



Sundays @ 10 and
Sunday Forum
Spiritual Formation
Winter-Spring 2019

On the cover: Photograph by John Wilson

Winter-Spring 2019
Sundays @ 10 a.m.
Ongoing offerings

Meditation

Sundays, 10:00–10:45 a.m., Chapel. No charge; no registration.

Join this ancient Christian spiritual practice, which includes three parts: opening meditation, walking meditation and closing meditation. Leader **Diane Boruff** is commissioned by Contemplative Outreach International.

Nonviolent Communication for Parents and Grandparents

Sundays, 10:00–10:45 a.m., Fireside Room. No charge; no registration.

This exploration time is designed for any adults—parents, grandparents, teachers, mentors or others—who wish to learn more about how to deepen their spiritual relationships with the children in their lives using Nonviolent Communication (NVC) practices. with the intention of creating more compassion and peace between ourselves and the children we love.

Theology of the Purposes of the Church

Sundays, 10:00–10:45 a.m., Theater. No charge; no registration.

This course will be team-taught by the ministerial staff and the Deacons. The first class, scheduled for Sunday, Jan. 6, to be taught by Interim Minister Daniel Wolpert, will be an overview and introduction to the topic as a whole. (You can find the purposes linked to our Governance page: www.plymouth.org/about/governance/ and displayed on easels in the church on Sunday mornings.) In the weeks that follow, we will have an opportunity to dive into each of the purposes and explore them from the perspective of our historical faith, other faiths, from a non-Three Story Universe view and from a practical perspective, as we ask: “What might this purpose mean for Plymouth as we move forward into the future?” The course will include both presentation and discussion.

Church School

Sundays 10:00–10:45 a.m. Rooms TBA. No charge; please register.

Church School is a safe, loving and fun experience for young people age 4 through 12th grade. We ground our study of God’s ways in Christian and Hebrew scripture, interfaith perspectives and faith

stories. We are open to questions about faith and equip children for their lifelong faith journey. We help our children and young people understand how faith intersects with what happens in their life and in the world around them, as well as how they can be change agents to create a most just world. Allowing the freedom of the seeker of any age is a core value of our progressive Christian community, as is respecting all faiths. We embrace diverse families—families with two moms, mom and dad, two dads, a single parent, children being raised by those other than parents, or those with gender-variant family members, including children—all are welcome to learn and grow in community with one another at Plymouth Church.

Sunday Forum

Sundays, 10:00–10:45 a.m., Jackman Room, unless noted. No charge; no registration.

Jan. 6 Missing and Exploited Children

The National Center for Missing and Exploited Children (NCMEC) is a nonprofit organization based in Washington, D.C. NCMEC provides assistance to victims, families, law enforcement, social services and mental health agencies when they need help with a missing, exploited or recovered child. Learn about their mission to protect children.

Arianna Deming has been an analyst at NCMEC for the past two years and works with the public, law enforcement and electronic service providers to combat child sexual exploitation.

Jan. 13 Embroideries in Context (First of four), Guild Hall

The Sunday Forum Committee is pleased to host a series of educational opportunities about the embroidery *Churchmen in the New World*. These forums will further the conversation about this embroidery in four distinct ways: the history of the Pilgrims and Congregationalism, the power and responsibility of art, the history of Plymouth and the creation of the embroidery, and Native American history and perspective. These Embroideries in Context will be held January 13 & 27, February 24 and March 17.

Facilitator **Annette Atkins** is Professor Emerita of History at St. John's University and College of St. Benedict, author of four books (including *Creating Minnesota*, Minnesota Historical Society Press 2007, 2017) and a member of Plymouth Church.

**Jan. 20 Art for Contemplation and Activism:
Exploring the role of art in our daily lives**

Viewing and experiencing visual art and music can be meditative/mindfulness experience opportunities—pausing and quieting the mindstream, freeing it from preconceptions and perhaps attaining new insights. In this way, art can have a healing effect. Using his own artwork, related histories and experiences, the presenter will demonstrate this. There will also be a quick exercise of spontaneous sketching with the group.

Edwin Beylerian was born in Lebanon of Armenian heritage. His education was in French and he holds an M.A. in Biology from American University in Beirut and a B.F.A. from MCAD. An independent graphic and Web designer for the past 40 years, he has worked as a resident artist in schools and youth groups, teaching Arabic art and calligraphy and geometry and art, and has been involved in arts projects and exhibitions. He is a member of the Moving Lives Speaking Bureau and the Digital Community Working Group at Intermedia Art.

Jan. 27 Embroideries in Context (Second of four), Guild Hall

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Feb. 3 Whittier School Volunteers Update

In 2019 Plymouth is continuing its partnership with Whittier IB Elementary School. As we have done for many years, Plymouth volunteers are making a difference in the lives of Whittier students by assisting teachers in the classroom, playing piano as the children enter and leave the school and, now for the second year, doing intensive literacy tutoring with students through Reading Partners.

Celebrate the success of our Plymouth Volunteers as they change students' lives for the better.

Representatives of Reading Partners Staff, Whittier teachers, and Plymouth volunteers will participate in a panel discussion of the experiences and impacts they experience every day. Learn how a small weekly commitment of time can shape a brighter future, both for individual students and our community as a whole.

Feb. 10 The Bible, Racism, and Faith in the 21st Century

Scripture is an important ally for building the Beloved Community. Yet, the Bible has been used to oppress people throughout history. We will reclaim the liberating power of Scripture by looking at examples of how biblical interpretation addresses racism and injustice and develops cultural competency in congregations and communities.

Rev. Dr. Curtiss Paul DeYoung is the CEO of the Minnesota Council of Churches. Previously he was the Executive Director of the historic racial justice organization Community Renewal Society in Chicago and the inaugural Professor of Reconciliation Studies at Bethel University in St. Paul. DeYoung earned degrees from the University of St. Thomas and Howard University School of Divinity. He is an ordained minister in the Church of God and a member of the Park Avenue United Methodist Church in Minneapolis. He is an author and editor of 12 books on reconciliation, interfaith social justice activism, racism and cultural diversity, including *Coming Together in the 21st Century: The Bible's Message in an Age of Diversity*, and co-author with South African Allan Boesak, *Radical Reconciliation: Beyond Political Pietism and Christian Quietism*. He was on the editorial team for *The Peoples' Bible* (Fortress).

Feb. 17 Panel on Minneapolis Food Shelves

Our church helped found the food shelf housed in our lower level at One Groveland, which serves a vital need in our neighborhood. Yet our efforts are just one among many other food shelves, all trying to help struggling Minneapolis residents maintain healthy diets. This panel will help us understand some of the successes and challenges these organizations face.

Dave Enghusen directs the Groveland Foodshelf. The two programs, the Groveland Food Shelf and Groveland Food for Youth, distribute about 40,000 pounds of food each month to some 2,000 clients.

Ethan Neal, Food systems manager, Pillsbury United Communities, manages two food shelves serving nearly 9,000 families in the Phillips and Cedar-Riverside neighborhoods. In addition, Pillsbury serves about 250 people free lunch and dinner in South and North Minneapolis daily. He also manages an urban agriculture project to provide the healthy food they are cooking and giving to the community. Pillsbury gives out hundreds of thousands of pounds of produce every year and also has a goal of growing 40 percent of the food served in the meals.

Fartun Weli is the founder and executive director of Isuroon, a nonprofit with a mission to help Somali women build self-sufficiency and maintain healthy lives. Isuroon is committed to improving the health and upward mobility of Somali women in Minnesota, the United States and Somalia and promotes health and empowerment for Somali women through health education, communication and advocacy to create policy change. In Somali, “Isuroon” means an independent woman who can take care of herself and her family. Isuroon provides food pantry items to those who seek out their other refugee services, including leadership training and legal aid.

Denise Bevins took over management of the Horizons Unlimited Foodshelf at the Division of Indian Work this year. They are open three days a week and serve 200 to 280 customers per month. Getting more funding would improve the foodshelf’s operations. Improvements already underway include more baby supplies and healthy food offerings.

Feb. 24 Embroideries in Context (Third of four), Guild Hall
The Sunday Forum Committee is pleased to host a series of educational opportunities about the embroidery *Churchmen in the New World*. These forums will further the conversation about this embroidery in four distinct ways: the history of the Pilgrims and Congregationalism, the power and responsibility of art, the history of Plymouth and the creation of the embroidery, and Native American history and perspective. These Embroideries in Context will be held January 13 & 27, February 24, and March 17.

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March 3 Giving Grief Words:

The power of naming and storytelling

At times of loss, people can also be at a loss for words. While words are not essential, they can be helpful and healing to griever and those who care for them. An old aphorism is that if something is unmentionable, it can be unmanageable. In this session, perspectives and tools for eliciting words of loss, following metaphors, questions that invite stories, use of literary prompts and more will be presented and discussed.

Ted Bowman is a nationally known educator, author and consultant who specializes in change and transition, whether it occurs in families, an organization or the community. His emphasis is on aiding people in utilizing their strengths and the resources of others in facing change and transition. The author of many books and articles, Ted has special expertise in helping others navigate end-of-life transitions and grief.

March 10 *Locked in a Box*, 12 noon to 1 p.m.

Locked in a Box is an award-winning short documentary that follows the stories of individuals held in the U.S. Immigration detention system, and those who visit them. The film traces the lives of individuals who fled their homelands in search of safety and freedom, only to end up in U.S. prisons under a mandatory bed quota system run by Immigration Customs & Enforcement (ICE). Since the 1990s, there has been a massive expansion of the immigration detention system, with up to 34,000 immigrants in detention on any given day in approximately 200 different facilities, many of which are for-profit prisons. *Locked in a Box* helps strip away the political rhetoric to see the human cost of detention.

March 17 Embroideries in Context (Fourth of four), Guild Hall

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March 24 The Music of the African Diaspora Told Through Song

An exploration of African American music from the Middle Passage to today. Focusing on the music styles and genres of the African Diaspora, professor and performer Yolanda Williams will take us through American history with words and song.

Yolanda Y. Williams, PhD, is a performer, educator, and scholar. Her performance career has taken her throughout North America, Europe, Asia and Africa, performing western art music, jazz and gospel. Yolanda has performed both soprano and mezzo-soprano repertoire with VocalEssence, the Rochester Symphony, La Choeur Symphonique de Fribourg, Lundi Sept Heures, Ensemble de Cuivres Jurassien, the Montreux Symphony and the Israel Philharmonic. Dr. Williams serves on the faculties of the University of Minnesota, Pine Technical and Community College and Minneapolis Community and Technical College, where her teaching responsibilities include courses in African American music history, general music history, music theory and performance. Her scholarly work on music styles and genres of the African Diaspora can be found in the *Greenwood Encyclopedia of African American Folklore* (2005) and the *Encyclopedia of African American Music* (2010). Yolanda is soon to be a local licensed pastor serving as lay associate pastor at Brunswick United Methodist Church in Crystal.

March 31 The Opioid Crisis:

Perspectives from the medical front lines

This presentation will focus on the epidemic of opioid-related death and disability, a public health crisis with complex social roots. The emergency health system is typically the first, sometimes the only, and all-too-often the last point of contact for patients affected by this epidemic. The presentation will cover the origin of the crisis, a clinician's perspective on the care of these patients and some novel programs to address opioid dependence.

Travis Olives, MD, MPH, MEd, is an emergency physician at Hennepin Healthcare, a medical toxicologist at the Minnesota Poison Control System and an assistant professor of emergency medicine at

the University of Minnesota. In addition to his clinical practice and toxicology research, he conducts research on the social and economic factors influencing emergency care.

April 7 Assistance Dogs Fetch Amazing Things!

Can Do Canines is celebrating their 30th year in serving people with disabilities! A staff member and client team will share how the organization trains assistance dogs, the types of disabilities their dogs are trained for and how prison programs work with them in restorative justice programs. The client will tell their story of how they came to need an assistance dog, and how the dog helps them in their daily life.

Laurie Carlson is the community outreach coordinator at Can Do Canines; she has been with the organization 19 years. She enjoys sharing the many wonderful stories that come with working with assistance dogs, and those who depend on them for their freedom, independence and peace of mind.

April 14 Regenerative Agriculture and the Unreasonable Consumer

Consumers want to buy food that aligns with their values, but organic farms are only a fraction of Minnesota's total farmland—less than 0.5 percent of farmed acres. This talk will explore how farming practices that boost productivity and protect natural resources, sometimes called “regenerative agriculture,” are gaining traction among Minnesota's non-organic farmers. We will examine how consumer demand and changing demographics are driving, or creating barriers to, the adoption of these practices on Minnesota farmland, and some of the ongoing efforts to support this social movement to protect and improve our soil and water resources.

Greg Bohrer is associate director for agriculture and the environment at Environmental Initiative, a Minnesota nonprofit that builds partnership to tackle complex environmental problems. A former legislative and outreach staffer for U.S. Senator Amy Klobuchar, he has worked on agricultural and environmental policy and projects for more than 10 years. He will be joined by a Minnesota farmer engaged in regenerative agriculture farming practices.

May 5 Plymouth Church Clergy Discussion

The 2018/19 has been a year of energy, joy, change and powerful conversations. As the year concludes, engage with your Plymouth clergy team to reflect on the past year and vision for the future.

Panelists include:

Paula Northwood, Acting Senior Minister

Beth A. Faeth, Minister for Congregational Care and Worship

Seth Patterson, Director of Spiritual Formation & Theater

Daniel Wolpert, Interim Minister

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