

Guidelights

EDMONDS UNITED METHODIST CHURCH NEWSLETTER

JANUARY 2024 | VOLUME 70 - ISSUE 1



The Trinity by Kelly Latimore

LAND ACKNOWLEDGEMENT

We live, work, and worship on the ancestral lands of the Coast Salish people, most notably the Snohomish Tribe, who fished off these shores and gathered clams, cattails, and more in the marsh of Edmonds long before the arrival of settlers. We uphold their dignity and sovereignty as Nations unto themselves and seek to live in understanding and community with them.

Letter from the Pastor

Dear Church,

Pastors in The United Methodist Church are “itinerant”, meaning that they move according to the wisdom of the Bishop and the District Superintendents. Every appointment is made for a year at a time (usually July 1 – June 30), although the desire is for most pastors to stay in place for multiple years.

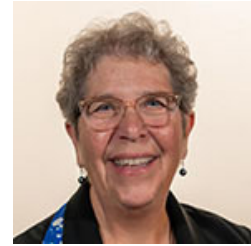
When pastors change, the District Superintendent (in our case, the Rev. Mark Galang) consults with the Staff-Parish Relations representatives on the Administrative Board, to get the best possible picture of the church’s current needs. According to the 2016 Book of Discipline, Par. 426: “Consultation is not merely notification. It is also not committee selection or call of a pastor. The role of the SPRC is advisory. Consultation is both a continuing process and a more intense involvement during the period of change in appointment.”

Rev. Galang met with our SPRC in December as part of this consultation process. He has also received a current EUMC Church Profile to help him represent this church in Appointive Cabinet discussions with other Superintendents and our Bishop. Knowing that I intend to retire (again) at the end of June, 2024, here is how the process will unfold toward a new appointment for EUMC:

1. Edmonds will be listed as a “clear opening” on the Greater Northwest website; pastors who think their gifts might fit the needs of this church are invited to submit their name to their district superintendent.
2. The Bishop and District Superintendents (also known as the Cabinet) will consider all the informa-

tion presented by EUMC and the names submitted, and will prayerfully discern the best possible pastor to begin here July 1, 2024.

3. A District Superintendent will consult with that pastor about this possible appointment. If the pastor agrees, our DS consults with our SPRC, letting them know the Cabinet’s reasons for making this appointment.



Pastor Donna Pritchard

4. An introductory meeting is held with the Administrative Board (acting as SPRC) and the new pastor. The purpose of this meeting is to get acquainted and prepare for the transition from one pastor to another.
5. Following the agreement by both the new pastor and the Administrative Board, an announcement is made to the congregation of the Bishop’s intention to make this appointment at Annual Conference.
6. Whenever possible, given the logistics of geography and time constraints, the new pastor will be invited to meet me and members of the church during the Spring to allow for a smooth transition and to further the Strategic Priorities work without interruption.

I want you to know I will hold Edmonds UMC in my heart far into the future, and that I truly believe this transition can be positive, life-giving and hope-filled for us all. And don’t forget . . . this isn’t going to happen tomorrow. I still have six more months here as your pastor and I know we will continue to share God’s love and follow God’s leading together throughout that time.

Grace and Peace,
Pastor Donna

SERMON CALENDAR

January Worship

January 7: “Re-calculating”

January 14: “You May Be Right”

January 21: “Rightfully Wrong”

January 28: “Re-calculating, Again”

John 1:43-51

Story of Jonah (paraphrased)

Psalms 111

Calendar/Events

MONTHLY:

- Communion Sunday - 1st Sunday of the month
- Foundry Service - 1st Sunday of the month 6-7:00 pm in the sanctuary
- Community Dinner & Game Night - cancelled this month
- Meet & Greet with the Pastor - 2nd Sunday of the month in the Library following worship

COMING EVENTS:

Evergreen Ensemble concert, "Luminous Night of the Soul", February 9, 7pm, in the sanctuary

Lift Every Voice Legacy
presents
**The 6th Annual Tribute to
Rev. Dr. Martin Luther King, Jr.**
Inspiring a Beloved Community in Song, Spoken Word & Dance

**RECLAIM
THE DREAM**

MONDAY, JANUARY 15, 2024

EDMONDS WATERFRONT CENTER
220 Railroad Ave, Edmonds, WA 98020

MORNING PROGRAM
FREE Event For Families & Children!
9:30 AM - 11:30 AM

EVENING PROGRAM
\$15 Ticketed Event
5:30 PM Doors Open
6:00 - 8:00 PM Program

FEATURING

Josephine Howell
Pacific Northwest Renowned
Gospel, R&B and Jazz
Vocalist

Wally Webster
Honored Community
Engagement Activist & Leader

QR Code: Ticket Information

Hazel Miller FOUNDATION
MOLINA HEALTHCARE
BARCLAY SHELTON DANCE CENTRE
CAMPBELL Community Driven
EDMONDS Waterfront Center Connecting & Enriching Our Community
First Financial Northwest Bank
COASTAL
EDMONDS COLLEGE
SHORELINE
COXOPUS BOOKSHOP
verdant HEALTH COMMISSION
SNO-ISLE LIBRARIES

We are a hybrid church. We invite you to join us in the sanctuary or online on our website, www.edmondsumc.org or on our Facebook page, www.facebook.com/edmondsumc

Next Dinner and Games Night on February 9



Come join your community for a casual all ages dinner and game night at EUMC in the Wesley room. We'll provide pizza and salad. Bring a side, dessert, or favorite game to share. Sign up below. Feel free to drop in for any part of it. In the Wesley room, Friday February 9, 6:00-8:00 pm.

Invite your friends, everyone welcome!

Announcement: Looking for a new coordinator of the Dinner and Game Night!

This is a really fun job! Just once a month. Coordinate announcements in the bulletin, e-news, and Guidelights with staff, manage Sign-up Genius list, help with set-up and coordinate cleanup. Bring some games. This is a great way to bring our church family together for fun and fellowship! We are grateful to Kara Rue for launching our wonderful dinner and game nights. Now it is time to pass the torch.

Contact Jennifer in the office if you'd like to help.

Happy 60th Anniversary, Lana & Jerry

Lana and Jerry Weed were married in our sanctuary 60 years ago by Pastor Austin. They came to the sanctuary with their adult children to take their picture at the altar where they were married. Two of the daughters were also married in our church.

Congratulations on 60 years!



The Advocates for Justice – Environment Team are ringing in the New Year with a series of four one-hour workshops called **Environmental Eating For Everyone**. Plant-based treats and recipes will be shared. Please join us on Sundays, January 14 to February 4, 2024, at 11:15 am – 12:30 pm, in the EUMC Chapel.



Environmental Eating for Everyone

Four Sundays - January 14 to February 4th

Learn about different ways of eating that taste good, are good for you, and are good for the planet. Register on the website or at church.

Presented by the EUMC Advocates for Justice ENVIRONMENT TEAM

January 14 Session 1: WHAT

Introduction to benefits of a wholesome way of eating such as a Mediterranean or plant-based diet.

Led by Ami Karnosh, CN, Nutritionist

January 21 Session 2: WHY

We can change the world one bite at a time: feel empowered to make a big difference for the planet and for your own health!

Led by Amber Saldivar

January 28 Session 3: HOW

Practical ways to try a different, delicious way of eating (shopping, meal planning, cooking).

Led by Lynne Weakland

February 4 Session 4: POTLUCK /Q&A

Sampling of snack foods; tips and tricks, restaurant options.

Led by Environmental Advocates Team

Registration: Class is FULL

For more information contact:

Barb Steller at bsteller@hotmail.com



GUIDELIGHTS

READER SURVEY

Help us improve the Guidelights by answering a few questions.

Click [HERE](#) to download survey.

The Power of Empathy

“I used to listen with my head, constantly thinking about what advice I could give, or what I could say to make people feel better. Now I listen with my heart, seeking to feel the emotions they’re having and letting them know I care. I like listening with my heart better, and I’ve found that the person I’m listening to appreciates it more, too.”

Empathy is something we all need—and it’s something we can all give. We all have our experiences with life’s challenges, from everyday bumps and bruises to major struggles and tragedies. In the midst of that, it’s both healing and comforting when someone offers us the gift of empathy—when they take a moment to listen, feel our hurt, and show that they truly get it and care about what we are going through.

Each of us has opportunities every day to offer that gift to others. Recognizing those opportunities and giving people the empathy they need is a sure way to brighten their day and ours. It’s a power we all have within us, and



tapping into it is simple. Doing so means making small but significant changes to the way we respond to others. It’s something you can do in ongoing relationships, everyday interactions, chance encounters, and everywhere else. Empathy is an underused way of relating that can have a powerful effect on your own and others’ well-being while deepening and improving how you relate to anyone.

From *The Gift of Empathy* (Stephen Ministries, 2023)



Strategic Planning Update - 2024 - 2029



Each of our six Priority working teams submitted their goals for our work as a church for the next five years. We are very proud of the hard work and many hours each team put into discerning these goals. As steps are put into place as SMART goals, each team will have the opportunity to report to the board on their progress and to request funding. In this planning process everyone has had the opportunity to give input on these priorities and everyone has the opportunity to participate in carrying them out. If you want to join a team and get involved, contact the church office.

Click here to see the presentation of the church priorities [HERE](#).

New Diverse Iconography Art

As Edmonds UMC continues its commitment to ongoing equity, diversity and inclusion, it is important to provide spaces for voices and imagery outside of our dominant culture of predominately white, cisgender, heterosexual, and male-centeredness. Taking tangibly visible steps toward a witness of centering marginalized faces and voices is one of many ways to move forward toward our longer-term goals.

Above the front doors of the church, behind the Welcome Table and in the chapel are stained-glass renderings of Jesus and other biblical figures who are portrayed with white skin and European features. These historical pieces came from Hughes Memorial Church, the predecessor to Edmonds UMC, that was located in today's downtown Edmonds. We know that biblical representation seen in these pieces is not representative with the reality of the Black, Brown, Middle Eastern and African people whom the Bible portrays. The diverse iconography art project aims to take an initial step toward addressing this visual incongruence and to promote a physical environment that welcomes all, using contemporary social justice themes, and honoring Black and Brown bodies in whom the Divine is also expressed. These visual forms can serve as a visual reminder of our goal to strengthen the practice of centering non-dominant voices in our work as a congregation.

In May, a proposal was brought to the Admin-

istrative Board to add diverse iconography to the physical surroundings of our church. After project approval and work over the summer with interested people, the team procured five art pieces by Kelly Latimore, an iconography artist whose work explores the ways in which the Divine is present. Many of Mr. Latimore's pieces have graced the covers of past Sunday bulletins. Funding for the five art pieces came from individual congregants who are passion-

ate about creating a more diverse and inclusive environment in our building.

The new art pieces are entitled, "The Trinity," "La Sagrada Familia," "Tent City Nativity," "Christ: Swords Into Plowshares," and "All Saints 2023." A contact from Cascadia Museum kindly offered to create signage for each piece, which will be hung next to each painting once they are available.

You are invited to enjoy these new art pieces and ponder for yourself

additional ways in which EUMC can continue to make our physical space more aligned with our values of equity, inclusion and diversity.

Lisa Burns



The Trinity by Kelly Latimore

"These visual forms can serve as a visual reminder of our goal to strengthen the practice of centering non-dominant voices in our work as a congregation."

Holiday Bazaar was a Success

The women’s group “United Women of Faith” hosted a holiday bazaar on Dec 1 and 2. We had 17 vendor tables, two bakery tables, four Christmas tables, two gift (new item) tables, and the thrift shop was open along with three tables of new donations. There were also 30 items included in a silent auction over the period of the bazaar. We want to thank all the people who donated to the thrift shop, Christmas items, bakery items, and items for the silent auction. Our United Women, a small but mighty group of 9, organized, set up, and took down the two rooms in addition to the thrift shop. Our proceeds go to help such charities as Edmonds Food Bank, Edmonds Toy Shop, UMCOR (United Methodist Committee On Relief (global ministries). Washington Kids in Transition, Smile Train, and more. We are happy to report that overall, the bazaar totaled \$2,468.50. Total donations this year were \$8,180.



Mary’s Place – Donations

Thank you to the wonderful people that donated twin sheets and blankets to Mary’s Place in downtown Seattle. We collected 17 twin sheet sets, 13 blankets, and one comforter. We were delighted to deliver these items to this very wonderful charity. We wanted to share what Mary’s place is all about with you. There is a bin downstairs in the church, in

Aldersgate, for any future donations you may want to give. Thank you all.

Mary’s Place is addressing our crisis of family homelessness in three ways: operating five emergency family shelters that provide 720 beds for women and families and a women’s drop in day center in downtown Seattle, deploying a mobile outreach team that brings supplies and resources to families outside in cars and tents, and helping families to keep their hard won homes. Last year, Mary’s Place provided over 230,000 safe bed nights, 693,000 nutritious meals, and helped 656 families move back into stable housing!

Family shelters in our community are full, and every day more than 50 families with children call for safe shelter. There’s only space for just one or two. Gifts of cold weather clothing, twin sheets and blankets, and other critical need items are so important!"



Pronouns - a Lesson in Understanding Others

"Good morning. My name is Dick Gibson and my pronouns are He/Him." This is the way Dick Gibson introduced himself when he got up to read the scripture on a recent Sunday morning. You might also see people at church wearing pronoun pins that say "They/them/theirs" or "He, him, his". What's this about?

This may be new for some people in our church. While it may seem strange to many of us to use our pronouns when we introduce ourselves to strangers, or to wear them on our nametags, it is important to remember that not everyone's gender is visibly obvious. Being addressed by the wrong name or incorrect pronouns can feel disrespectful, harmful, and even threatening to a gender-diverse person who may experience discrimination or harm in some environments. We want newcomers to know we are a congregation that respects all gender identities. By sharing our own pronouns, either in meetings or on our name tag, we can help them feel welcomed and safe sharing their own

pronouns, especially if their pronouns might not be obvious by their physical appearance. It helps to avoid embarrassing mistakes when we introduce them to others, and lets them know we are sincere when we say all are welcome and affirmed.

Marlene Lund, member of the Welcome, Diversity & Inclusion Team



Share your pronouns with others. Pick up a button at the Welcome Table in the Narthex.



Choosing Your **WORD** of the Year

STEP 1: REFLECT

Get quiet, take some time, and reflect on this past year as you ask yourself these questions. Write down whatever you think of – whatever pops up for you – without any judgment or editing:

- What could I use more of in my life?
- What could I use less of in my life?
- How would I like others to think of me or describe me to others?
- How do I want to feel as I end each day?
- What were some “high points” of the year past? “Low points”?

STEP 2: VISUALIZE

Think about your best day or best week or best month ever. What made it memorable? What made it special? What made it fun? Now, close your eyes and imagine:

- How do you feel when everything is going your way?
- How do you feel when you are most authentically yourself?
- Visualize living each day fully as your best self

STEP 3: CREATE A LIST

Spend the next 10 minutes creating a list of characteristics you would like to embody, or hopes you have for your year ahead, or things you need to be most fully and authentically you. Let the words come quickly, write them all down, and don’t edit them.

(See box to the right with examples to get you started.)

STEP 4: REVIEW AND REFINE

Review your list and narrow down your favorites, highlighting or circling 3 to 5 words. Chances are, you’ll see a theme emerging between the words you wrote down. See if any of the words jump out at you, making you feel excited, nervous, scared, uncomfortable or at peace.

Sometimes the words that scare us most or that we initially disregard are the ones we most need to focus on in the year ahead. Other times you might feel great peace and

empowerment with the words that “shimmer” for you.

Think about your words and what images they conjure up for you. Try them on to see what feels right. Don’t overthink this process... trust your gut instincts... you already know what you need.

STEP 5: ASK YOURSELF ONE MORE QUESTION

Now that you’ve narrowed down your list to 3 to 5 words, ask:

- Am I interested in any of these words?
- Could I be committed to one of them?

If you’re merely “interested”, then chances are you won’t remember to use your word as a touchstone, or a guide to ground you in the year ahead. But if you’re “committed” to your word, you’ll find yourself coming back to it and checking in with you from time to time. Don’t rush to choose the right word... sometimes it helps to sleep on it and let the word choose YOU.

Once you have it – Your Word of the Year – write it down where you will see it often—in your calendar, on the refrigerator, on the bathroom mirror, wherever it will inspire, challenge, comfort, or even – change you!

COMPASSION	JOY	HOPE
THRIVE	POWER	ABUNDANCE
INTENTIONAL	TRUST	FRIENDSHIP
VULNERABLE	OPENNESS	ADVENTURE
BLISS	FUN	LAUGHTER
CONNECTION	NATURE	HEALING
WHOLENESS	FREEDOM	PEACE
STRENGTH	FAITH	GROW
LEARN	RELEASE	RESILIENCE
CREATIVITY	EMPOWERED	ACCEPTANCE
CONFIDENCE	MOVEMENT	CHANGE
ART	SILENCE	HOME
HOSPITALITY	BELIEVE	GRACE
LOVE	SPIRIT	WELLNESS
PILGRIMAGE	JOURNEY	SURRENDER
CULTURE	MUSIC	CONTEMPLATION

What do you do when the parenting tools you learned from your church, or your parents no longer fit your religious and personal point of view? Family Ministries is forming a discussion group to explore . . .

PARENTING FROM A PROGRESSIVE FAITH PERSPECTIVE

EUMC FAMILY MINISTRIES



What do you do when the parenting tools you learned from your church, or your parents, no longer fit your religious and personal point of view? “God is watching everything you do!” Or “Satan will tempt you to sin.” Then there is the conditional love point of view, “God loves you if you are obedient and is disappointed when you sin.” Or around homosexuality and other “sins”, “God loves the sinner, but hates the sin.”

What does it mean to parent with a different belief system around God and Jesus? What can you hold onto as solid ground and guidance? Diana and Katy will share their experiences of letting go of old conservative parenting tools and the struggle to replace them with new ways to parent. “We are not experts by any means, but we have lived this journey, and willingly share our mistakes, the hurts we caused our children, and some things we have been blessed to understand about the deep love of God for our children and how to talk to and guide them through a set of values that have worked for us.”

Facilitators:

Katy Araujo, PhD. is a retired therapist and former evangelical who has a unique understanding of the intersection of mental health and healthy religion. She now finds herself very comfortable worshipping in a Progressive Christian Church. Katy has three adult children and 7 grandchildren. She believes in “loving fiercely.”

Diana Nielsen ran a counseling agency for 19 years that provided mental health counseling to employees of school districts and their families and is a former Mormon who floundered as a parent for several years before totally reshaping her religious and faith beliefs that align with a healthier more progressive view of God. She was excommunicated from the Mormon church for her same sex marriage. Diana has an adopted daughter, age 22, who is a miracle in so many ways.

Contact Karin Johnson if you are interested in participating. karinj@edmondsumc.org

Church Staff

Pastor
Donna Pritchard

Director of Worship Arts
David Hendrix

Director of Family Ministries
Karin Johnson

Church Administrator
Denise Williams

Accountant/Bookkeeper
Ellen McMurrey

Office Coordinator
Jennifer Leonov

Organist
Sunghee Kim

Director of Children's Center
Natalie DeLeon

Children's Center Staff:

Laurie Brown
Salwa Ibrahim
Maritza Lianos
Anna Lund
Rachel Molloy
Sarah Shelley
Anna Thompson

Facilities Manager
Kevin Danberg

Custodian
Tony Garcia

GUIDELIGHTS SUBMISSION

Due by the 20th of the month prior. Send to:

diana.nielsen@comcast.net

Next deadline is January 20.

Articles less than 400 words. Include a picture or graphic.

Guidelights editor: Diana Nielsen

Proofreaders: Shelly Ehni, Cheryl Hay

