



# Foundry Forge

Inspiration and Information for the Weeks Ahead

## Held in God

In *The Confessions*, Saint Augustine writes the line that has carried generations of weary souls: "Our hearts are restless until they find their rest in thee." He did not arrive at that prayer easily. He chased meaning in all the familiar places — achievement, pleasure, intellect, distraction — and still found himself unsatisfied.

What he discovered slowly is that peace is not something we manufacture, but something we receive. Before we name God, God has named us. Before we reach for God, God is holding us. This is what our Wesleyan tradition calls prevenient grace, love at work before we realize it.

This Lent, as we seek to "Ignite the Light," a simple, profound practice is learning that we are already held by God. Isaiah speaks God's promise: "Do not fear, for I am with you... I will uphold you." These words do not deny life's pain. Scripture never promises we will avoid floods or fires; it promises that God will accompany us through them.

Sometimes such promises can feel hollow when we are suffering. We may wish God would simply remove the hardship. Yet the deeper promise is that God holds us even when life is uncertain, fragile, or hard.

The good news is this:

You don't have to be healthy — or happy — for God to hold you.

You don't have to be certain.

You don't have to understand your own life.

You don't have to be in or out of the closet, partnered or single, thriving or hanging on.

You don't have to be rich or poor, successful or struggling, confident or afraid.



You don't have to make straight A's, win the game, or belong to the "in" crowd.

**You do not have to fix yourself to be held.** No matter who you are, where you are, or how you are, you are held in God's love and grace.

A powerful Lenten prayer practice is this: pause, breathe, and acknowledge that God is holding you. Let yourself be held in God. In that holy holding, we discover both the freedom to grow and the courage to face whatever lies ahead. Rest there and watch light beginning to glow.

Deep peace to you,  
ginger+

# The Power and Peace of Transcendent Prayer

CHERYL GIBBS

Transcendent worship is one of the crucial pillars of Foundry's mission to transform the world. Each Foundry worship service reveals God's infinite love, presence, and peace.

The various components of Foundry's transcendent worship – compelling sermons, extraordinary music, captivating and entertaining children's messages, the sacraments, and the experience of being in community with one another – each serve to enrich our individual faith journeys in different and deeply personal ways.

For me, prayer is another aspect of transcendent worship that is particularly meaningful and transformative.

The pastoral prayers thoughtfully and powerfully raise individual, national, and worldwide supplications and concerns to God. The open prayer rails support the outpourings of our humble hearts. The opportunities for individual prayer after the worship services provide encouragement and caring for the days ahead.

Regardless of how we communicate our prayer, we have the assurance that God is an attentive and faithful listener to whatever we lift up to our heavenly parent.

I can attest to the abundance of God's power and peace after my unplanned retirement from the U.S. Department of Education last year.

The apostle Paul's advice is relevant for our current state of affairs: *"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

*Cheryl moved to Washington, DC in 1984 and first visited Foundry at the invitation of a stranger who struck up a conversation on a Sunday morning at the bus stop at the corner of 16th and P and suggested she visit Foundry. Cheryl came and joined Foundry in 1991. She has taught Sunday School, served on the Foundry Board, held a variety of leadership positions and is currently a member of the Prayer Ministry team and coordinator of Foundry's Lay Scripture Readers Ministry Team.*

# Foundry Forward

## MARCH 2026 ACTION ITEMS

Sunday, March 1

### A Spark in the Dark

The courage to question, seek and grow is the subject of Pastor Ginger's sermon today, the second Sunday in Lent. She draws upon the first four verses of the twelfth chapter of Genesis and the story of Nicodemus' night-time search for Jesus in the third chapter of the Gospel of John.

### And a New Class... Perelandra Starts Today!

Join Rev. Jonathan Brown for a six-week class exploring CS Lewis' *Perelandra*, an imaginative theological sci fi classic that wrestles with temptation, goodness and what it means to choose faithfulness in a complicated world. The class begins at 10:10 a.m. All are welcome whether you are a longtime reader or brand new to Lewis' fiction. You will find more information at <https://foundryumc.churchcenter.com/registrations/events/3442914>

Sunday, March 8

### Light at the Well

Pastor Ben Roberts preaches today about Jesus and the woman he met and talked with at the well. This parable, found in the fourth chapter of the Gospel of John teaches us how such love which ignores conventions can liberate both individuals and communities.

Sunday, March 15

### Seeing with Compassion

As Jesus restored sight to those with physical blindness, today Pastor Ginger's sermon demonstrates that learning to see others clearly — overcoming the blindness of fear and judgment — can reveal new pathways of relationship and justice.

Sunday, March 22

### Light in the Depths

At the tomb of Lazarus, Jesus shows us how to bring hope into places of grief, not by ignoring what is lost but by confronting it and still daring to believe in new life. If we are strong enough to believe, the result can be courageous, resilient hope. Pastor Ginger preaches today.

Tuesday, March 24

### Foundry Board

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

Sunday, March 29

### Palm Sunday

As we enter Foundry's sanctuary today waving the palm leaves, we remember Jesus' entry into Jerusalem, beginning Holy Week, the week that ends with Maundy Thursday, Good Friday, and then Easter Sunday! Join us for services on each of these very special days.