



Foundry Forge

Inspiration and Information for the Weeks Ahead

Staying Grounded in Uncertain Times

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; "Be still, and know that I am God!" (Ps 46:1-2,10a)

At various points over the past several months, I've felt like I was holding my breath. The barrage of disturbing news about climate change, national politics, global unrest and more left me on edge and distracted. I know I'm not alone. Many of you have shared with me the ways the state of things has gotten under your skin — nightmares, wakeful nights, a sense of dread, terror, emotional shutdown, and more.

When violence, vitriol, and disaster occupy the collective mind, it is important for us as people of faith to remember that we are not alone. God is with us, always at work for good. It is important for us to keep our concerns in perspective, to remember that this is just one moment in the history of the world and that God has brought people through many moments of upheaval in the past.

Scripture reminds us that God's ways are not our ways, nor God's thoughts our thoughts. We cannot know the mind of God. We are simply asked to focus on the ways Jesus taught us to live — to trust God's love for us and the world even in crisis, to love our neighbors by being patient and kind in our actions, thoughtful and careful with our words, and generous with our help. Stay close to God in prayer. And stay close to others in loving kindness and service.



We can't control all that is happening, but by God's grace, we can control where we place our focus, what we allow to occupy our minds, and how we respond. Be mindful of how much bad news you imbibe and set healthy limits. Be intentional about engaging in activities that restore and refresh your faith, hope, and love: play, laugh, eat good food, watch a funny or meaningful movie or show, attend worship, play a game, plant things and watch them grow, snuggle with your pets, sing at the top of your lungs, spend time with friends and give yourselves permission to have fun.

Even when there is so much wrong in the world, there is also so much beauty. Each and every day is a gift. And now every morning is God's love for us. All day long God is working for good in the world. Keep the faith. God is holding all of us and the whole world. God is able. Trust!

In peace, ginger+

Grateful Giving

Cara Crumpler

After multiple foreign assignments and years of living abroad, my family's return to northern Virginia and to Foundry was a deeply emotional and spiritual homecoming.

I remember walking into the sanctuary in 2022 after three difficult years living in Israel during the COVID pandemic, a war, and a life-changing illness, and feeling an immediate sense of security and reconnection with the Foundry community. The familiar hymns, the warmth of the congregation, and the powerful sermon salvaged my heart and renewed my spirit. Foundry isn't just a church, it's the place where I truly feel at home.

Foundry has been a constant in the life of my family. My husband and I completed pre-Cana classes at Foundry, our children were baptized and confirmed at Foundry, and we've made many happy memories at Family Camp, Great Day of Service, and ASP. I'll never forget my son's excitement when, in 3rd grade, he received a Bible from Foundry delivered to our flat in London. I remember hearing my youngest son giggle with his friends in Ms. Shelley's Sunday School Zoom during the COVID lockdown.

Foundry's faithful support of my family over many years is why we make a financial pledge annually to the church — even when we've lived thousands of miles away. My husband and I know that our tithes help maintain our beautiful church building, care for our beloved Foundry clergy and staff, and enable transformative ministries and programs.

Most of all, our financial commitment is a tangible expression of our gratitude and a way of staying connected to the community that has given us so much.



Since returning from our last overseas posting, I've joined Foundry's Board and Stewardship Committee and am excited to help lead activities on Homecoming Sunday. If you haven't attended Foundry in person since COVID, plan to return on September 8. We'll have a Hymn Sing and worship at 10 a.m., followed by a potluck lunch, games, entertainment, and other opportunities to reconnect with your Foundry family.

Take it from me, no matter how long you've been away, Foundry is waiting to welcome you back.

Cara Martin-Crumpler is originally from Florida but has called the Washington DC area and Foundry home for more than 25 years. She and her husband, Randy, work for the US Department of State.

OUR CONTINUING JOURNEY TO RACIAL JUSTICE

The Power of Restoration

Amelia Shachoy

Seven Foundry members – Madison Crum, Bert Keidel, Greg McGruder, Audrey Miller Hallett, Steve Pflasterer, Amelia Shachoy, and Margaret Yao – are a group that spent last year studying the concept of interlocking justice, the next step in Foundry's journey to racial justice,

This is the fourth in a series of articles explaining the values framing that work — **restorative, integrity, community, convergence, and expansive**. It follows Amelia's articles on three of these in the February, April, and June issues of the Forge. Foundry is already doing some of this, but we can all be more thoughtful about how to be more inclusive in our lives and at church.

As part of our work, we studied the importance of restorative practices for individuals and communities. Working to change the realities of systemic and societal injustice and our own behavior toward others requires risk-taking and long-term commitment. This effort gives me a greater sense of connection to others and makes me think about how I might unintentionally be perpetuating some of these injustices.

It can be overwhelming to become aware of how much we need to change. One author* refers to this as "breaking through the invisible veil of privilege." At these times, I find it helpful to focus on just one skill to learn or improve. I take inspiration from another diversity, equity, and inclusion writer** who says that just doing one small thing can make a difference.

Individual and communal restorative practices sustain us, healing, renewing, revitalizing, or creating a feeling of well-being. At Foundry, worship provides many opportunities for this. Prayers and singing offer healing. Communion, encouragement of discernment in sermons, and reminders to take care of ourselves foster a sense of belonging, connection, and mutual support. Community circles, including Foundry's small groups and retreats, offer places where members can come together to share thoughts, feelings, and experiences in a safe and supportive environment.

In the book **Upward**, used for our summer sermon series, the authors write that restoration generates hope, and hope leads to new creation. The understanding that "God seeks our fullest possible restoration — God wants you to flourish — produces a lot of hope. . . .God's grace predisposes our hearts toward the reconciliation and restoration realized in our lives and offered in and for our world."

I think restorative practices for ourselves, and our community can help us to participate more fully in the reconciliation we seek in our journey to racial justice.

*"Waking Up White," Debby Irving

** Mary Frances Winters

Amelia Shachoy has been attending Foundry since 2010 and has been active in several groups. She is a certified instructor of adult learners and a certified Diversity, Equity, and Inclusion Facilitator.

Foundry Forward

SEPTEMBER 2024 ACTION ITEMS

Friday, August 30 – Sunday, September 1

Family Camp

Foundry Family Camp takes place this weekend at West River UMC Camp. Last-minute questions or need to register? Email Natalie Harvey at nharvey@foundryumc.org. More information [here](#).

Sunday, September 1

Welcome Home

"Now we have received not the spirit of the world but the Spirit that is from God, so that we may understand the gifts bestowed on us by God." 1 Corinthians 2:12

As Foundry kicks off another program year, we celebrate homecoming and reflect on the old school assignment: "What did I learn on summer vacation?" We'll listen in scripture for ways to discern God's gifts received and to bring that kind of discernment into our busy fall schedules.

- How do we stay present to God's gifts?
- How might we frame our thinking – and our days – to help us remain grounded in God's love and grace?
- How can we find rest and recreation in the midst of overflowing tasks?

Pastor Jonathan Brown will preach the first sermon in this series at both the 9 a.m. and 11:15 a.m. services. Join us for worship and Communion. We will celebrate being back together, what has been, and what is to come!

Saturday, September 7

Sunday School Teacher Training #1

Are you interested in becoming a Sunday School Teacher or Substitute Teacher for the fall? We're looking for enthusiastic volunteers to join our Family Ministries team!

Sunday School for children in PreK3 – 6th grade starts on September 15, with training sessions today and next Saturday, September 14.

If you're interested, please reach out to the Director of Family Ministries Natalie Harvey at nharvey@foundryumc.org for more details. Thank you for considering this rewarding opportunity to make a difference in our children's lives!

Sunday, September 8

Homecoming Sunday

We will worship at one service today at 10 a.m. Pastor Ginger will preach, drawing on Acts 2, verses 43–47, for the sermon "Let's Get Together." We will have a hymn sing and then gather at 11 for good food and fellowship in the Frances and Norman Prince Fellowship Hall. We'll share information about new ways to give as we begin our year-round stewardship emphasis. RSVPs are not needed to attend, but please use [this registration form](#) to let us know if you'll be bringing a side dish to share.

Saturday, September 14

Sunday School Teacher Training #2

Today is our second training session for anyone interested in becoming a Sunday School Teacher or Substitute Teacher for the fall?

Sunday School for children in PreK3 – 6th grade starts tomorrow, September 15. If you're interested, please reach out to the Director of Family Ministries for details.

Sunday, September 15

"Carry It With You"

That is today's topic as Pastor Ginger continues our "Homecoming" series of sermons. Drawing on the text in Philippians 4: 1–9, she will lead us in exploring ways to carry the peace, joy and ease of vacation good times into more challenging situations.

Science And Theology

You are invited to join a four-week course on Science and Theology starting today at 10:10 a.m. in Room B2. Explore topics like climate change, omnipotence, wonder, neurology, and more, and engage in thoughtful discussions on how these realms interact and inform our faith and our understanding of the universe.

Pastor's Coffee

If you would like to know more about joining Foundry, come to our Pastor's Coffee today, in person or virtually at 10:15 a.m. in Room 101 or online. This is an opportunity for those who wish to begin the journey toward official membership to meet with our clergy, learn more about our church, and move on to the next steps in **A Disciple's Path**.

Wednesday, September 18

Discipleship in Depth

This evening TWO new Disciple classes begin – each one a deep dive into scripture.

Disciple I – **Becoming Disciples Through Bible Study** – is a 34-week study that provides an overview of the entire Bible. Divided equally between Old and New Testaments, it emphasizes the wholeness of the Bible as a revelation of God. Class will meet both in person (Room 203) and online 6:30 – 8 p.m. every Wednesday through June 4, 2025. All are welcome! For more information, please email discipleship@foundryumc.org.

Disciple III – **Remember Who You Are** – is a 32-week study of the Old Testament prophets and the letters attributed to Paul. Those scriptures call us back to God and a sense of who Christians are as a people "set apart." Together we will explore the connection between memory and identity as the people of God. Recommended prerequisite: completion of Disciple I or similar Bible study experience, but all are welcome. Class will meet online from 6:30 – 8 p.m. every Wednesday evening through May 18, 2025. For more information, please email discipleship@foundryumc.org.

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

Sunday, September 22

“Remember Sacred Times”

As we celebrate Foundry's decision 29 years ago to become a Reconciling Congregation, we will remember that and other wonders and gifts of the past as Pastor Ginger preaches, using as her texts Deuteronomy 5: 12–15 and Psalm 42.

Tuesday, September 24

Foundry Board Meeting

Foundry's Board convenes its monthly meeting at 7 pm. If you are interested in attending, use this Zoom [link](#).

Sunday, September 29

Together Toward the Future

As we move on into the fall together, Natalie Harvey, our Director of Family and Children's Ministry, will preach today at both services, 9 a.m. and 11:15 a.m. Join us to worship with prayer, music and a thoughtful and inspiring sermon.

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