

AUGUST 2025



# Foundry Forge

Inspiration and Information for the Weeks Ahead

## Satisfy Your Soul

*O God, you are my God; I seek you;  
my soul thirsts for you;  
My flesh faints for you,  
as in a dry and weary land where there is no water...  
Because your steadfast love is better than life,  
my lips will praise you...  
My soul is satisfied as with a rich feast,  
and my mouth praises you with joyful lips...  
For you have been my help,  
and in the shadow of your wings I sing for joy.*

- Psalm 63:1, 3, 5, 7-8

This is a beautiful psalm of longing and gratitude for the sustenance provided by God. The image of being "satisfied as with a rich feast" reminds me of words I need to say (and receive) right now. It's a message of invitation — to receive God's grace so that we might follow in God's ways that nourish, sustain, mend, and strengthen our lives and the lives of others.

This means we need to fast from anything that doesn't satisfy, from anything that depletes us, that does harm to ourselves or to others, that "un-grounds" us.

How are you doing with that? with monitoring your news intake? doom-scrolling? How are you taking care of your body? Are you avoiding things good for your body and spirit? holding onto hatred or expressing your outrage or grief in ways that hurt your heart or others? What else "un-grounds" you? Can you fast from those things?



As we fast from things that don't satisfy, we are invited to feast upon the amazing grace and all loves-excelling love of God. What "grounds you" in God's grace? a prayer practice, devotional reading, or Sunday worship? time with friends, spouses, or children? serving others or working on projects to do justice and extend mercy? How are you keeping yourself nourished and grounded in God's grace?

Even now, when tragedies, injustice, and personal challenges make it difficult to feel joy or to trust God's promises, it is right to sing praises to our God whose grace is freely showered upon us all along our journey. God's grace soaks into the dry, broken places within us and within our world, to nourish, sustain, strengthen and restore us, to give us courage and energy to keep going, to keep striving to be a holy people.

May that grace help us proclaim: *My soul is satisfied as with a rich feast, and my mouth praises you with joyful lips... for you have been my help, and in the shadow of your wings I sing for joy.*

# Sacred Resistance

RADICAL LOVE WHEN UNDER FIRE



## ED CRUMP

When I preached recently on Luke 9 and Galatians 5, I ended with a call to "sacred resistance"—a phrase that has resonated with me ever since reading Pastor Ginger's book ***Sacred Resistance*** in 2018. It names one of the most radical expressions of discipleship: meeting ugliness with respect and kindness, meeting aggression with gentleness and wise, decisive action.

This love-based approach to life is not passive or weak. It is not naive. It is courageous and requires great effort. In Luke 9, Jesus rebukes his disciples for wanting to call down fire on those who rejected him. He doesn't simply walk away from the rejection—he confronts it with a different kind of fire: the fire of mercy, the fire of the Spirit, the fire that refines rather than destroys.

That's the fire we are invited to carry into a world full of rage and reaction. Especially now.

I preached that sermon still reeling from losing a job I loved, meaningful work with people I cared about. The decision to dismantle our team had nothing to do with performance—it was political, impersonal, and painful. In the aftermath, I cycled through shock, grief, and anger. I still do.

But anger is not where we are called to live as disciples of Jesus.

Jesus calls us to love our neighbor—not just the ones who vote like us or affirm us, but those who misunderstand or mistreat us. Not

because it's easy, or we allow ourselves to become doormats, but because love changes us. Because meeting hate with hate corrodes the soul and everybody loses. And most importantly, because resisting cruelty with kindness isn't weakness — it is Gospel strength.

Sacred resistance is choosing peace over vengeance, offering grace instead of anger. It is a Spirit-filled, daily practice — one that doesn't ignore injustice but responds to it from a place of integrity.

It's the discipline of choosing the fruit of the Spirit — love, patience, gentleness, self-control — especially when it would be easier to retaliate.

In these times, let us resist the fires of cruelty with the fire of Spirit-born kindness. Let us practice cultivating hearts that can carry hope without bitterness. And let our lives, in big and small ways, be living testaments to the sacred resistance of Jesus-inspired love.

One specific way you can do this is by "finding your circle" at Foundry. Look for ways to connect with any type of small group and begin building beloved community.

*Ed grew up in the DC area, graduating from Walt Whitman High School in Bethesda. After graduating from Penn State, Ed resettled in Virginia working for the federal government. Ed has been attending Foundry since 2006 and is currently in the process of finishing his Masters of Divinity at Wesley Seminary and transitioning into full time ministry work after retiring this past April.*



Attention Forge Readers! We want to hear from YOU! We anticipate some changes in the Forge leadership in the coming months, and we would like to gather your feedback on the Forge's content and format, as well as learn more about who reads the Forge. Please fill out the [Forge Feedback Form](#) so your voice can be heard. At the end of the form, there is also a space for you to express interest in being part of the nascent Forge Production Committee (no obligation with the sign-up!).



## CIVIL RIGHTS PILGRIMAGE: A Profound Faith Journey

It was an extraordinarily powerful way to spend Juneteenth week 2025. Members of three Washington churches – John Wesley AME Zion, Asbury UMC and Foundry (JAF) – traveled together for five days visiting civil rights sites in the South.

**We are all invited to learn about their journey on Sunday, August 10, 2025. We will gather at Foundry at 12:30. This multi-church session will include reflections, prayers, and photos, and is open to all. Do join us.**

This civil rights pilgrimage grew out of conversation among the senior pastors of John Wesley AME Zion, Asbury UMC, and Foundry UMC, as the three churches (JAF), linked by slavery and history, continue to work toward reconciliation, new relationships, and living into beloved community.

For the 46 attendees, ages 14–86 that included seven students, the June trip was an honest and painful examination of historical strife, the realities of past and continuing sins, the importance of faith and community in nonviolent struggle, and the role of perseverance behind the civil rights movement.

The pilgrimage challenged participants, in the words of Mary McLeod Bethune: *"If we have the courage and tenacity of our forebears, who stood firmly like a rock against the lash of slavery, we shall find a way to do for our day what they did for theirs."*

The trip was packed with experiences:

- **Atlanta:** [historic Ebenezer Baptist Church](#), where Rev. Dr. Martin Luther King Jr. grew up, his nearby [tomb](#) with wife Coretta Scott King, and [the King Center](#).



- **Birmingham:** [16th Street Baptist Church](#), where four girls were killed during a Sunday School bombing in 1963, and [Bethel Baptist Church](#), where [Rev. Fred Shuttlesworth](#) embodied courage and conscience.

- **Montgomery:** [Dexter Avenue Church](#), which brought MLK to Alabama, [Holt Street Baptist Church](#), where the [Montgomery bus boycott](#) began, and [Equal Justice Initiative \(EJI\)](#)'s museum, memorial and sculpture park Legacy sites.

- **Juneteenth special:** EJI's two-hour celebration with remarks by Bryan Stevenson and soul-filling music by the [Jason Max Ferdinand Singers](#).

- **Selma:** walking across the Edmund Pettus Bridge and praying at Brown Chapel, where peaceful marchers for voting rights retreated on "[Bloody Sunday](#)" (March 7, 1965) after severe beatings from Alabama state troopers on foot and on horses.

Guided by love, justice, and other principles from bus-ride discussion of a Bible study book, [Share the Dream](#), the intergenerational, multi-racial group deepened faith and relationship on this transformative journey.

**Questions? Contact Paula Blair or Margaret Yao**

# Foundry Forward

## AUGUST 2025 ACTION ITEMS

Sunday, August 3

### Pastor Jonathan Preaches

Today, Pastor Jonathan Brown, back from family leave, preaches. He continues the "We're Listening" sermon series, using texts from Hosea, Psalms, Ecclesiastes, Luke and Colossians.

### The Message of Jesus

This class, based on Adam Hamilton's book of that title, continues today and for the next three Sunday mornings, through August 24, in Room 203 from 10:10 – 11:00. The class focuses on personal spiritual growth. To participate, register [here](#).

### Last Day to Give Backpacks!

If you have time before Sunday, buy a backpack and fill it with supplies (no graphing calculators) from [this link](#) for a 6th to 8th grader who is in Friendship Place's supportive housing. Bring the filled backpack to the welcome desk at Foundry NO LATER THAN TODAY!

Sunday, August 10

### Facing the Fire

Today, Pastor Ginger will preach on that topic, drawing on texts from both the Old Testament – The story of the men thrown into the fiery furnace in Daniel 3 –and the New Testament – Luke: 4: 5–8.

### Civil Rights Pilgrimage Report

The week of Juneteenth this year, members of three Washington churches – John Wesley AME Zion, Asbury UMC and Foundry (JAF) – traveled together for five days visiting civil rights sites in the South. **We are all invited to learn more about their journey today at 12:30 at Foundry. This multi-church session will include reflections, prayers, and photos, and is open to all. Do join us.**

Sunday August 17

### Trusting God

Pastor Ginger will preach today on how we can trust God in spite of everything going on in our country and the world. Her text is from Jeremiah 17:5–10, which includes the familiar words: "...blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water..."

Wednesday, August 20

### Last Day to Register for Foundry Camp!

Registration closes at 5 o'clock this afternoon. [For more information and to register go here.](#)

Tuesday, August 26

### New Foundry Eco Service Team

Join us on Zoom at 7:00 and learn about Foundry's Eco Service Team. The team offers monthly environment-oriented volunteer opportunities in the area. You'll hear about the range of volunteer opportunities available and why these activities are important to our local ecosystem and human health. Register [here](#) or email [ecoservice@foundryumc.org](mailto:ecoservice@foundryumc.org) with questions

### Foundry Board Meeting

Foundry's Board will hold its regular monthly meeting tonight. Interested Foundry members may attend via Zoom using this link: <http://foundryumc.org/board-meeting>

Friday, August 29 - 31

### Time for FOUNDRY CAMP!

Foundry's Family Ministries invites you as part of the ENTIRE Foundry Family to join us at the beautiful **West River United Methodist Camp** for a time of rest, recreation and fun. All are invited – whether you are a single, couple, parent, non-parent, grandparent, or friend, you are welcome!

Accommodations are in lodges with air conditioning and bathrooms. Campers need to bring a sleeping bag, towel, toiletries, and a snack to share. Six meals are included – Dinner Friday, all three meals on Saturday, and breakfast and lunch on Sunday. You can register until August 20 to come for the entire time or as a day camper on Saturday or Sunday. For more information, see August 20 entry above.

And in September....

### Sacred Resistance 2025

Join us Tuesday, September 9 at 7 p.m. for the first fall meeting of Foundry's Sacred Resistance team. The team educates, organizes, and empowers the Foundry community for advocacy and public witness addressing various social justice issues we are facing at both the local and national levels. This team is doing important work. If you would like to join the team, email [sacredresistance@foundryumc.org](mailto:sacredresistance@foundryumc.org)

To print a copy of this issue of the Forge, go to [foundryumc.org/forge](http://foundryumc.org/forge).

Share your thoughts and ideas by emailing [ForgeNewsletter@foundryumc.org](mailto:ForgeNewsletter@foundryumc.org).