



## RONALD UNITED METHODIST CHURCH

A Reconciling Congregation: Open Hearts, Open Minds, Open Doors

17839 Aurora Avenue North, Shoreline, WA 98133

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

Pastors: Kate Kilroy & Pat Simpson

### VISION STATEMENT AND PURPOSE OF MINISTRY STATEMENT

#### **Purpose-of-Ministry Statement:**

*We are a responsive, respectful faith community reaching out in service to the needs of those around us with understanding, unlimited compassion and Christ centered support.*

#### **Vision Statement:**

*Our vision of sustainable ministry is to be a center of hospitality, hope and service, responding to the spiritual and basic needs of our community.*



### Your pastor is also a labor and delivery doula.

~ Pastor Kate Kilroy

**What is a doula?** A doula is a person who supports people as they birth their babies. I have been serving families as they become parents for 15 years. I own my own business, which primarily serves higher-risk community members. In addition to being a licensed certified birth doula, a certified nursing assistant, an international childbirth educator, a state-trained parenting coach, and a prevention specialist who is trauma-informed. I am a bi-vocational person.

The people I care for often have obstacles that create inequities in the birth outcomes; like pregnant teens, people with literally no other support people, people of color, queer couples, and people who will be birthing and then blessing another family with the care of that baby. Their situation is unconventional in some way, and the stress alone of being a-typical can cause considerable complications. Just like society in general, those who don't fit the mold are often reduced to lesser-valued humans and stripped of their dignity, and birth becomes yet another thing that is happening to them instead of happening for them. These are tragic and traumatizing conditions to be so vulnerable in.

Data consistently proves birthing people have better outcomes with the thoughtful support of a birth doula, and I am passionate about giving that gift to those who need it most. Those people are likely to need a particular kind of thoughtful support because while birthing always includes unpredictable variables, we know these people are likely to need a particular emphasis of care.

#### **What is the emphasis of my doula care for these families as they make this intense and sacred transition into parenthood?** Love.

Pastoral Love. I know, I know, that sounds corny... I have all these credentials, which I appreciate and value because they have equipped me to reduce my own potential contribution to harm, but really what makes me an exceptional doula is my faith. These worthy humans have often been dehumanized — and the gift of being able to zealously advocate for their well-being, fair and equitable treatment, and offer them compassionate, individualized, and uninterrupted support has the potential to prevent further harm and even create exposure to loving tenderness where there was previously neglect or all out hate.



This is a part of my ministry. As a doula I pray for each person I get to work with, and ask God to transform me into the ambassador of gentle love they are so worthy of. Each client is offered informal pastoral care in the form of processing through their story and how to help heal the birth industry's inequities. I don't charge for my birth and parenting classes. For those in need, I offer rates at 30% to ensure those who need support the most can get it. I also offer bartering and payments. Occasionally, I take a non-trauma client and charge full price to help offset my own expenses. I do all that work with the same heart and guiding Spirit that leads me to preach a sermon. Each birth is one more person being offered redemptive love in the face of a sinful social structure. It is a holy work.

I want to share my doula ministry with you because birth is unpredictable. I will not ever take more than one birth a month while I am your pastor, and even less during certain seasons such as Advent. This helps me balance my 30 hours a week loving on this faith community and the time I spend with developing families. Although it is unlikely, there may come a Sunday morning when I am not in church when I am expected to be because I am having church in the form of welcoming a new soul into the world. I wanted you each to be aware of this possibility. Of course, if that were to ever happen I would contact Pastor Stan or Pastor Pat for assistance. And, I feel confident you all have incredible strength within yourselves, through the many faithful disciples with long histories at Ronald, to manage a shift in the service quite well.

So, in the unlikely event I am ever attending a birth and another minister rises to share the Good News and facilitate our holy communion together, please know I am no less committed to you, and very much fulfilling another facet of my call. May we each find the courage to authentically offer our gifts to the world in this complex and yet remarkable gift of life.

## A clear and compelling vision from our Bishop!

~ Pastor Kate

The Greater Northwest Episcopal area has a new bishop!



Bishop Cedrick D. Bridgeforth preached 5 sermons casting a vision for Washington, Oregon, Idaho, and Alaska that was clear and compelling during our inter-state annual conference in June.

**He introduced the clergy and lay people to an acronym, M.I.L.E., to guide us as we strive to become a relevant community after the effects of Covid-19.**

The M.I.L.E. is to be a guide for our collective missional work for the next several years. Your clergy will be closely aligning their work with the concepts explained in the M.I.L.E. framework for years to come!

Bishop Cedrick told us the M.I.L.E. wasn't going anywhere, so we should lean in and get familiar with it.

So jump on in and let's be the church together.

Here's how to watch the full sermon he preached that correlates with each topic:

### **M—"Ministry that Matters"**

(42 mins) <https://vimeo.com/835031568>

### **I—"Itinerary and location"**

(45 mins) <https://vimeo.com/836238919>

### **L—"Lay Ministry"**

(30 mins) <https://vimeo.com/835990643>

### **E—"Eliminating racism"**

(38 mins) <https://vimeo.com/836811948>

These videos will really help you get to know our new Bishop and he also has a blog that I encourage you to follow as well.

<http://greaternw.org/greater-nw-area-blog/>

Well, we have the M.I.L.E. ahead of us! And I am so excited to allow this guidance to influence our work at Ronald United Methodist Church!



Companions in Christ,

It has been good to start my journey with you this last month -- getting acquainted with people, with your ways of working and worship, with your story together and your sense of God's call. And with thanks to gracious hosts, also your games, potluck dishes, snack preferences, and affection for each other.

This will continue through August 15<sup>th</sup>, and then I'm off my own journey. (If you want to follow my St Olaf's Way pilgrimage, send a request to RevPatSimpson on Instagram.)

Sunday August 6<sup>th</sup> I will be in church to share Communion and ask for your blessing.

There is still time for conversations before I go, so please reach out and arrange a time. Contact info and a website hint below.

Onward!

Pat Simpson  
206-383-1274

[psimpsonpnwumc@gmail.com](mailto:psimpsonpnwumc@gmail.com)

[www.stolavsleden.com](http://www.stolavsleden.com)



## Connections through Facebook



Have you liked our Facebook page?

[facebook.com/RonaldUnitedMethodist](https://www.facebook.com/RonaldUnitedMethodist)

If not please like and follow the page. It helps us become visible to others on Facebook the more interaction we get.

**This is our Public Page** that everyone can see. It helps us connect to new people who may want to get involved with upcoming activities, and a reminder for regulars about upcoming events.

... a Public Page that operates much like a billboard isn't really the appropriate place for personal prayer requests, photos of children, or stories.... But we need that too!

So let's keep our Page professional and welcoming but let's ALSO have a place for *stories, prayer requests, community updates, links to files, general discussions, resources from the sermon, birthday greetings, and more!*

Instead of that being a public page, **this will be a Private Group**. Only those in the group can see the posts and we can engage each other easily and well.) Please consider **liking the Page** and **joining the Group!**

Request to join the "[Friends of Ronald United Methodist Church](#)"

## 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.

- ◆ Shawn Davis — Please pray for Shawn (brother-in-law of Shelly Hogan) to get into a neurologist soon, as he has been waiting for months to see as specialist for unexplained short-term memory loss.
- ◆ Suzanne Taylor — Please pray for Suzanne (a friend of Shelly Hogan) as she prepares for seminary this Fall.
- ◆ Sherri — Please pray for Sherri (sister-in-law of Rob Hamlin) as she has been diagnosed with breast cancer that has spread to her lymph nodes.
- ◆ Stephanie Henry: include my 19 year old nephew Ryan in your prayers. He has a rare and aggressive childhood cancer that has reappeared. He'll likely start chemo and radiation again, if his body can tolerate them. It has been and continues to be a hellish journey for Ryan, my brother Dennis, sister-in-law Nicole, and 13 year old niece Ainsley.
- ◆ Sandra Reynolds asks for comfort and strength for a sister in Christ who used to attend here with us but is now in Bellevue. She is surviving her cancer treatments and struggling with feelings of being alone and depressed.
- ◆ Sandra and Darol Reynolds ask for physical comfort as their friend Barbara enters her Hospice care journey.

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](mailto:Office@ronaldumc.org) or 206-542-2484



## August Birthdays

- August 16
- ◆ Allan Ocampo
- August 19
- ◆ Larry Anderson
- August 23
- ◆ Isaiah Roque
  - ◆ Elijah Roque
- August 24
- ◆ Virgie Sumabat
- August 25
- ◆ Lauren Valdez
- August 28
- ◆ Lui Asistio
- August 30
- ◆ Darlene Germino

## August Anniversaries

- August 5
- Shelly & Don Hogan
- August 14
- Cristina & Harry Hill
- August 20
- Sandra & Darol Reynolds
- August 27
- Audrey & Stan De Pano
- August 30
- Paula McCutcheon & Jim Clarke



## Birthday Donation

We have a tradition of donating to RUMC in your birthday month for the number of years you are celebrating.

- ◆ Don, Tanner & Lily Hogan
- ◆ Debra Cavinta



This supports our Emergency Fund.

*Did we miss your birthday or anniversary?*

If you would like it posted, contact the church office, 206-542-2484 or [office@ronaldumc.org](mailto:office@ronaldumc.org).

## 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.

- ◆ Marvin & Shallum Legaspi in celebration of the birthdays of Debbie Cavinta, Donna Carbonell, Beth Valbuena, Carla Corsilles Roque, Dennis Sealey
- ◆ Marvin & Shallum Legaspi in memory of Dawn Hart.

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.

## AUGUST CALENDAR

**Sundays**, 10:45am hybrid worship

**August 1**, Primary election—remember to vote!  
5:00-7:00 Night Out with Ronald Commons

**August 6**,  
12:00, Campus Safety Town Hall  
6pm, Lanterns of Peace at Greenlake

**August 7**,  
10:00-1:00 Back-to-School-Drive Van

**August 8**  
9:00-1:30 Shorenorth Babies'n'Me

**August 12**,  
10:00-4:00, Caring Crafts

**August 26**  
12:00-8:00 Ukraine Celebration, Renton  
1:10 RUMC at the Mariners

~

**Mondays** at 7pm “Last House on the Block”  
Women’s NA meeting

**Tuesdays** at 6pm “Quick Fix”  
Open NA meeting

**Tuesdays—Thursdays** at 10pm “Insomniaddicts”  
Open NA meeting

**Thursdays**, 5:30 Ronald Commons Café

\* Erin Lovejoy-Guron will be away from the office August 8-30. Volunteers will occasionally check the mail & voicemail. *The September newsletter will only be available via email and internet.*



**TOWN HALL:**  
community and campus safety  
**August 6, 10 minutes after worship**

***Calling all who know Ronald United Methodist Church as their church home!***

Pastor Kate would like to have a Town Hall for an open discussion of safety concerns for our community and campus.

No decisions will likely be made, as the primary goal of facilitating this Town Hall is collecting information.

As we look forward to what is next for our church and strive to be good stewards of our resources, the mission of the greater United Methodist Church, and the rich history in our own local context — we need to share our concerns so we have all the tools we need for intentional, wise, and thoughtful decision making. We can only do that if we are transparent and honest about where we are now.

If you have any concerns about safety, our mission, our shoreline community, or are just curious, please come!

Bring a sack lunch to enjoy as we meet August 6<sup>th</sup>, 10 minutes after the end of service.

**August 2023 Ronald Review**



**Ronald Commons**

**National Night Out**

**August 1, 2023**

**Tuesday, 5:00-7:00**



BBQ: burgers & hot dogs  
Bubbles | Sidewalk Chalk |  
Face Painting | Tattoos  
Prizes  
Photo Booth  
Popcorn | Cotton Candy  
| Sno Cones  
Shoreline Police K-9  
Local Music Group



**Save the Date!**

**Get to know your Neighbors!!**



**Want to help?** Contact Corinne McKission at Ronald Commons  
206-474-1455 | [cmckisson@compasshousingalliance.org](mailto:cmckisson@compasshousingalliance.org)

**Are you a parent of a newborn in the Shoreline area and searching for a community of other parents in your neighborhood?**



Shorenorth Co-Op Preschool is now enrolling for our Baby N' Me class and a few others for older children, all starting in September.

We invite you to try out our school by attending our **Baby N' Me Demo class**, led by instructor Jen from **9-10:30am on Tuesday, August 8<sup>th</sup>**.

This class gives you an opportunity to socialize your little one, learn developmental milestones for babies, engage them with a play-based learning curriculum and participate in an instructor-led circle time. Joining Shorenorth Co-Op Preschool is also a great way for parents to create life-long friendships and a network of support with other parents in their area/school district. We look forward to meeting you!

Please email your RSVP to our Registrar at [shorenorth.registrar@gmail.com](mailto:shorenorth.registrar@gmail.com).  
Learn more about our school at [www.shorenorth.com](http://www.shorenorth.com)

**Caring Crafts**  
**August 12 from 10:00-4:00**  
**in the Gathering Room**

Everyone who loves doing handiwork in cheerful company is invited to bring their current project and a lunch, and hang out, for a little while 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!

# Help kids be ready for school



KidVantage's Back-to-School Drive gives kids what they need for school success

## Pencils & Pants KidVantage Van Monday, August 7

10:00-1:00  
RUMC front parking lot

Our "Van Visits to your City" events are collection events for "back to school" supplies and back to school clothing.

*EBC is now KidVantage! Our name has changed -- our mission is the same. Visit [kidvantage.org](http://kidvantage.org) to learn more.*

### School Supplies

- ◆ College & wide-ruled lined paper
- ◆ Glue sticks
- ◆ Erasers
- ◆ Pencil sharpeners
- ◆ Colored pencils
- ◆ Boxes of crayons
- ◆ Wide-ruled spiral notebooks
- ◆ Boxes of markers
- ◆ backpacks

### Clothing needed

- ◆ **Jeans**  
sizes 5-14, boys & girls
- ◆ **Athletic shoes**  
child size sizes 7-13,  
adult size 1-6  
for boys & girls
- ◆ **Underwear**  
sizes 5-14 boys & girls
- ◆ **Sweatpants**  
boy sizes 5-14
- ◆ **Long-sleeve shirts & sweatshirts** boy sizes 5-14

## Shoreline PTA Council & Shoreline Public Schools Foundation Community Back Pack Drive

### Donate through August 11

- ◆ **Large backpacks** for middle & high schoolers
- ◆ Be sure there is a **side pocket for a water bottle**
- ◆ **Neutral colors** preferred

### Bring new backpacks to

- ◆ Dale Turner YMCA  
19290 Aurora Ave N
- ◆ Center for Human Services  
17018 15th Ave NE

[www.shorelinefoundation.org](http://www.shorelinefoundation.org)

### **Back Packs**

~ Darol & Sandra Reynolds

Backpacks and school supplies drop off at the church will be delivered to the central collection area.

Darol and Sandra will use any funds donated to purchase backpacks by the final date.

Please indicate where your donation is to be directed on the memo line.

For Shoreline School District Students Needing Support



## Community Backpack Drive



**Backpacks are needed to help students in Shoreline schools get ready for the year.**

**Most needed styles:**

**Large bags for middle and high schoolers**

**Backpacks with water bottle pockets**

**Neutral colored backpacks**



**DONATE FROM 7/10-8/11**

Bring new backpacks to:

Dale Turner YMCA  
19290 Aurora Ave N

or

Center for Human Services  
17018 15th Ave NE

Shop our Amazon wish list

[https://www.amazon.com/hz/wishlist/2/485Q920AP6U8/ref=nav\\_wishlist\\_lists\\_2](https://www.amazon.com/hz/wishlist/2/485Q920AP6U8/ref=nav_wishlist_lists_2)



Donate monetarily to Shoreline Public Schools Foundation

[www.shorelinefoundation.org](http://www.shorelinefoundation.org)



This drive is being coordinated by Shoreline PTA Council and Shoreline Public Schools Foundation.

Questions - email [familyservices@shorelinepta.org](mailto:familyservices@shorelinepta.org).






**From Hiroshima to Hope  
Lanterns of Peace to Light Greenlake**  
August 6 starting at 6pm

<http://fromhiroshimatohope.org/event-2/>

Marking the 78<sup>th</sup> anniversary of the atomic bombings of Hiroshima and Nagasaki, **From Hiroshima to Hope** honors the bombings' victims and all victims of war and violence. This year also marks the 81<sup>st</sup> anniversary of Executive Order 9066, which led to the incarceration of Japanese Americans on the U.S. West Coast.

The event includes music, poetry, dance, speakers and candle-lit lanterns floating on the lake.



**Ukrainian Independence Day Celebration  
August 26, from 12:00-8:00**

Liberty Park 1101 Bronson Way N, Renton

<https://uaws.org/ukrainian-independence-day/>

Ukrainian Independence Day is a free admission, family-friendly community event to celebrate Ukrainian heritage and culture and promote local small Ukrainian businesses.

**Our new pastors, Kate Kilroy and Pat Simpson, want to meet YOU.**

Please consider attending or hosting a small group meal with our new pastors.

**Host:** If you would like to HOST a meal, it's easy to schedule!

1. Email Pastor Kilroy, [katejkilroy@gmail.com](mailto:katejkilroy@gmail.com) & Pastor Simpson [psimpsonpnwumc@gmail.com](mailto:psimpsonpnwumc@gmail.com) with the date/s you can host & coordinate a date & time.
2. Contact people you are connected with at RUMC and invite them to your dinner OR add it to the shared document of dinners found by the link in the QR code.

**Attend:** If you would like to ATTEND a meal, look at the dinner signup document via the QR code. Some dinners are scheduled already, and more will be created.



If technology limits your ability to view the spreadsheet, please contact the church office for available dinner days, times, and locations. 206-542-2484 or [office@ronaldumc.org](mailto:office@ronaldumc.org)

**Capital Campaign**

**Your \$400 donation will purchase & install a plank of siding on our building!**

- ◆ Write a check with "capital campaign" in the memo
- ◆ **Donate online!**  
The QR code takes you to our [online giving](#) page. Put your donation in the "capital campaign" line.



**Hopelink Notes**

~ Darol Reynolds



We are still experiencing a shortage of volunteers. You can go online to the Hopelink web site to sign up.

<https://hopelink.volunteerhub.com/vv2/>

**Donation request:**

Those unwanted calendars, note pads, greeting cards, tote bags, etc. that you get in the mail are much appreciated by the clients. Sandra will gladly receive them.

**Safety Officer Notes**

~ Sandra Reynolds

**For those who worship with us in-person**

The Board has approved the following policy that took effect on July 1<sup>st</sup>.

- The wearing of masks in the building is optional.
  - Signing in will no longer be required.
  - 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.

REMINDER: Please do not park in the area in front of the steps to the playscape. It is okay to drop people off there *if you remain with your vehicle*. We need to have that area available for emergency vehicles.

# Planning for Autumn

## Sunday School

~ Sandra Reynolds

Lesson packets have been distributed to families who were in attendance. Other families may pick up their packets at the church. Please let Sandra know when you would like to do so.

**It is time to think about how we can resume Sunday School at the church on Sundays.**

Please pray about this need including how you would be able to help.

## RUMC Labor Day Picnic

~ Reuben Roque

Unfortunately, we will not have Church camping this year.

Instead, we will Church picnic on Labor Day Monday, **September 4, 2023**, at Fall City.

Announcement to follow.

## United Women in Faith Martha Circle



We are in recess for the summer.

Our first meeting back will be September 6 at 10:30.

Lunch will be provided. **Everyone is welcome to visit without making a commitment to join.**

Thank you to all who worked so hard to create the gracious farewell and welcoming events.

*Paul writes, "Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward - to Jesus. I'm off and running, and I'm not turning back."  
- Philippians 3:14-17 (MSG)*

## **You are invited to attend the United Women in Faith of the Pacific Northwest Conference Annual Meeting**

October 20 through 21 at Olympia First UMC

*Living our Mission; being the hands and feet of Christ.*

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### **Keynote Speaker:**

United Women in Faith's  
National President  
Ainise Isama'u



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**Watch for your registration  
form in August!**



**Join us Sunday mornings at 10:45**  
in-person, online, or by phone!

**In-person Worship — all are welcome**

- ◆ Masks are optional.

**Online Worship**

**Zoom:** [greater-nw.zoom.us/j/867526399](https://greater-nw.zoom.us/j/867526399)

**Phone:** listen in on one of these numbers:

- ◆ (669) 900-6833 | (253) 215 8782
- ◆ (346) 248-7799 | (646) 876-9923

Enter the meeting ID: **867-526-399**

**\*NEW\* watch live via YouTube**

<https://www.youtube.com/@RonaldUMC>

Services are also recorded on YouTube and can be watched later if you miss us Sunday morning.



August 2023 | *RONALD REVIEW*

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TIME VALUE-DATED MATERIAL

Return Service Requested



**RONALD COMMONS CAFÉ**

Drop by Thursdays from 5:30 — 6:30  
for a free, delicious, high-quality dinner to-go.

Signup online to volunteer:  
[signup.com/go/XBZkOzO](https://signup.com/go/XBZkOzO)

Follow us at  
[www.facebook.com/RonaldCommonsCafe](https://www.facebook.com/RonaldCommonsCafe)  
for weekly menu reminders.

**August 3**

- ◆ Chicken (or roast vegetable) piccata
- ◆ Parmesan noodles
- ◆ Breadstick
- ◆ Dessert

**August 10**

- ◆ Meat (or vegetarian) lasagna
- ◆ Salad
- ◆ Dessert

**August 17**

- ◆ Pulled pork
- ◆ Vegetarian slider
- ◆ Coleslaw
- ◆ Dessert

**August 24**

- ◆ Kaluha pork
- ◆ Teriyaki tofu
- ◆ Hawaiian pasta salad
- ◆ Rice
- ◆ Dessert

**August 31**

- ◆ TexMex beef (or tofu) casserole
- ◆ Rice
- ◆ Broccoli salad
- ◆ cake