

Guidelights

EDMONDS UNITED METHODIST CHURCH NEWSLETTER

FEBRUARY 2024 | VOLUME 70 - ISSUE 2



"... but they who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary, they shall walk and not faint. "

Isaiah 40:31 - scripture for Sunday, February 4 sermon

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.

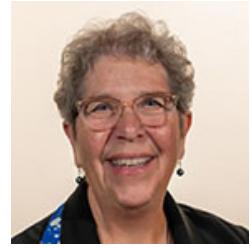
Letter from the Pastor

By now, you've heard the news. Bishop Cedrick Bridgeforth intends to appoint the Rev. Jeremy Smith as pastor of Edmonds United Methodist Church effective July 1, 2024. I am thrilled to hear of this intended appointment, as it feels like a very good "fit", both for Edmonds UMC and for Pastor Jeremy and his family.

I have so appreciated being in ministry with you all here—and remember, we still have five full months together! This is a congregation which knows how to extend grace and how to share God's love with the world. Time and again I have seen you live out your calling to "make disciples of Jesus Christ for the transformation of the world", by being disciples—followers of Christ yourselves. I've seen it in the way you have welcomed new people into the life of the church, the way you have witnessed and worked for justice for those on the margins—particularly within the LGBTQIA+ community. I've seen it in your commitment to recognize our own privilege and work toward honest racial justice. I've seen it in your care for God's creation, in your passion for peace making and, in your work to center children, youth and families in the ministries we offer,

both within the church and in the broader community.

I've also seen your faithful discipleship in the ways you have taken on leadership roles and volunteered to help me as your pastor. Thank you!



Pastor Donna Pritchard

I have no doubt that the future will continue to be one of fruitfulness for EUMC. I trust Pastor Jeremy to love you as I love you. I know him to be a person of integrity and many gifts for ministry. He is an inspiring preacher and worship leader, a good administrator, and a compassionate pastor. I know this because I worked alongside Jeremy for five years as my associate pastor at Portland First UMC. See his bio and family pictures on page 4.

Grace & peace,

Pastor Donna

SERMON CALENDAR

February Worship

February 4: "With Wings Like Eagles" **Isaiah 40: 21-31**

February 11: Guest preacher, Rev. David Valera, PNW Director of Connectional Ministries

Start of Lenton sermon series: Theme - "Reading the Fine Print"

February 18: "Side Effects May Occur" **Mark 1:9-15**

February 25: "This Might Sting a Little" **Mark 8: 31-38**

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 - 2nd Friday of the month, next: Friday, February 9, 6-8:00 pm

COMING EVENTS:

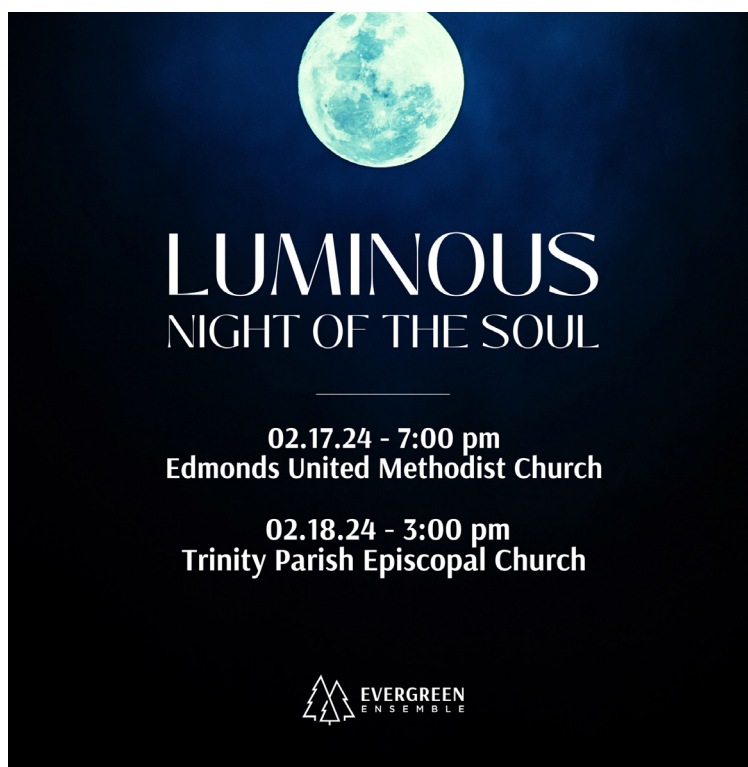
Evergreen Ensemble concert, "Luminous Night of the Soul", February 17, 7pm, in the sanctuary

Women's Retreat - May 3 - 5, 2024 – Save the date for a wonderful weekend!

FEBRUARY LENTEN SCHEDULE:

Ash Wednesday, February 14, 7:00 pm, in the sanctuary

First Sunday of Lent, Sunday, February 18, at 10:00 am in the Sanctuary



FOR TICKETS

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

Meet our new pastor, Rev. Jeremy Smith

Close on the heels of Pastor Donna's retirement in June announcement, the Bishop announced this week the appointment of Reverend Jeremy Smith to become our new Pastor on July 1.

Pastor Smith has been the lead pastor at Seattle First UMC for the past five years. Prior to that he was Associate Pastor at Portland UMC working with Pastor Donna.



Pastor Smith met with the EUMC Board under the direction of District Superintendent Mark Galang on Thursday, January 25, so we could all receive confirmation that God was calling him to serve our church as pastor. All around the table was complete agreement that he would be a good match for EUMC and EUMC a good match for Jeremy and his family.

Originally from Oklahoma, Jeremy ("the son of the only two progressives in the state" he says), has been the pastor of churches in

Massachusetts, Oklahoma, Oregon, and now Washington. Jeremy graduated from Oklahoma City University with a BA in Religion, and Boston University School of Theology with a Masters of Divinity.

Along with being a pastor, Jeremy is best known for social media advocacy and his technology and faith blog "Hacking Christianity," which has been featured on United Methodist news sources, National Public Radio, The Progressive Christian magazine, and Sojourners. Jeremy received the Young Alumnus award from BU in 2011 and the Alumnus of the Year award from OCU in 2020 in recognition of his ministry and online engagements.

His wife, Chelsea Paxton, grew up in nearby Bothell and is happy to be back home in Washington state and near her family. They have three daughters Anjali, Caeli, and Nora and a cat.

They are both very excited for the short commute from the parsonage to the church after commuting for five years from their home in Renton to First Church on Queen Anne in Seattle—a 45 to 60 minute drive each way!



Welcome New Members

On Sunday, January 28, we welcomed into membership the Valcarcel and Leonov families. We are so glad to have these two wonderful families join our church.

Jennifer and Igor Leonov and their two daughters moved to Edmonds from San Diego six years ago and during the pandemic started visiting the church. After they started attending regularly, Jennifer was hired as the Office Coordinator for the church. Jennifer grew up in Edmonds and Igor went to high school here.

Jorge & Arianna Valcarcel and their son and daughter moved to Edmonds, where Arianna grew up, after living in Lima, Peru for 4 years, where Jorge's family is from. They were drawn to the church because of the words on our outdoor reader board which align with their progressive views.



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. Set-up starts at 5:30.

Invite your friends, everyone is welcome!

Sign up on [SignUp Genius](#)

Coping With Loneliness

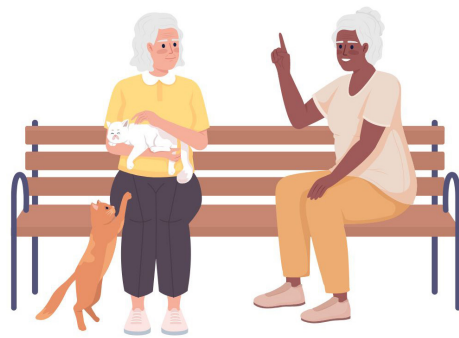
A survey conducted in 2020 by Cigna found that 61% of the 10,000 adults surveyed felt lonely. According to recent articles in many news publications, that statistic hasn't changed much as we begin 2024. Loneliness impacts people in various ways, such as depression, health issues, and physical pain. While there are no easy answers or quick fixes for loneliness, mental health professionals suggest that there are ways to ease loneliness.

Volunteer: Few ways can reduce loneliness and bring happiness as much as volunteering for a cause you believe in. Our faith community at Edmonds United Methodist Church offers many volunteer opportunities. Helping others can be a source of meaning and gratitude, and can act as an antidote to loneliness.

Practice Self Care: Self Care is especially important when coping with feelings of loneliness. The seven anchors of self-care are: (1) Physical—Taking care of your body by getting enough sleep, good nutrition, exercise and regular checkups from your healthcare providers. (2) Mental—Doing things that keep your mind healthy, such as paying attention to your psychological well-being by practicing acceptance and self-compassion; keeping your mind sharp by engaging in activities that stimulate your brain. (3) Spiritual—Nurture your spiritual self through prayer, meditation,

spiritual reading, and engaging in community with others in your faith community.

Strengthen Existing Relationships and Develop New Ones: Reach out to friends and family more often. Find ways to get together. Start slowly if you are struggling with motivation. Develop new friendships. A strong social network is beneficial for your mental health. Join a class or club. Social connections can help to stave off loneliness.



Seek Help: Stephen Ministry, a group of trained volunteers at EUMC, can offer help by providing a caring Christian presence and one-to-one emotional and spiritual support. For more information about this ministry, visit our website at edmondsumc.org/stephenministry or contact the church office.

stephen
MINISTRY.

GUIDELIGHTS

READER SURVEY



Help us improve the Guidelights by answering a few questions.

Click [HERE](#) to take a brief survey.

Advocates For Justice – Environment

Environmental Eating for Everyone

A big thank you to all who attended our Environmental Eating for Everyone Series in January and February. We were delighted with the attendance, the presenters, and the creative plant-based snacks and recipes offered at each session. The fourth session will be an opportunity for each of the participants to bring their favorite plant-based food item to share with others. We are considering putting together a recipe booklet and are currently looking for an editor. Call Gayla if you are interested in working on such a project. Many thanks especially to Barb Steller, Nora Carlson, Amber Saldivar, and Lynne Weakland; other members of Environmental Advocates; excellent staff members Denise Williams and Jennifer Leonov, all who made the series a success.



Plant-Based Foods for Social and Environmental Justice taught by Ami Karnosh, nutritionist



Nora Carlson introduces Ami Karnosh, speaker in the Environmental Eating series

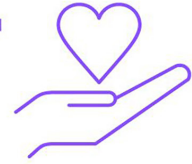


SOLAR PANELS

The solar panel project was approved by the Ad Board at their January meeting, and discussions about the financing are in process.

NOW More Than Ever

2024 Stewardship Campaign



Now more than ever... it is a blessing to be a part of this beloved community in Christ, where we are working together to recognize God's presence, listen for the Holy Spirit's nudgings, and live as followers of Christ.

Now more than ever... our mission and ministry is alive and vital. In 2023, we brought in over \$1.3 million for the work of the church. Now, grounded in our identity as United Methodists, and committed to "making disciples of Christ for the transformation of the world", we have set six priorities for our work in the coming years:

1. A robust Children, Youth and Family Ministry (both in the church and beyond it)
2. Social justice work in the world around us
3. Welcome, inclusion and diversity within EUMC
4. Stable leadership and governance for the church
5. Community service and outreach
6. Vibrant music program

GOAL
\$1,281,416



[CLICK HERE TO PLEDGE](#)

A Few Details on Expenses:

New ½ Time Youth Leader position	+48,616	For youth/Priority #1
New program funds for Family Ministry	+ 6,600	For Priority #1
Increased budget, Advocates for Justice	+ 6,000	For Priority #2
New P/T Communication Specialist	+23,400	For Priority #3 and #4
Staff 1.5% cost of living raise	+ 6,768	For Priority #4
New F/T Administrative Assistant	+ 8,761	For Priority #3, #4 and #5
Additional support for music	+ 8,680	For Priority #6
Trustee Reserve Fund for the building	+25,000	For Priority #4 and #5
Mission & Outreach/Apportionments	\$68,462	For Priority #5

By the way... did you know our utilities are expected to cost \$72,900 this year? Did you know... our total Conference Apportionment (our fair share of the Annual Conference budget) is \$180,298 in 2024?

Your support will help us fund all the important ministries this church has planned for the coming years, pay the salaries for our hard working staff, and keep our building and grounds in good shape.

Now more than ever . . . we can move forward together in love and commitment to the work God has set before us. It's an exciting time!



Adult Programs for Winter Quarter

Our Adult Programs Guide for Winter Quarter came out in the E-News last week. These church programs are designed to bring people together in relationship to explore the life and work of this church community. In a time when we need each other after three years of COVID isolation we invite you to join the class or group that calls most to you.

Click here to see the full Program Guide at www.edmondsumc.org/adultprograms

The Program Guide contains:

- ◆ Adult Spiritual Formation Classes
- ◆ Small Group Ministry
- ◆ Advocates for Justice Teams
- ◆ Stephen Ministry
- ◆ Community AA and NA Groups that meet in our church

Adult Spiritual Formation

These classes happen quarterly for one to six weeks and require registration. They are taught by church members or pastors and are designed to share insights and exploration in the spiritual journey. Some new topics you will see this quarter:

Discover "Hygge" (hyoo-guh) the Scandinavian practice of creating coziness, pleasure, contentment, comfort, hominess, cheer, and enjoyment in the dark months of winter. Lots of candles are involved. This is a one session class taught by Norwegian expert Ed Egerdahl.

Pastor Donna is teaching a four-week class on **Visual Journaling**. This class will help you bring a new dimension to your journaling through the use of images, color, and words. Faith teaches us that we have profound healing powers within us. The question is how to find them and put them to work for us.

A six-week class on **The Mystery of Awe and Wonder** will focus on the spiritual and healing aspects of sound, art, nature, and love, that inspire us with Awe and open us to the Divine in intentional ways.

We have three Bible study classes this quarter.



Women's Bible Study and **Sacred Encounters** by Rev. Dick Gibson. And a new study called **Reading the Bible Through New Eyes** by Alex Araujo, a former Evangelical who is finding new insights into the Bible as he has embraced a broader perspective on Jesus and his teachings.

Small Group Ministry

We currently have 13 regular groups that meet weekly or monthly year-round. There is something for everyone. Book groups, social groups, groups that meet to do service, to knit, watch movies and so much more. You can join these groups at any time just by emailing or contacting the group facilitator. Information on these groups and leaders is in the Program Guide.

Advocates for Justice Teams

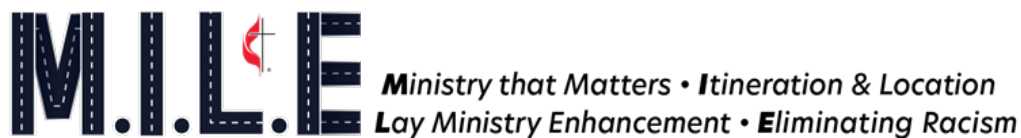
These five groups meet through out the year on a weekly, as needed or monthly basis. These groups combine study and action and advocacy for particular local, national, and worldwide issues of justice. Contact the group facilitator listed in the Guide to join at any time.

Stephen Ministry

Stephen Ministry is a program of care and support offered by lay congregation members trained to provide one-to-one care to those experiencing a difficult time in life, such as grief, divorce, job loss, chronic or terminal illness, or relocation.

To download the Adult Programs Guide for Winter click [HERE](#).

UMC Equity and Cultural Change Program



Bishop Cedrick D. Bridgeforth has called United Methodists across the Greater Northwest Area to follow Jesus’ challenge in the story of the Good Samaritan to “go and do likewise.” As people of faith, committed to the love of Christ in our various communities, we are encouraged to go the M.I.L.E



By Lisa Burns

Beginning in early January, the Greater Northwest Area convened an intentional process with both laity and clergy to align the church’s aspirations for diversity and inclusion with our practices and policies. This work is in alignment with Bishop Cedrick Bridgeforth’s **M.I.L.E.** challenge for the church (**M**inistry that matters, **I**teration and location, **L**ay ministry development and **E**liminating racism). While this program is mainly focused on the process of eliminating racism, the work also has wide-reaching benefits for the other aspects of Bishop Cedrick’s challenge.

Beth Lanie and I are the two participants from EUMC in the Facilitating Cultural Change program that runs from January through August this year. The program has three objectives: to embed an equity lens into our institutional (church) life, to form a culture that is self-reflective and flexible and to multiply this work. Each month, Beth and I will attend a full-day, in-person workshop, with smaller Action groups forming later in the process.

Before the first workshop, we were required to complete a lengthy personal Intercultural Development Inventory (IDI) assessment. The intention of the resulting report is to help us gain valuable insights about how we engage cultural differences by reflecting on both past and current cross-cultural events or situations

we have been or are involved in. Our individual IDI Profile helps us increase our own cultural self- and other-understanding around differences and commonalities. It helps us understand where we are currently on the continuum of intercultural development stages ranging from of denial (avoidance), polarization (us vs. them), minimization (overemphasis on commonality), acceptance (understands and values different) and adaptation (thinking and behavior that adapts to achieve equity goals).

My personal IDI profile showed quite a large gap between where I perceive myself to be along this continuum, versus where I actually am. It was reassuring to learn that this gap is present for the majority of people who take this assessment. From here, we are invited to complete an individual Intercultural Development Plan to address this gap. This plan will help us identify and engage in targeted, developmental efforts that increase our own intercultural competence in bridging across diverse communities.

As Beth and I continue deeper into the program, we are excited to share our learning about the self-reflection and actions that EUMC can take to become a more just and equitable church. Feel free to ask us questions and stay tuned for more sharing!

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 is going on in the church office??



Our building manager, Kevin Danberg, and church member/volunteer extraordinaire Paul Hawley, are turning the old "breezeway" into a private office for our Office Coordinator, Jennifer Leonov. Jennifer will have a window that looks out on the outer office so she can always see what is going on, and when someone walks up to the office window. The construction is moving along quickly and should be completed by next week!

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 February 20.

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

Guidelights editor: Diana Nielsen

Proofreaders: Shelly Ehni, Cheryl Hay

Edmonds United Methodist Church

828 Caspers Street, Edmonds, WA 98020

office@edmondsumc.org

(425) 778-2119

Office Hours:

Monday - Thursday, 9:00 am-4:00 pm

Worship, Sundays at 10:00 am in-person & online

Member of the Reconciling Ministries Network

