Fauntleroy Church United Church of Christ

STEWARDSHIP REFLECTION

We have all become accustomed to the words we say together every Sunday: “Whoever you are and wherever you are on life’s journey, you are welcome here.” It always invites me to think about the journey of a life – my own, certainly -- but also, in this time of Stewardship, I think of the life of our church, and the journey we are on together here. I’d like to share a few thoughts I’ve had for this year’s Stewardship Campaign, about my own experience of our collective journey to Dream God’s Dream.

A friend shared with me a quote from a Daily Devotional, where UCC Minister Lillian Daniel writes, “You can care about justice and still have a sense of humor. You can take God seriously but yourself less so. You can appreciate the weighty things and still be light in spirit.” I love how well this maps to life here at Fauntleroy. It reminds me of the many fun Fauntleroy occasions that have let us be light in spirit, that bind us together in joy and celebration. Women’s Retreats I’ve attended over the years have done this, through shared laughter (sometimes downright hilarity) and deepened friendships. Sweet Sweet Music concerts, where we celebrate the musical talent in our midst and just enjoy the heart-soaring beauty of music, have touched me and brought much joy. Many special events – Trivia Night, Chili Bake-offs, the Fall Festival, Christmas pageants – bring us together, and remind me of the first line from one of my favorite hymns, “Blest be the tie that binds, our hearts in Christian love.” And certainly, the recent celebration of Karyn’s ordination was an especially memorable occasion of shared joy. These all are precious moments in our journey together at Fauntleroy and in my personal experience of this special place.

And, then, there are the times when our shared journey includes the weighty things. When we care collectively about each other and the world. When we do justice, love mercy, and walk humbly with God. I think of the prayers, concern and practical help that we offer each other in times of grief or personal or health issues, and I am profoundly grateful for this caring community of faith. I think of our community outreach, our support for the homeless, for food security projects, for immigration issues and more, and I’m proud to be part of something bigger than myself. I think of the welcoming smiles for newcomers and the warm affection shared through work projects, ministry deliberations, friendships, and hospitality across the generations here. I remember the many thought-provoking sermons that have inspired me and continually remind me of God’s dream for this world and how each of us can play a part in that dream.

And, finally, I marvel at the generosity we’ve witnessed through our recent Capacity Campaign that has put us on a more secure financial footing so that our annual Stewardship Campaign can feed an operating budget that aims to dream bigger and do more in God’s world. My own faith journey, and that of my family, has been shaped in this blessed space, through the light and joyous times and also the serious and challenging times. I hope yours has too. And, I hope you’ll give careful thought to how your pledge can help us to continue to Dream God’s Dream in our journey together through the life of Fauntleroy Church.

Cindy Lavoie

WORSHIP AND CHURCH SCHOOL
10:00 AM

APRIL 28, 2019

“Caring for Creation through Easter Eyes”
John 20:19-31
Guest Preacher:
Rev. Kendall Baker

9-3:00 PM
Recycle Round-Up
Church Parking Lot

May 5, 2019
Pledge Sunday

Rev. Leah Atkinson Bilinski Preaching Communion

Following Worship
11:30 AM
Plant Sale – Veranda
Taste & See – Library
Worship Ministry – BRR
Service & Outreach Mn. – F.B.
SOME UPCOMING EVENTS

Plant Sale May 5
You may have just started thinking about digging in the dirt but several green thumbs have been on the job for weeks to supply our annual plant sale on **Sunday, May 5, 11-11:30 AM** on the veranda outside Fellowship Hall. We are enthused about offering a wide variety for outdoor, pot, and indoor gardeners, including flowers, tomatoes, herbs, groundcovers, sedums, and houseplants.

If you plan to bring plants but are not on my list, contact me at 206-938-4203 or judy_pickens@msn.com.

DINE OUT MAY 7 FOR FALL FESTIVAL
The annual dine-out in support of the Fauntleroy Fall Festival will be **Tuesday, May 7, 8 AM-10 PM** at Endolyne Joe’s. A portion of proceeds from food sales all day will help keep the October festival the fun, free, family-friendly celebration of community it has been since 2002.

Meet up at Joe’s for breakfast, lunch, dinner, or late-night dessert. And bring a little cash to enter to win a gift basket.

ADAH CRUZEN NAMED THE WEST SEATTLE CHAMBER WESTSIDER OF THE YEAR.

Adah has been a West Sider since moving here from Lafayette, Indiana in the ’50s with first husband Bob, for his job at Boeing. After he passed, she joined Fauntleroy Church in 1972 and there she met Willard Rhodes and Earl and Virginia Cruzen. She and Willard married in 1975 and Virginia and she became best friends. (Virginia helped her name the sewing group, “The Church Mice”). After the passing of Willard and Virginia, Adah and Earl married on his 80th birthday in 2000. Earl was raised in West Seattle and his heart remained here to the end. He was once told “put your money where your mouth is”, and he did. Adah has been carrying out Earls wishes to spread the love in West Seattle. Their donations are wide spread and include monetary donations to the church, Senior Center, Rotary, Historical Society and other contributions including a new roof over the children’s outside play area at the WS Y, restoring the many WS historical murals that Earl was instrumental in creating, and a new “Welcome to West Seattle” sign soon to be installed, to replace the tired sign that he also helped to install years ago.

Adah will be honored at the annual Westsider Awards Breakfast on April 30th, 7:30 – 9:00am at Salty’s on Alki. Tickets may be purchased for the breakfast on the WS Chamber website.
https://www.wschamber.com/events/annual-2019-westsider-breakfast. You may create a table. Have one person sign up and include other names, if you’d like to ensure that you sit together.

Questions, contact Debbie Kerns with any questions. 206-300-7904 or Homes@DebbieKerns.com.
LESS STRESS

You know it when you feel it. Stress! But what is it? According to the American Psychological Association, stress is an uncomfortable emotional experience accompanied by biochemical, physiological and behavioral changes. Three kinds of stress exist: acute, episodic acute and chronic. Symptoms include general unhappiness, anxiety or agitation, irritability, anger, feeling overwhelmed, loneliness and other mental health problems. That’s a long way of saying that stress feels bad, sometimes really bad. And, it is not good for your physical health. Stress can lead to numerous conditions, including obesity.

Stress is pervasive and yet people avoid talking about how they’re feeling. There are things you can do to feel better, easy things. But the key is taking action, not thinking about it.

1. Breathe. When we’re stressed we tend to hold our breath. Five minutes of deep, slow breathing can calm you from head to toe.
2. Speak more slowly, instead of fast and breathlessly. You’ll also look more in control.
3. Do one, simple thing you’ve been putting off. This can energize you.
4. Dehydration enhances stress so empty that water bottle several times a day.
5. Plan something relaxing for the end of the day. Not easy if you have to cook dinner for hungry children, but carve out 20 minutes for yourself.
6. Exercise, even if it’s only a ten minute walk. Or, meditate. Either will help.
7. Research the calming apps on your phone.
8. Develop an attitude of gratitude and watch your whole perspective change.
9. Connect with another person. Being with a close friend decreases cortisol levels, making it a primo stress buster.
10. Take it one day at a time. Not easy if you have to cook dinner for hungry children, but carve out 20 minutes for yourself.
11. Take it one day or hour at a time to avoid ruminating.
12. Of course, unplug for a while.
13. Reduce news intake. The news is stressful.
14. Read Deepak Chopra. He is all about stress reduction.

If you don’t feel better after trying some of these techniques, find a therapist. It’s important to have someone to talk to about how you’re feeling.

Your Caring Ministry

GET READY! FAUNTLEROY’S OUR-WHOLE-CHURCH-FAMILY CAMP is May 18-19 at Camp Colman!

This annual overnight event is for everyone and includes time in nature, games, skits, s’mores, fellowship, worship and good food—all in 2 wonderful days. If you’ve never experienced the hospitality of the Camp Colman staff, seen the view over the trees from a giant swing, paddled in a lagoon, plunged into a lake for an early morning polar bear swim with church friends, or gone on a hike in the dark—well, what have you been doing all your life? Go here to learn a little about the church’s history with Camp Colman:

http://www.seattleymca.org/node/1076

Then mark your calendar, air out your sleeping bags, and look for registration forms on the Get Involved Table soon! Don’t miss out! (Some scholarships available. Check with Karyn for details.)

PNC-UCC CONFERENCE WOMEN’S WEEKEND
Pilgrim Firs, May 10-12, 2019

A joy-filled, nourishing women’s weekend of music, creativity, Sabbath and spiritual exploration, designed to encourage women to take a break from their normal routine and perhaps try something new. The cost is $150; teens 16 and older are welcome, but must be accompanied by a parent or guardian.

Yes, this is Mother’s Day weekend. What a great opportunity to give yourself the gift of time and renewal. Our program will be completed by 10 AM on Sunday so you can still be present for family celebration.

To register on-line, go to https://pncucc.org/, Pilgrim Firs.
Sunday Worship & Church School: 10 AM
Office Hours: 8:30-3:30 PM Mon.-Thurs. 8:30-2:30 Fri.

Senior Minister
Rev. Leah Bilinski
Acting Associate Pastor
Rev. Karyn Frazier
Music Director
Bronwyn Edwards
Little Pilgrim School Director
Lorrie Cook
Wedding Coordinator
tbd
Volunteer & Engagement Coor.
Sarah Ackers
Youth Leader
Kristen Almgren
Nursery Supervisor
Carol Smith
Custodian
Bill McElroy
Financial Assistant
Aimee Pinckney
Financial Assistant
Pat Gedney
Office Manager
Jackie Gould

CONGREGATOR DEADLINE: TUESDAYS, 1 PM

OVER THE FENCE

PRAYER CHAIN
Please pray for...Donna (Finney); Louisa Wagner; Karyn’s cousin, Becky; Dylan Bullard; Lauren Smith; Ev Eldridge; Kerstl Muil; Jo Garrity; The Lane Family; Barbara & Rick Shaw; Marilyn Moore; Mandy Sommer; Paul Fletcher; Becky; Mike Goldfine; Rosalita Salanga; Stacy, a friend of Mary Belshaw’s; Kai Kindem; Marty & Ann Dirks; Yvonne Miles; Ken & LeeAnne Beres; George & Lashawnda Student, Lori & Averi Bowerman, Valerie Pifer; Jill Morris; Melissa Coudle; Laurie Whiford; Mr. & Mrs. Muul; Verne Miller; and Hilary Reeves’ dad, Jack Maynard.

JOIN THE CENSUS TEAM!
The 2020 Census is next summer. They are looking for workers now - both supervisory and non-supervisory. The pay is great at $23-$25.50/hour! Apply online at 2020census.gov/jobs or call 1-855-JOB-2020.

‘DETENTION LOTTERY’ MAY 24
Our Immigration Task Force will be bringing “The Detention Lottery” to Fellowship Hall for one free community performance, on Friday, May 24, at 7 pm. An immigration attorney will be on hand to answer questions after this powerful look at what happens to those caught up in our detention system. Please mark your calendar.

CROCK POTS
Be sure to save the date for our next potluck gathering, which will be on June 15th. Next month, I hope you will join me at the all-church camp on May 18 and 19 at Camp Colman.

THANK YOU!
A big thank you to, Pat Gedney, Bobbie Reeves, Aimee Pinckney and Bud Schwinger for helping me get the Stewardship Packets ready to bulk mail before I left on vacation. Bud also helped me work with the Bulk Mail Dept. to make sure we labeled and sorted the packets properly and filled out the mail form correctly! Jackie

RECYCLE ROUNDUP SUNDAY
Our spring Recycle Round-Up on Sunday, April 28, 9 AM-3 PM, will reduce parking in the main lot. If you are physically able to walk from one of our upper parking lots, please leave spaces in the main lot for those not as able. You may exit to the right only from those upper lots.

Thanks to Bonnie Beerman’s leadership, volunteers from the Evening Sisters group will be on duty to direct traffic and get you to worship on time. The crew from 1 Green Planet will be unloading up to 450 vehicles. Please extend warm hospitality to these visitors – and remember to get your own recyclables to the round-up.

TASTE & SEE INVITATION
Are you considering joining Fauntleroy Church as a member or would just like to learn more about the congregation while making some connections with other members, visitors and friends of the church? Come “taste and see” what we’re all about! A progressive lunch is provided in the church during the event. The next “Taste & See” will take place following worship on May 5th, with new members being received during worship on May 19th. Contact Jackie in the church office by April 29th if you would like to participate. Childcare provided upon request.

SAVE THE DATES FOR THE NEXT TWO SWEET SWEET MUSIC EVENTS!
Friday, May 31 at 7:30 pm -- “Music from the Galaxy” -- David Yanacek (French horn) and Bronwyn Edwards (piano) featuring Russian and French music and Star Wars! (Sanctuary)

Friday, June 21 at 7 pm -- Family Square Dance featuring local bluegrass band “Squirrel Butter.” Come and enjoy a fabulous evening of music and square dancing for all ages! (Fellowship Hall)