

# Foundry Forge

## A Simple Visit, Powerful Payback

SAM KILPATRICK

Years ago at Foundry, someone mentioned the need for volunteers to visit seniors in the Shaw neighborhood. I was new here and this was the first time I felt comfortable getting involved.

Emmaus Services for the Aging sent two of us on our first visit. It was a social visit, but we were able to see and share what kind of help the senior might need. Initially I was reluctant to give up part of my Saturday morning. I thought it could be depressing to see lonely people in need, often having outlived their friends or forgotten by family. Plus, what was I going to talk about?

It didn't take long to overcome these reservations. All I had to do was show up and listen, just let my hosts tell me about their lives. When I accepted that my role was not to fix a situation but just to let them know someone cares, I began to love these visits and realized that I benefited as much as the person I visited.

On a recent visit to an older gentleman, I set up a new air mattress he had purchased in the hope of sleeping better at night without slipping



out of bed. The next day, he called to thank me for my visit and to say that he had slept well for the first time in weeks. That is powerful payback.

My first visit was more than 35 years ago. Now I look forward to opportunities at Foundry and through Iona Senior Services to connect with someone who needs a visit or call at home or in the hospital. I still remind myself that I am not there to solve every problem, or say something wise, but to just listen caringly and follow up as needed.

Foundry's Care Ministry Team connects me with these opportunities to help and to learn so many lasting lessons. There is no better use of my time. God sees my need for connection, gives me opportunity and the Holy Spirit guides me on how to love each person. The payback is powerful.

*Sam Kilpatrick is a long-time member of Foundry who has been active in the Housing Ministry, Sandwich 500, the Finance, Stewardship and Audit committees, the Care Ministry Team and has been a member of the Foundry Management Board.*

# What Does It Mean to Believe?

REV. GINGER E. GAINES-CIRELLI



*“I can’t believe that!” said Alice.*

*“Can’t you?” the Queen said in a pitying tone. “Try again: draw a long breath and shut your eyes.”*

*Alice laughed. “There’s no use trying,” she said: “one can’t believe impossible things.”*

*“I daresay you haven’t had much practice,” said the Queen. “When I was your age, I always did it for half an hour a day. Why, sometimes I’ve believed as many as six impossible things before breakfast.”*

- from ***Through the Looking-Glass, and What Alice Found There*** by Lewis Carroll

As we enter the season of Lent, we will explore some challenging ideas that show up in the Bible. I wonder how often, when learning about some Christian concepts and stories, folks have said or thought: “How can you believe this?”

The word most often translated *believe* in the Bible --- the Greek verb *pisteuo* — is defined as thinking to be true, placing confidence in, and entrusting or being entrusted with a thing.

One resource says that the word “works two ways, like the English verb *commit*. If you commit yourself to someone, then you are entrusting yourself to them . . . . At the same time, you are supporting them. The two sides are really the summary of a covenantal relationship.”<sup>1</sup>

Kathleen Norris says that “at its Greek root, ‘to believe’ simply means ‘to give one’s heart to.’ Thus, if we can determine what it is we give our heart to, then we will know what it is we believe.”<sup>2</sup>

Based on these definitions, it seems clear that to believe doesn’t mean you are without doubts or that you’ve sacrificed your critical thinking. To believe doesn’t require you to pretend you understand things that baffle you or to act in ways that challenge your sense of integrity.

To believe what is seemingly impossible may simply require discerning a deeper beauty, a deeper truth, an invitation in the sometimes wondrous, weird, or wild stories, images, and ideas that make up the rich tradition we call Christian. And then, as a result, we entrust our hearts to God who — can you believe it? — entrusts God’s heart to us.

Blessings for this Lenten journey.

Believing impossible things, I am,

*Ginger E. Gaines-Cirelli*  
Senior Pastor

<sup>1</sup> [http://www.torahtimes.org/NewTranslation/concordance/pisteuo\\_definition.html](http://www.torahtimes.org/NewTranslation/concordance/pisteuo_definition.html)

<sup>2</sup> Kathleen Norris, *Amazing Grace: A Vocabulary of Faith*, (New York: Riverhead Books, 1998), 62.

# FOUNDRY FORWARD

## ACTION ITEMS FOR THE MONTH AHEAD

Sunday, March 1

### **Know Yourself: The Methodist Social Principles**

Come from 10:10 AM to 11:00 today and the next five Sundays and explore our Methodist Social Principles, which offer unique perspectives on a wide range of issues including the environment and reproductive health.

Wednesdays, March 4, 11, 18, 25

### **Lenten Evensong Services**

Join us each Wednesday evening through Lent in Foundry's sanctuary from 6:30 to 7 PM for this reflective worship service of communion, scripture, and candlelight.

Saturdays, March 7, 14, 21, 28, April 4

### **Ethical Dating in the Digital Age**

Explore with us the questions that emerge at the intersection of faith and romance in the online era by coming to Foundry today from 10 to 11:30 AM and again each of the next four Saturdays.

Sunday, March 15

### **The Richness of Music in Worship**

Each service will include special Lenten music around this theme. At 9 AM, Jubilate presents **For Such a One as This** -- music by Mark Hayes, lyrics by Bob Hoose, concept and drama by Jim Custer. At 11:15 AM the Chancel Choir will present **Te Deum** (*We Praise Thee, O God*) -- music by Dan Forrest, and **Ubi Caritas** by Rene Clausen.

Friday - Sunday, March 20-22

### **Youth Spring Retreat**

Young people in grades 6-12 are invited to sign up and join us for a weekend of recharging with friends, fun, games and relaxing time in West Virginia.

# FOUNDRY FORWARD

## ACTION ITEMS FOR THE MONTH AHEAD

**Saturday, March 21**

### **Building and Being Beloved Community**

Join Dr. Asa Lee and Rev. Andrew Peck-McClain at Foundry from 9 to 3 to explore Dr. Howard Thurman's concept of 'beloved community' and how it can impact our lives.

A joint project of John Wesley AME Zion, Asbury UMC, and Foundry, this retreat is designed for members of these congregations who want to grow in relationship with one another. For more information, please email [wgreen@foundryumc.org](mailto:wgreen@foundryumc.org).

**Sunday, March 22**

### **WIN DC Council Candidates Forum**

Don't miss the chance to present our priorities, with our Washington Interfaith Network Partners, to candidates for the Ward 2 City Council seat. We are committed to bringing 100 Foundry folk, so register now (<https://foundryumc.churchcenter.com/registrations/events/382948>) for lunch at Foundry before we walk to the forum at Metropolitan UMC, 16th and M.

**Tuesday, March 24**

### **Foundry Board Meeting**

Foundry's Board convenes its monthly meeting at 7 PM in Room 101. All Foundry folk are welcome to attend.

### **Mission Possible Reminder**

June 30, 2020 is the deadline for paying your Mission Possible II Pledge in full.

To register or find more information on these events, go to <https://foundryumc.churchcenter.com/registrations>.

Share your thoughts about the Foundry Forge with [ForgeNewsletter@foundryumc.org](mailto:ForgeNewsletter@foundryumc.org).