



# Foundry Forge

Inspiration and Information for the Weeks Ahead

## Sabbath: The Practice of Just Being

---

As Foundry crosses the threshold into 2022, I'm inviting us to reflect upon and renew the Baptismal covenant and promises we make as members of Foundry. In January and February, we'll get a "refresher course" on these and the spiritual practices that support our life together.

One practice not listed in our covenant but foundational for our faith is keeping Sabbath. In our fast-paced culture, there's a sense that we must always be producing. It seems a waste of time to daydream or play or nap or stare out the window at the birds. Work becomes our habit.

But what if we made a new habit in this new year? What if, in the midst of our blessedly full schedules, we cultivated the "habit of being"? Reflect on these words by Flannery O'Connor and receive what Spirit is saying to you...

*Just being who you are  
not justifying or apologizing.  
it sounds so easy  
it's a life work  
not to get caught in  
producing  
performing  
proving  
keeping accounts of indebtedness  
waiting for gratitude, reward  
ambition  
manipulation  
staggering self-pity  
but cultivating the habit of being.*



The practice of observing Sabbath helps cultivate the habit of "just being who you are." Sabbath is the work of human being, not human doing. It is simply to BE in ways that refresh your soul, mind, and body. Play, hobbies, prayer, art, nature, relationships, rest — all these and more can be wonderfully re-creative elements in your Sabbath-keeping.

It may be impossible to find a single twelve-to-twenty-four-hour block of time for observing your Sabbath each week, but a set time or set of times each week to cultivate this holy habit works, too!

May God give you grace to keep a weekly Sabbath — for your good and for the good of the whole world.

Shalom,  
ginger+

---

**Did you know?** Pastor Ginger keeps weekly Sabbath on Monday...you won't find her in the office or on her work email!

# The Spirit of Foundry

SARAH C. STILES

For me, Foundry is a place and a spirit, a community and a cloud of witnesses.

I first entered the Foundry building as an undergrad at George Washington University. Thinking that it would be fun to learn to play a new instrument, I signed up for organ lessons with Dr. Eileen Guenther at Foundry. My organist-boyfriend and I became EG groupies. What a musician! I wound up leaving school and boyfriend, however, and wouldn't return for 18 years.

In 1998, I was living at 16th and L. I wondered if Eileen Guenther was still at Foundry and she was! Back at Foundry, I found the music transcendent, and the preaching intellectually stimulating.

Together they stirred a powerful vibe in the eclectic congregation, which then included the President of the United States, the First Lady, and the First Daughter. I was raising my first Guide Dog puppy, and she attended church with me, becoming one of the few dogs who have taken communion with the President!

For the next sixteen years, I was involved in a myriad of activities at Foundry. I prepared the elements for communion, I was a confirmation mentor, taught Sunday School, helped organize after-service lunches, the Women's Retreat and church picnics, served on the Church Council, in the ministry to help end homelessness, sang in the Gospel Choir, participated in reading groups, and, even now, I regularly attend a regular small group gathering.

Then in 2014, my partner and I sold our Washington home and discovered we could not afford another near my workplace. Our solution was to purchase far away in the countryside and rent a place close to my work. I was not happy about it. Spending the weekend out there meant missing Foundry. I wasn't around as much. I couldn't attend as much. I did, however, maintain relationships.



The pandemic kept me fulltime at our place by Shenandoah National Park. But I attended Zoom Jubilate choir gatherings on Sunday mornings and watched the service. Living close to the wilderness enabled me to develop an increasingly profound relationship with nature. After courses on nature and forest therapy, I have become a guide. Now I appreciate both homes – Foundry and the Forest.

I have grieved not being physically present at Foundry. But the Foundry spirit is about deepening our relationships, with our Creator and our fellow human beings. This spirit transcends place, recognizes every person's dignity and the power of collective love to change anything. In this spirit, all life is beautiful, and everything is possible.

*Sarah Stiles became a member of Foundry in 1999. She is a professor of sociology at Georgetown University where she shares the Foundry spirit with young adults that they may love one another – and go out and change the world.*

# Foundry Forward

## JANUARY ACTION ITEMS

January 2022

### Lenten Devotional Development

This month the Foundry community creates this year's Lenten Devotional, sharing personal reflections, verbal or visual, for each of the forty days of Lent. This year's Lenten Devotional will explore our multi-pandemic experiences and the tensions that exist between the world we hope for and the world in which we currently reside.

Sunday, January 2

### Epiphany Sunday | Shine On!

As we worship together online (only) at 11:15 a.m., we will remember the Magi who followed the light of a star and found Jesus, the light of the world. We will also kick off our new sermon series "Shine On!" which will carry us to Ash Wednesday.

Sunday, January 9

### Pastor's Coffee

This is an opportunity for those who wish to begin the journey toward membership at Foundry to meet with Pastor Kelly to learn more about our Church and the next steps in **A Disciple's Path**. Join us virtually at 10 a.m. [Register for Pastor's Coffee here.](#)

Sunday, January 9

### Lenten Devotional Creative Workshop

If you are thinking about contributing to this year's Lenten Devotional, attend this workshop online from 12:45 - 1:45 p.m. You'll learn more about the process, the theme - **All Things New** - and the resources that will be available to help. [Register for the Lenten Devotional Creative Workshop here.](#)

Sunday, January 16

### Remembering Martin Luther King Jr.

Join us online or in person at 11:15 a.m. as we observe Human Relations Sunday, and welcome Bishop Marcus Matthews as our guest preacher. Elected Bishop in 2004, he served as Bishop of the Baltimore Washington Conference from 2012 until his retirement in 2016. [Learn more about Bishop Matthews here.](#)

Wednesday, January 19

### Register for Chocolate City Master Class!

Today is the deadline to register for the master class led by Dr. Chris Myers Asch and Dr. George Derek Musgrove, speakers at our 2021 **William Astor and Vivian T. Kirk Symposium** and authors of **Chocolate City: A History of Race and Democracy in Our Nation's Capital**. We will meet at Foundry on **Saturday, February 5** from 9 a.m. to noon to explore the ways we teach, tell, and confront our history and how they impact our ability to create lasting social change. A private livestreaming option will also be available for registrants. [Register for the Chocolate City Master Class here.](#) For more information contact Pastor Will Ed Green at [will@foundryumc.org](mailto:will@foundryumc.org)

Saturday, January 22

### Special Foundry Board Meeting

Foundry's Board will convene a special virtual meeting at 10 a.m. to approve Foundry's general operating budget for 2022. The meeting will be open, but at some point, it may be necessary for the Board to go into closed session. If you would like to attend, email [amandabeadle1@gmail.com](mailto:amandabeadle1@gmail.com) for the link.

Sunday, January 23

## New Class: Merton on Contemplation

Join Anthony Gaines-Cirelli for this four-week study of Thomas Merton's **New Seeds of Contemplation**. In this later expression of his thought on the contemplative life, Merton revisits earlier writings and reframes the contemplative experience. [Register for Merton on Contemplation with Dr. Gaines-Cirelli here.](#)

Tuesday, January 25

## Foundry Board Meeting

Foundry's Board convenes its monthly meeting at 7 p.m. If you are interested in attending, email [amandabeadle1@gmail.com](mailto:amandabeadle1@gmail.com) for the link.

Wednesday, January 26

## Help in the Annual Count of Unhoused Neighbors

Be part of the Foundry team taking part in the Point-in-Time Count, the 'census' of unhoused neighbors in DC, which provides policy makers and funders the information they need on homelessness here. At least 16 Foundry volunteers are needed to canvass the Foundry neighborhood. Like last year, training will be available online. For more information, email [ben@foundryumc.org](mailto:ben@foundryumc.org)

Monday, January 31

## Lenten Devotional Deadline

Today's the last day to send in your contribution to Foundry's 2022 Lenten Devotional. Send it to [LentenDevotional@Foundryumc.org](mailto:LentenDevotional@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).

It's not too late to pledge your support for Foundry in 2022!  
Visit [foundryumc.org/estimate](http://foundryumc.org/estimate) to submit your estimate of giving now.

## And Just So You Feel Safe ...

Foundry's Reentry Task Force remains vigilant in assessing any new variant-related threats to the health and well-being of our community. Safety protocols remain in effect throughout the building to maintain extra cleaning routines, enforce the registration of vaccinations for all worship and hospitality leaders, and the wearing of masks for attendees in worship offerings.

To contact the Reentry Implementation Task Force, email [reentry@foundryumc.org](mailto:reentry@foundryumc.org). [View our Reentry Update from December 23, 2021 here.](#)