



Foundry Forge

Inspiration and Information for the Weeks Ahead

“Beloved”

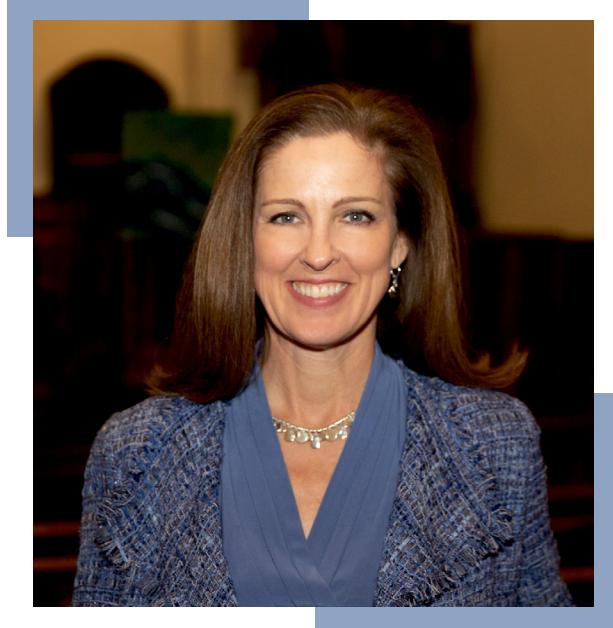
As we begin a new calendar year — fresh from another full holiday season — some of us may feel a bit like we’re in the wilderness. After so much activity, you may find yourself feeling empty or worn out, recovering from something that happened, or simply longing to settle back into a rhythm. Travel and family — great blessings — can still leave us tired and off-balance. These days stir up so many layers of emotion: some of us carry deep grief or concern for loved ones; others enter with hope, excitement, or a sense of renewed purpose. Some of us make resolutions, determined to begin again.

Every January, the Church’s rhythm offers us a grounding practice: a communal reaffirmation of our Baptism — this year on January 11th. In worship, we are invited to open ourselves once more to the Spirit who moves across the waters with power to calm chaos.

We are invited to listen for God’s voice speaking the same words spoken to Jesus: *“You are my daughter, my son, my child — the beloved; with you I am well pleased”* These words are for you.

The United Methodist Book of Worship reminds us that the Baptismal Covenant “proclaims our adoption by grace.” In Baptism, we are welcomed into God’s family, joined to Christ and to one another, and enfolded into divine love. This doesn’t mean God did not already love you; rather, Baptism names and confirms what is eternally true: you are a beloved child of God. That identity stands above and beyond every other reality in your life.

Water, even flowing gently, can carve through solid rock. So it is with the waters of Baptism. Sometimes they wash over us like a flood; more often, grace works slowly — cutting through pain or regret, softening what has grown hardened, loosening what clings to us. This is part of why our annual reaffirmation matters. It reminds us that baptismal grace



keeps flowing across the days and years, washing away old burdens and nurturing seeds of new life. Some might call this God’s sanctifying grace.

If we remain open to this grace — if we remember our Baptism and stay attentive to its promise — God’s love will refresh our spirits, lift what weighs us down, encourage our best hopes, and strengthen us for whatever lies ahead.

God’s loving, saving grace is always at work, forming and renewing us in ways only God knows we need. Our task is simply to stay open to God’s mercy, God’s love, God’s embrace.

Grace and peace,

Ginger

Foundry Men Gather and Connect

GAREY EAKES AND DOUG SMARTE

The men of Foundry church, after years thinking and hoping, gathered for a men's retreat this past May. While there had long been rumors the men wouldn't have a retreat until the women organized it, our team did a great job of planning this retreat, and on Friday, May 4th, twenty-seven Foundry men gathered at the tranquil West River Camp to enjoy fellowship and discover what the Spirit had in store. Our group reflected Foundry's diversity in age, orientation and Foundry experiences.

To begin, our leaders laid out some guidelines, among them, "what is said at West River stays at West River." We introduced ourselves, sharing why we chose to attend the retreat. Thanks to Rev. David Argo, one of our leaders, the basis for our discussions was the book, *King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine* by Robert Moore. Greg McGruder and Charlie Parker were also instrumental in leading the retreat.

We then set about reflecting and discussing how we learn and understand our character as men, aided by archetypes developed by psychologists Carl Jung. These archetypes, thoughts and patterns of behavior that characterize our psyche, exist at some level in all of us. We draw upon one or another at different times or in different circumstances.

Ours was an ambitious study as these archetypes have both positive and negative influences, but they are rich in examples in all our lives. Who says a diverse group of guys aren't up to a challenge? As we worked through the examples, we talked in small groups so that each of us was able to discuss and get to know everyone on the retreat.



Sunday morning brought a moving worship service tailored to our theme, closing our retreat with Holy Communion.

But it wasn't all serious. The retreat included group sings and appropriate levity. We had time for taekwondo, boating, hiking or just relaxing. Our mealtimes were filled with hearty talk and laughter. It was a great weekend that touched hearts, fed our spirit, enhanced friendships and our connection as men at Foundry.

We now encounter each other with closer relationships. In November we had a potluck dinner with enthusiasm for a 2026 Men's Retreat as well as engaging in other activities in ministry, mission and fellowship as the men of Foundry church. We look forward to more Foundry men joining us in the future.

And you can soon register for the 2026 Men's Retreat, which will once again be at West River, April 10-12. Watch for more news!

Foundry Forward

JANUARY 2026 ACTION ITEMS

January 2026

Lenten Devotional Development

This month the Foundry community comes together to create 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 the theme **"Ignite the Light."** More details immediately below.

Sunday, January 4

Epiphany Sunday

Today we remember the Magi as they – having seen the Christ Child – began their homeward journey. We gather for one service at 10 o'clock.

Lenten Devotional Creative Workshop

Come in person or via Zoom and learn how you can contribute to this year's Lenten Devotional! Join this workshop at 11:30 in Room 203 or online. It will help you incubate ideas for a 300-word essay, poem or artwork based on this year's theme "Ignite the Light." Lunch will be provided so registration is essential; you can do that at <https://foundryumc.churchcenter.com/registrations/events/3287908>

Saturdays, January 10 and 17

Children's Worship Volunteers

All current and prospective volunteers to help with Children's Worship are invited for initial or refresher training these two Saturday mornings from 9:30-11:30 at Foundry in the Norman and Frances Prince Fellowship Hall. Breakfast and coffee provided! We will talk about the structure of Children's Worship, volunteer roles, and Safe Sanctuary-approved behavior management skills.

Sunday, January 11

Baptism of the Lord

Today we resume our usual worship and Sunday School schedule with services at 9 a.m. and 11:15. At both services today, we remember our own baptism and learn more about Jesus' baptism by John. This sacrament connects us to the creation of the world by God, who called all things good. After the goodness of creation becomes stained by sin, our baptism is repentance, our turning to the way of love and justice.

Pastor's Coffee

Interested in learning more about being a member of Foundry? Come to Room 101 today from 10:10 to 11:10 a.m. for **Pastor's Coffee**, your opportunity to meet with clergy, learn more about Foundry, and move onto the next step. You can attend in person or online. Register here <http://foundryumc.org/pastors-coffee>.

A New Adult Class Begins ...

A new class begins today at 10:10 a.m. in Room B2. It is a candid, hopeful six-week exploration of Jennifer Harvey's book, **Dear White Christians**, which calls communities to move from "reconciliation talk" toward reparative action and anti-racist discipleship. You can expect thoughtful reading, honest conversation, and practical next steps in the way of Jesus, taught by Pastor Jonathan Brown. Register at <https://foundryumc.churchcenter.com/registrations/events/3289171>

Interested in ASP this year?

Foundry's annual Appalachian Service Project week this year is June 20-27. If you are a youth interested in learning more, come to the Youth Room today at 10:10 a.m. If you are an adult, and interested in being part of ASP leadership at Foundry, join us to talk about that at 12:30 in Fellowship Hall.

Tuesday, January 13

Disciple Fast Track Study: New Testament

This 12-week study of the New Testament is designed for busy people seeking comprehensive engagement with the entire Bible. Our Disciple Fast Track: New Testament study kicks off tonight at 6:30 PM and runs for 12 weeks. This engaging, manageable class invites you to dive into the Christian Scriptures through daily readings and weekly class meetings. The class will meet in person in room B2 and on Zoom. Register at [this link](#).

Sunday, January 18

Human Relations Sunday

Join us in person or virtually at 9 and 11:15 a.m. as we remember Martin Luther King Jr. and observe Human Relations Sunday.

Baptism Orientation

If you are interested in learning more about adult or child baptism, join us today online at 12:30 to discuss the specifics of baptism within the United Methodist Church. Contact our Director of Family Ministries, Natalie Harvey at nharvey@foundryumc.org with any questions. To register for this session, do so at this link, <https://foundryumc.churchcenter.com/registrations/events/882751>

Friday, January 23

Lenten Devotional Deadline

If you haven't already submitted your Lenten Devotional contribution, please do so today. Send it to LentenDevotional@foundryumc.org.

Pre-Cana Weekend

Pre-Cana is an opportunity for couples planning to marry to receive expertise in the areas of finance, personality, relationship, and counseling. We will gather on Friday, January 23rd at 6:00 p.m. in person for dinner and conversation and then again on Saturday, January 24th from 9:00 a.m.-4:00 p.m. online via Zoom for topic discussions. The cost for attendance is \$250 per couple. To register or for more information, go to <https://foundryumc.churchcenter.com/registrations/events/3150825>

To print a copy of this issue of the Forge, go to foundryumc.org/forge.

Sunday, January 25

An Anointed Body

The church, as the Body of Christ, is anointed to preach good news to the poor, recovery of sight, freedom and justice for captives and others in need. We are not without power.

Tuesday, January 27

Foundry Board Meeting

Foundry's Board convenes its monthly meeting at 7 pm. Interested Foundry members can attend, using [this Zoom link](#).

Wednesday, January 28

(rain date, Thursday, January 29)

Point in Time Count

You are invited to be part of the Foundry team taking part in the **Point-in-Time Count**, the essential annual 'census' of unhouse neighbors in DC, which provides policy makers and funders the valuable data they need on homelessness here. They use it to secure federal funding and ensure that resources are used efficiently. This year's Count will take place on **Wednesday, January 28th** with the 29th as a rain date. A Foundry team will meet at the church at 8:30 p.m. and work in the Dupont neighborhood and near the church building. Register here: <https://foundryumc.churchcenter.com/registrations/event327739>

.....and Register this month for the Foundry Women's Retreat!

Registration will open Monday, January 5 for this year's Women's Retreat! **Watch for information on how and where to register** in our **Worship Guides**. This annual, in-person gathering of the Women of Foundry with our sister congregations, returns **February 20-22, 2026, at Pecometh's Riverview Retreat Center**, a UMC facility across the Bay Bridge in Centreville Maryland. **Our keynote speaker, Rev. Diana Hagewood Smith will lead us in "Charting Our Course: Aligning Our Assurances with Our Actions!"** Sign up [here](#) now to be part of the Foundry Women's Retreat group, and if already a member, please ensure your contact information is current.

Share your thoughts and ideas by emailing ForgeNewsletter@foundryumc.org.