our second summer worship series today, "Risky Business" as we consider texts from the Gospel of Mark and Jesus' call for us to take risks for God's way of love and justice.

Holly Eckert-Lewis and friends are today's musicians.

July 31 — "Not so Nice and Neat"

Preaching: Peter Ilgenfritz

Mark 2:1-22

We will bless Heidi on this last Sunday before her maternity leave. Heidi Blythe, Sarah Turner and Mariah-Pepper are today's musicians.