

Ronald United Methodist Church

Connect with God. Connect with yourself. Connect with your neighbor.
Because communing can heal us.

17839 Aurora Ave. North, Shoreline, WA 98133

206-542-2484 | office@ronaldumc.org | www.ronaldumc.org

Pastors: Kate Kilroy & Pat Simpson

Radical Faith Embodied

~ Pastor Kate

Thanks all for all the kindness and well wishes as I went on vacation. I missed you all so much! I had a wonderful time visiting with Jill's wonderful family and doing some New York Touristy stuff. Including having the privilege to see a real-life Broadway play! *The Lion King!* Wooohooo!

So our touristy stuff included one trip to New York's famous Times Square — in a rainstorm! The smooth train ride to the city was like being on the Polar Express. Navigating the city was like rushing to board Noah's Ark. When we arrived in Times Square the amount of sensory overload was shocking, and I have nothing to compare with that!



Surrounded by towering concrete, my eyes squinted against the sudden flood of bright lights of every color, flashing all around us. The lights bounced off the shallow river running at our feet and refracted the glow from the colossal screens that pressed in from asymmetric angles all around me. Umbrellas, heavy with water, were thrashing loudly in the wet and wild wind allowing momentary lapses in the colors, creating a strobe effect. My belly was already full of the Scottish Pub's sweet potato fries, which helped me resist the wafting smells like kielbasa roasting on the cart behind us as it mixed with vehicle exhaust. The sounds of rushing water being gobbled up from steaming sidewalk gutters competed with a cacophony of honking and the cheerful street vendors hollering to the swarms of people to buy some rain gear printed with "I LOVE NY."

The sensory overload was spectacular!
And formidable.

This little country bumpkin, who went to high school in a town with one mall for three cities and a small highway with only two lanes in each direction, was not cut out for how to focus with all the unavoidable, chaotic stimulation. I couldn't hear myself think. My internal dialogue was drowned out by external activity. I just wanted some noise-canceling headphones, a blackout eye mask, a block from the wind splashing rain onto my face, and a few deep, non-toxic breaths.

I began to feel a bit panicked. A bit claustrophobic. A temptation to try to "escape" came over me. This is not a surprising reaction for some autistic people when they become overstimulated. (This seems like a good time to mention that I am on the autism spectrum.)

Jill was saying something muffled that got lost in the rush as she strolled along with determination to reach our destination — and I just held her hand for dear life!

People travel from all over the world to stand where I was standing. And I could see why! It truly was an impressive whole-immersion experience! I knew this was a unique experience, so I *should* enjoy it, even if I was soggy and overwhelmed.

Isn't that so like life? We believe we *should* be having a different experience than the reality of what we are actually experiencing.

Sometimes we have been conditioned to believe that we should feel something specific. So we ignore what our bodies or hearts are telling us, or try to force ourselves into conforming to some imaginary ideal.

I have denied my needs before because I believed, subconsciously, that being different from how I perceived others to be, somehow meant being wrong, damaged, or defective.

And so, in shame of being discarded as one who cannot assimilate, I would pretend I was fine. Even to myself. I even thought that was what it might look like to be strong in the Lord.

I don't believe pretending is what it looks like to be strong in the Lord anymore. That is not faith. That is me being in denial. Denial of the gift of my embodied being and what it is trying to say to me. Denial of having the faith that if I don't pretend, I can still be loveable.

Continued on next page

What amount of faith is required for me to pretend to be the same? What amount of faith is required to force myself to assimilate to the status quo? What amount of faith is required to ignore the way God made me?

No faith at all.

Those aren't acts of faith.

Those are acts of fear.

Fear of rejection.

Fear of not being accepted.

Fear of not being good enough.

Fear of being wrong or wronged in response.

Conversely, what amount of faith is required to trust God made us beautifully unique?

What kind of radical faith is required to be vulnerable?

What great faith would one need to risk all those fears in the hope of receiving compassion and authentically being oneself? Differences and all.

That's faith!

The radical faith that Jesus taught us. Jesus taught us to believe in something we don't see in the world around us (which is what faith is — the courage to believe what we cannot see). Faith to choose to believe the radical anti-imperial truth that largely goes unseen that the average person matters. Even me. That takes faith.

For those who are neuro-divergent (like me), queer (like me), non-white, disabled, non-citizens, and (insert another marginalized, non-normative group here) it takes faith to believe that they matter. They matter even if the mission of the world can't find a way to profit from their atypical existence. That's what Jesus taught us. It's radical. It requires faith to believe it.

Those with differences invite those who are the same to grow their faith, too. To believe the same, generous God who made us is making those "others" too. To paraphrase author Keegan Osinski, our Wesleyan roots ask us to have faith in a God that transforms lives not into "Stepford-like mold" as "models of perfect submission and docility" but rather we have faith in a "God who creates in an infinite diversity" a plethora of "*creation that is good, acceptable, perfect, whole, in all its abundant anarchic variety. In faith, there is a risk — risk of difference and conflict and untamable passion — but risk is what makes faith real. Faith founded in certainty, sameness, and safety is not faith at all.*"*

So, in light of all the above, the most faithful thing this overstimulated, neuro-divergent, country-bumpkin could do when overwhelmed was not try to pretend I was totally grounded, only full of joy, or "fine." I was faithful by risking being a "downer" or a burden when I admitted I was dysregulated. I was faithful when I settled in my long-awaited seat, closed my eyes, put my hand to heart, and comforted my nervous system. I was faithful when, after the amazing thrill of the production was over and, at Jill's brilliant suggestion, I stayed in the theater long after the audience had buzzed out of the grand hall while the staff cleaned up. I was faithful when I just sat and centered myself in intentional quiet to prepare for re-engaging with the intensity outside those doors.

None of the other hundred spectators seemed to need that.

But I did.

I was different.

And honoring my difference was right. Was faithful.

May we each have the self-compassion not to ignore our own needs but to choose to be faithful when our needs are different. And to know that it is Godly to practice self-compassion.

May we have the radical faith to respond with belief and compassion when another human is experiencing our shared world in a true yet very different way than our own. May we adjust, listen, accommodate, and thereby confirm that, as Jesus said, they matter.

This Christ-like respect for difference is one of the many ways our faith brings the Kingdom of God to Earth as it is in Heaven.

(Oh, and in case you were wondering, *The Lion King* was so creative and beautiful! It was worth all the excitement leading up to this coveted gift, and all the faithful self-care it helped me to practice! 5 Stars!)

* Quotes from Keegan Osinski, of Vanderbilt University. Commentary of Wesleyan sermons entitled *Queering Wesley, Queering the Church*

2024 Church Board

- ◆ Co-chairs: Gina del Rosario-Martin, Tom Harris
- ◆ Trustees: Jason Metcalf-Lindenburger, David Lewis, Brian Henry
- ◆ Finance: Stephanie Henry, Trina McCarrell, Gretchen Holt
- ◆ SPRC: Tara Sullivan, Shay Lavarias,
- ◆ Lay Leader: Marilyn Reid
- ◆ Lay member to Annual Conference: Reuben Roque

A Prayer Worth Sharing

~ Pastor Stan De Pano

My wife, Audrey, shared this prayer with me. It happens to be composed by my favorites, Rabbi Harold S. Kushner. I have a couple of the books he's written. I like this prayer very much — a prayer we all need in this time when we see so much hatred and conflict going on in our world. This prayer is worth sharing with everyone.

A Prayer for the World

Let the rain come and wash away
the ancient grudges, the bitter hatreds
held and nurtured over generations.

Let the rain wash away the memory
of the hurt, the neglect.

Then let the sun come out and
fill the sky with rainbows.

Let the warmth of the sun heal us
wherever we are broken.

Let it burn away the fog so that
we can see each other clearly.

So that we can see beyond labels,
beyond accents, gender or skin color.

Let the warmth and brightness
of the sun melt our selfishness.

So that we can share the joys and
feel the sorrows of our neighbors.

And let the light of the sun
be so strong that we will see all
people as our neighbors.

Let the earth, nourished by rain,
bring forth flowers
to surround us with beauty.

And let the mountains teach our hearts
to reach upward to heaven.

Amen.

In Our Thoughts and Prayers:

As a church and people who believe in the power of prayer, let us lift up our loved ones in the joys and concerns that they are experiencing.

A few weeks ago the church prayed for Gino as he awaited the results of some testing and Rowena and Gino are now prepared to share the results. Gino was diagnosed with prostate cancer. They feel assured that their church family will be there for moral and spiritual support. Please offer prayers, notes, and practical care.

If you would like to have us pray for anyone, please notify us, and we will add them to next month's prayers. Office@ronaldumc.org or 206-542-2484

hopelink
hopelink.org

Hopelink Notes

~ Darol Reynolds

The nonfood items that you brought to church during Advent were gratefully received by our clients. It was a pleasure to be able to be a part of distributing the fruits of your generosity.

Thank you especially to the small but mighty crew who helped transport the gifts to Hopelink, and put products on the shelves ready for Tuesday distribution.

Safety Officer

~ Sandra Reynolds

Emergency vehicles: Please do not park in the area in front of the front steps. This area is for emergency vehicles. Parking there may delay urgently needed services.

Dropping off and picking up passengers is acceptable if the driver remains in the vehicle so that it can be moved right away if necessary.

Masks: Wearing masks in the building is optional.

Hand sanitizers will continue to be provided. These policies may be changed as needed by agreement among pastors and the safety officer.

Persons with symptoms of any contagious illness are asked to remain at home.

Donations to RUMC

A feature in our *Ronald Review* is to list the names of those who gave gifts in memory, honor, or thanksgiving along with the honoree or the event.

Raleigh Smith in honor of

Aunt Sandra & Uncle Darol

These gifts go into the Memorial Fund/Capital Campaign, and are used to purchase items to enhance our worship, facilitate our fellowship, and further our mission.

Michael Brunson is trying to find a cuckoo clock or grandfather clock — something that chimes at least every hour. If anyone has a clock like this, that they don't need anymore, give Michael a call 206-542-3264



VectorStock.com/1522406

February 2024

February Birthdays

February 3

- Sosaia Vea

February 4

- Stephanie Henry

February 6

- Luke Justine

February 8

- Shirley Betham

February 9

- Zeny Ocampo

February 21

- Mareshah Legaspi

February 28

- Amos Valdez

February 29

- Rowena Lopez

February Anniversaries

February 9

Arlene & Larry Anderson

Birthday & Anniversary Donations!

We have a tradition of donating to the church during your birthday and/or anniversary month for the number of years you are celebrating.

- ◆ Chita Jesalva
- ◆ Marilyn Reid
- ◆ Dennis Reid
- ◆ Arlene Anderson
- ◆ Deb Cavinta in honor of Mario Valbuena
- ◆ Lulu Del Rosario in honor of Mario Valbuena
- ◆ Marvin & Shallum Legaspi in honor of
Dennis Reid & Mario Valbuena

These donations will all go to support our Emergency Fund.

Lenten Donations

During Advent, February 14 — March 30, we invite you to bring in donations for our neighbors who use Hopelink. There are a number of items they ask for that aren't donated very often.

Drop off your donations on Sunday mornings.

- ◆ 2-in-1 Shampoo/conditioner
- ◆ Deodorant
- ◆ Lotion
- ◆ Body wash
- ◆ Toothpaste
- ◆ Soft socks
- ◆ Dish soap
- ◆ Liquid hand soap

February 1

- ◆ 10:30 Bible Study
- ◆ 3:00 point-in-time count
- ◆ 5:30 Ronald Commons Café

February 2

- ◆ 3:00 point-in-time count

February 4, Sunday

February 7

- ◆ 10:30 Martha's Circle

February 8

Interfaith Advocacy Day in Olympia

- ◆ 10:30 Bible Study
- ◆ 5:30 Ronald Commons Café

February 10

- ◆ 10:00 Caring Crafts

February 11, Sunday

February 14, Ash Wednesday

- ◆ 7pm hybrid worship

February 15

- ◆ 10:30 Bible Study
- ◆ 5:30 Ronald Commons Café

February 18, 1st Sunday of Lent

February 19, *President's Day*

February 22

- ◆ 10:30 Bible Study
- ◆ 5:30 Ronald Commons Café

February 25, 2nd Sunday of Lent

February 29

- ◆ 10:30 Bible Study
- ◆ 5:30 Ronald Commons Café



Image by [Gini George](#) from [Pixabay](#)

Sunday School

~ Sandra Reynolds

New lessons will be available for pickup on February 11. These will be fuller than usual packets so families will have plenty of resources to observe Lent and prepare for Easter and the period following Easter Sunday.

It is my hope that the meaning of Easter will not be overshadowed by the secular aspects of this most sacred time.



Interfaith Advocacy Day

February 8

9am—3pm

fanwa.org/interfaith-advocacy-day

Want to carpool?

Call Michael Brunson 206-542-3264

Kids check in with Pastor Kate

Monday nights at 5:00pm

I am passionate about helping our kids build relationships with their faith community, and developing their sense of ownership and facilitating discipleship, for very young hearts!

Join Kid's Check-in here: greaternw.zoom.us/j/91487734446

Pastor Kate's office day is Thursday.

Schedule an appointment or pop in!

pastor@ronaldumc.org

United Women in Faith, Martha's Circle

Feb 7 at 10:30

in the Gathering Room

~ Sandra Reynolds

We will meet again on Wednesday February 7th at 10:30 in the Gathering Room.

Lunch will be provided.

Everyone is invited to enjoy fellowship and an interesting program. You will be welcomed with no expectation of becoming a member, but new members are always welcome.



SAVE THE DATE!

Spring Tea & Silent Auction

Saturday, May 25

Women United in Faith will once again host a Spring Tea and Silent Auction.

We always keep the *ticket price low* and the *quality of food & auction items high*.

This a great event for church members to invite friends and relatives.

Start contacting potential guests and be looking for items to contribute to the auction.

Caring Crafts

Feb 10 from 10:00—4:00

Gathering Room

Everyone who loves doing handiwork in cheerful company is invited to bring their current project, and a lunch. Hang out for a bit or the whole day. Folks have worked on knitting, mending, crocheting, scrapbooking, card-making... Please call Trina McCarrell to reserve your space — we do tend to spread out a lot.

Jurisdiction United Women in Faith Quadrennial Event

May 9-11, 2024 | Anchorage, Alaska

Registration open through April 15.

Scholarships available. Register at wjumw.com, where you will find detailed information on the hotel, Alaska Airlines discounts, schedules, and workshop opportunities. Hotel Captain Cook offers the option of adding three additional days before or after our gathering if you'd like to extend your stay and see more of Alaska.

We're excited about this chance to "Get Together" — pre-events start May 8, 2024. Our theme, "Get Together," is centered in John 13:34, and all the jurisdictions share it. The central purpose of this event is to elect women who will represent our jurisdiction as National Board of Director members. In addition, we will worship, celebrate, share, serve, learn, sing, pray and connect.

Beers & Beliefs

Most Thursday nights

Details are posted in the group Facebook Page.

This group is open to people who want to be with other believers while sharing fun life adventures together.

For more information contact Pastor Kate at pastor@ronaldumc.org to get you connected. :)

February is Black History Month

29 Ways You Can Participate in Black History Month

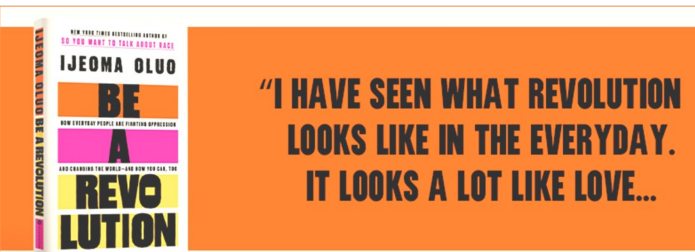
The General Commission on Religion & Race offers 29 Ways we can participate in Black History Month on their website [r2hub.org](https://www.r2hub.org)

<https://www.r2hub.org/library/29-ways-you-can-participate-in-black-history-month>

Support Black-Owned Businesses and Communities

Support Black-owned businesses in our area

seattlegood.org/support-black-communities/



FYI from Erin Lovejoy-Guron, church admin.

In January 2021, Trina McCarrell and I lead a book group for Ijeoma Oluo's *So You Want to Talk About Race*. That was an opportunity to practice thinking critically, and talking about race (for a lot of us) for the first time.

This January 2024, local author, Ijeoma Oluo has a new book, *Be a Revolution* which appears to be the next step in the anti-racism journey — from talking into action.

Here is the description from Harper Collins:

With Be A Revolution: How Everyday People are Fighting Oppression and Changing the World—and How You Can, Too, Oluo aims to show how people across America are working to create real positive change in our *structures*. She also illustrates various ways in which the reader can find entryways into change in these same areas, or can bring some of this important work being done elsewhere to where they live.

This book aims to not only be educational, but to inspire action and change. Oluo wishes to take our conversations on race and racism out of a place of pure pain and trauma, and into a place of loving action. *Be A Revolution* is both an urgent chronicle of this important moment in history, as well as an inspiring and restorative call for action.



North King County Severe Weather Shelter Now Open

The cities of Shoreline, Lake Forest Park, Kenmore, Bothell and Woodinville have partnered with the King County Regional Homelessness Authority to open a North King County Severe Weather Shelter at [St. Dunstan's Church](#) in Shoreline.

722 N 145th St., Shoreline, WA 98133
Serves Single Adults & Couples
8pm – 7am, Walk-ins welcome

Calling ahead to confirm a bed is available strongly encouraged Hotline: 206-837-2746

Donations: The shelter is not able to accept donations at this time. If anyone is interested in donating supplies, they should contact Camp United We Stand which is currently being hosted by St. Dunstan's. Contact information can be found on the camp's website.

<https://campunitedwestand-tentcity.org/present-location>

[Communityloaves.org](https://communityloaves.org)

Home Bakers Unite!

Now baking for Hopelink Shoreline

We're baking whole-grain bread & energy cookies from our home kitchens to fight local food insecurity.

More bakers are needed.

Join us in an effort to *bake* the world a better place.

Free Medical, Dental & Vision Clinic

February 15-18

Fisher Pavilion at Seattle Center,

[305 Harrison St, Seattle, WA 98109](https://www.seattlecenter.org/patients)

*Admission tickets handed out each day starting at 5:30am.

The Seattle/King County Clinic is a four-day event providing free medical, dental, and vision care for anyone who needs it. Patients do not need to live in Seattle or King County to get care. No ID, documentation, or insurance required.

More info: go to seattlecenter.org/patients, email SKCClinic@seattlecenter.org, or call 206-684-7200.

Poor People's Campaign
A NATIONAL CALL for MORAL REVIVAL

SATURDAY MARCH 2, 2024 AT NOON
SAVE THE DATE!

MASS POOR PEOPLE'S ASSEMBLY
IN OLYMPIA AND TO THE POLLS!

Bring the demands of 140 million poor and low-wealth people directly to lawmakers in Olympia.

We must activate 85 million poor & low-wealth eligible voters.

WE WON'T BE SILENT ANYMORE!

Use the QR code to learn more!





UMCOR's CONNECTING NEIGHBORS
A "Disaster Ready Congregations" Curriculum
of the United Methodist Church

Virtual Introduction to
Connecting Neighbors Workshop

Monday, March 4, 4:00-5:00(PT)

Hosted by the PNW Conference Crest to Coast District

Learn how to facilitate workshops and webinars with the goal of inspiring congregations and communities to be better able to minimize disaster-caused harm to people and property and to respond to our neighbors in helpful, cooperative and caring ways on behalf of the church and in the spirit of Jesus Christ.

This one-hour virtual session will introduce you to the purpose of Connecting Neighbors, the design of the curriculum and provide you with the next steps necessary for your journey to becoming a Connecting Neighbors Ambassador.

Registration is now open!

Please visit: <http://tiny.cc/cnnpnw>

Registration closes on **February 26.**

Washington State Poor People's Campaign

On **Saturday, March 2nd, 2024 at noon** we will put our state legislature and our governor on notice in Olympia because:

- ♦ 2.5 million people in Washington experience poverty, or are just one emergency away from it despite living in one of the wealthiest states in the wealthiest nation in the world.

The crisis of poverty in Washington demands real action, so we invite you to join us for our first ever Mass Poor People's Assembly in Olympia!

Shorenorth CO-OP PRESCHOOL

OPEN HOUSE
Sat. March 2nd 10am-12pm
Come for the tour, stay for the fun!



CLASS SCHEDULE:

Baby n' Me:
Birth to 1 year
Tuesdays 9:00 - 10:30am

Explorers:
Ages 1-2 years
Wednesdays 9:25-11:10am

Toddlers:
Ages 2-3 years
Tues/Thurs 9:25-11:10am

Movers:
Ages 3-4
Mon 9:10-11:10am
Tues/Thurs 11:25am-1:55pm

Groovers:
Ages 4-5 years
Mon/Wed/Fri 11:25am-2:05pm

NEW **K-3 Parent Education:**
Fridays (2x/month) 5:30-7pm
Bring the whole family for dinner and discussion of Parent Education topics

- Our experienced teachers implement developmentally appropriate play-based learning, engage children with music/dance at circle time and teach parent education.
- Offering four playrooms, a sensory bin and library. Arts, crafts, playdough, books, musical instruments, animals, cars, blocks, trains, play kitchen, puzzles, ball mazes, dress up clothes and more are available to your child. Enjoy big body play and rock climbing in the movement room.
- Outdoor playscape (built by our members!) with a play structure, mud kitchen, sandbox, fairy gardens & bubbles.
- Outside of class activities like field trips, park playdates, community events, book club and parent's night out.
- Hear from experts in child development at quarterly seminars & earn college credit through Shoreline Community College.

Questions? Contact shorenorth.registrar@gmail.com
www.shorenorth.com • 17839 Aurora Ave N, Shoreline, WA 98133

Quilters Anonymous 42nd Quilt Show

Galaxy of Quilts

March 15-17, 2024
Friday and Saturday, 10 am-5 pm
Sunday 10 am-4 pm

Evergreen State Fairgrounds
14405 179th Avenue SE
Monroe, Washington

\$10 Admission • 12 & under free

- More than 400 Quilts
- Merchant Mall
- Demonstrations
- Food & Beverages
- Free Parking

Featured Artist
Clare Kapitan

www.quiltersanonymous.org *Quilt by Arlette Wentz*



You are invited to worship every Sunday at 10:45.
Join us in the Sanctuary, from your computer, or by phone.

Worship in-person:

All are welcome to worship with us in person. You can wear a mask if that helps you feel more comfortable, but they are no longer required.

We do ask you to stay home if you have any symptoms of illness.

Worship from home:

Zoom: Each week, the link is the same.
greater-nw.zoom.us/j/867526399

YouTube: You can watch us live on YouTube, or if you miss us live, catch the recording on our YouTube page <https://www.youtube.com/@RonaldUMC>

Keep track of what's happening at RUMC!

- ◆ Go to our website, ronaldumc.org
- ◆ And click on the word "[calendar](#)"

Follow our Facebook page for updates as well.
<https://www.facebook.com/RonaldUnitedMethodist/>

Listen in on your phone:

Listen in on any phone by dialing one of these numbers:

669-900-6833 | 253-215 8782 |
346-248-7799 | 646-876-9923.

When prompted, enter meeting ID: 867-526-399

February 2024 | Ronald Review



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**Non-Profit Org
US Postage Paid
Seattle, WA
Permit # 386**

**TIME VALUE-DATED MATERIAL
Return Service Requested**

Ronald Commons Café

Thursdays from 5:30-6:30

Free, delicious, high-quality dinners
served in our Fellowship Hall



Sign up to volunteer!
signup.com/go/XBZkOzO
This community meal thrives
with your help.

Follow us at facebook.com/RonaldCommonsCafe.

February 15

- ◆ Beef (or vegetarian) stew
- ◆ Salad
- ◆ dessert

February 22

- ◆ Shepherd's pie (meat or veggie)
- ◆ Salad
- ◆ Dessert

February 1

- ◆ Beef brisket
- ◆ Veggie frittata
- ◆ Green beans
- ◆ Salad
- ◆ Dessert

February 8

- ◆ Cashew chicken (or veggie) stir fry
- ◆ Salad
- ◆ Dessert

February 29

- ◆ Chicken (or vegetarian) gumbo
- ◆ Rice
- ◆ Salad
- ◆ dessert