



# Grounded in Grace



**March 30, 2025**  
**9 a.m. & 11:15 a.m.**



# Lenten Season at Foundry



**Stead Park Easter Egg Hunt -  
April 19, 2025  
11 a.m.**

**Palm Sunday - April 13  
9 a.m. and 11:15 a.m.**

**Maundy Thursday - April 17  
7 p.m.**

**Good Friday - April 18  
12 p.m. and 7 p.m.**

**Easter Worship Service - April 20  
9 a.m. and 11:15 p.m.**

# Welcome

Foundry United Methodist Church has been serving downtown Washington, D.C. and the wider world since 1814. Foundry is a Reconciling Congregation, affirming the call of the gospel of Jesus Christ to be in ministry with all people of all races, gender identities, sexualities, ages, immigration status, and physical conditions. We are all on a spiritual journey and we want you to feel welcome here. Please visit [foundryumc.org](https://foundryumc.org) to find more information about our congregation, submit prayer requests, and let us know you've been with us in worship today.

## REFERENCES TO GOD

References to God in traditional prayers and hymns may sometimes be gender-specific. As we pray and sing together, you are invited to substitute terms that reflect your understanding of the full inclusiveness of the spirit of God. You are also invited to sing hymns and speak parts of the services, such as the Lord's Prayer, in your native tongue.

## CARE AND PRAYER

Please fill out the Prayer Request online at [foundryumc.org/prayer](https://foundryumc.org/prayer). Our prayer team will follow up with you. You will have the option for your request to be kept confidential, or if you'd prefer for it to be shared.

## SINGING WITH US

### OUR HYMNALS:

**UMH** — United Methodist Hymnal (Red)

**TFWS** — The Faith We Sing (Black)

**AAHH** – African American Heritage Hymnal (on cart as you enter the sanctuary)

**THE APPEARANCE OF + INDICATES THAT YOU ARE INVITED TO RISE, AS YOU ARE ABLE.**



Hearing assistance devices can be found at the sound desk in the sanctuary.

## FAMILIES WITH CHILDREN

Foundry offers a variety of childcare and worship options for our youngest congregants every Sunday! Children of all ages are welcome to join their families in the Sanctuary at both the 9 a.m. and 11:15 a.m. worship services. Before the sermon, a servant leader will invite children (pre-K through 5th grade) to attend a special Children's Worship. They will rejoin their families in the Sanctuary during the Offertory/Last Hymn.

Sunday School is available for pre-K through 6th grade Sunday School starts at 10:10 a.m. to 10:55 a.m. (pick up between 10:55 – 11:05 a.m.), in the following classrooms located in the upstairs Education Wing:

- 204 – PreK3-Kindergarten
- 206 – 1st & 2nd Grade
- 205 – 3rd & 4th Grade
- 207 – 5th & 6th Grade

Nursery care is available for infants up to 2 years old from 8:45 a.m. to 12:30 p.m. Volunteers near the Community Commons will help you find the Child Care Center or your child's Sunday School class.

## ONLINE PARTICIPATION

If you are worshipping with us virtually today, we invite you to gather the following items:

- A candle and, if needed, a way to light it.
- A bowl or vessel of water.
- Your preferred Bible or Bible app.

**All music featured on our livestream is used by permission with CCLI License #2668115.**

## WE ARE ON NATIVE LAND

When we gather for worship and ministry on the corner of 16th and P, we do so upon the sacred, traditional, and unceded lands of the Anacostan, Massawomack, Susquehanock, Piscataway, and Pomunkey peoples, who were forcibly removed from them to allow for English settlement. As occupiers of their territory, we recognize them as the original and perpetual stewards of this land and gratefully acknowledge our responsibility for a more honest recounting of our history that empowers us to work for the thriving of all people.

## STAYING SAFE AT FOUNDRY

Foundry is committed to protecting the safety of all persons at our church. Our Safe Sanctuaries Policy — establishing procedures for the protection of children, youth, and vulnerable persons — can be found at [foundryumc.org/safe](https://foundryumc.org/safe). Our Nut and Allergy Safety Policy can be found at [foundryumc.org/allergies](https://foundryumc.org/allergies).

## Grounded In Grace

Lent is a time to slow down, to reflect on our lives, and to contemplate how we might grow closer to Christ in our words and deeds. Such growth requires risk, letting go, confronting things that may be painful, and shifting patterns of thinking and acting. Wise teachers of psychology, sociology, and spirituality agree that for this kind of growth to occur, a key requirement is a deep sense of safety. Throughout scripture, we are reminded in manifold metaphors that God is our safe space. God is our shelter; we dwell in the "shadow of God's wings," we are held in God's strong arms, God is our refuge and fortress, the solid rock that holds us firm, the lover in whose heart we abide. Like a seed that is planted in the earth to do its work of growth, we are held in God's grace to do ours. In this Lenten season, we will reflect on the gift of being grounded in grace, held and nourished to move ever closer to the light of Christ.

# 9 A.M. | WORSHIP CELEBRATION

**Welcome**

Ginger E. Gaines-Cirelli

**+Hymn** TFWS #2161

*Joe Horness*

*TO KNOW YOU MORE*

**Children's Message**

Natalie Harvey

**Sharing Joys and Concerns**

Ben Roberts

**Centering Liturgy**

Ginger E. Gaines-Cirelli

In a time of chaos and uncertainty in our world, as a community we find our center in the core values of our faith as expressed through Foundry Church.

**We center down and remember:**

We commit to the work of racial justice and equity.

**We work to dismantle white supremacy, rectify systemic racial inequities and injustices, and commit to intersectional approaches in our anti-racist work. We are a beloved, diverse and inclusive community where all of God's children can bring their full selves.**

**Call to Prayer** TFWS #2055

*Michael Ledner*

*YOU ARE MY HIDING PLACE*

**Pastoral Prayer**

Ben Roberts

**The Lord's Prayer**

Our Mother/Father, who art in heaven,  
Hallowed be thy name.

Thy kin-dom come, thy will be done,  
on earth as it is in heaven.

Give us this day our daily bread,  
and forgive us our trespasses,

as we forgive those who trespass against us.

And lead us not into temptation,  
but deliver us from evil,

for thine is the kin-dom, and the power,  
and the glory forever. Amen

PSALM 32  
2 CORINTHIANS 5:16-21

One Voice: Receive what the Spirit is saying.

**Many Voices: Thanks be to God.**

*Children pre-kindergarten – 5th grade are invited to depart for Children's Worship.*

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**Anthem**

*Ken Medema, arr. Jack Schrader*

*LORD, LISTEN TO YOUR CHILDREN*

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**Sermon**

Ginger E. Gaines-Cirelli

**A NEW SOUND**

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**Offertory**

Benjamin Musasizi

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**Music at the Offertory**

*Daniel Schutte, arr. Jack Schrader*

*HERE I AM, LORD*

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**+Doxology** AAHH #651

Praise God from whom all blessings flow!  
Praise God all creatures here below!  
Praise God above, ye heavenly hosts!  
Creator Christ, and Holy Ghost. Amen.

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**+Hymn** TFWS #2281

*Paul Murakami, Handt Hanson*

*MAY YOU RUN AND NOT BE WEARY*

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**+Benediction**

Ginger E. Gaines-Cirelli

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**Postlude** TFWS #2235-b

*Trad. South African*

*WE ARE MARCHING*

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**Individual Prayer**

If you are in need of individual prayer, you're invited to pray with a member of our Sunday Prayer Team at the front of the Sanctuary.

# 11:15 A.M. | WORSHIP CELEBRATION

## Welcome

Ginger E. Gaines-Cirelli

## +Hymn UMH #539

*Trad. English melody,  
arr. Ralph Vaughan Williams*

*O SPIRIT OF THE LIVING GOD*

## Children's Message

Natalie Harvey

## Sharing Joys and Concerns

Ben Roberts

## Centering Liturgy

Ginger E. Gaines-Cirelli

In a time of chaos and uncertainty in our world, as a community we find our center in the core values of our faith as expressed through Foundry Church.

### **We center down and remember:**

We commit to the work of racial justice and equity.

**We work to dismantle white supremacy, rectify systemic racial inequities and injustices, and commit to intersectional approaches in our anti-racist work. We are a beloved, diverse and inclusive community where all of God's children can bring their full selves.**

## Call to Prayer UMH #397

*Robert Lowry*

*I NEED THEE EVERY HOUR*

## Pastoral Prayer

Ben Roberts

## The Lord's Prayer

Our Mother/Father, who art in heaven,  
Hallowed be thy name.

Thy kin-dom come, thy will be done,  
on earth as it is in heaven.

Give us this day our daily bread,  
and forgive us our trespasses,

as we forgive those who trespass against us.

And lead us not into temptation,  
but deliver us from evil,

for thine is the kin-dom, and the power,  
and the glory forever. Amen

PSALM 32

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**Sung Response** TFWS #2055

*Michael Ledner*

*YOU ARE MY HIDING PLACE*

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**Scripture Reading**

Parker Low

2 CORINTHIANS 5:16–21

One Voice: Receive what the Spirit is saying.

**Many Voices: Thanks be to God.**

*Children pre-kindergarten – 5th grade are invited to depart for Children's Worship.*

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**Anthem**

*John Newton, arr. Richard Proulx*

*AMAZING GRACE*

*Carrie Rose, flute*

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**Sermon**

Ginger E. Gaines-Cirelli

**A NEW SOUND**

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**Offertory**

Benjamin Musasizi

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**Worship Arts**

*Johann Sebastian Bach*

*SONATA II IN E FLAT MAJOR*

*II. Siciliano*

*III. Allegro*

*Carrie Rose, flute; Jidong Zhong, piano*

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**+Doxology** UMH #94

Praise God from whom all blessings flow!

Praise God all creatures here below!

Alleluia! Alleluia!

Praise God the source of all our gifts!

Praise Jesus Christ who's power uplifts!

Praise the Spirit, Holy Spirit,

Alleluia! Alleluia! Alleluia!



**+Hymn** UMH #384

*John Zundel*

*LOVE DIVINE, ALL LOVES EXCELLING*

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**+Benediction**

Ginger E. Gaines-Cirelli

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**Postlude**

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### **Individual Prayer**

If you are in need of individual prayer, you're invited to pray with a member of our Sunday Prayer Team at the front of the Sanctuary.

## EASTER FLOWERS

Honor your loved ones by purchasing Easter flowers to adorn Foundry's Sanctuary and worship spaces this season. **Flowers will be available for pick up following the close of worship on April 20, 2025.**

Register at [foundryumc.org/easterflowers](https://foundryumc.org/easterflowers)

## FAMILY AND YOUTH MINISTRIES

### CALLING ALL FAMILIES FOR PALM SUNDAY PROCESSIONAL!

Next month, **Palm Sunday is April 13th**, and we need kids, youth, and families to help lead the congregation into the sanctuary at both the **9:00 AM and 11:15 AM services!** This special tradition begins outside on the plaza as we process inside together.

Most of our families attend the 9:00 AM service, but we need participants at both! If your family will be in attendance, please email our Director of Family Ministries, Natalie Harvey, at [nharvey@foundryumc.org](mailto:nharvey@foundryumc.org) and let us know which service you'll be attending.

### CHILDREN ACOLYTE TRAINING – SIGN UP NOW!

Is your child interested in becoming an **acolyte**? Family Ministries is looking for **Acolytes-in-Training** to serve on **Easter Sunday** and (yearly) for the 11:15 AM Sunday services.

Who can participate?

- Children in 3rd grade or older
- Available to attend a training/rehearsal on April 6th and 13th from 12:30 PM to 1:15 PM in the sanctuary (A parent/guardian must be present during the training)

Serving as an acolyte is a meaningful way for children to participate in worship, and we'd love to have your child join us! For questions or to sign up, please email our Director of Family Ministries at [nharvey@foundryumc.org](mailto:nharvey@foundryumc.org).

### THE 2025 BUNNY HOP!

Foundry is partnering with Friends of Stead Park this Easter season for the annual Bunny Hop at Stead Park on **April 19th!** There will be games, prizes, crafts, food, fun and so much more! Start time is TBD so keep an eye out for more details! **This also a great volunteering opportunity for all**, consider spreading some fun and love this Easter Season to the families in the Dupont Community. Interested in joining the volunteer team, email [nharvey@foundryumc.org](mailto:nharvey@foundryumc.org)

## ADULT CLASSES AND PROGRAMMING

### INTERFAITH BOOK CLUB: EXPLORING FAITH THROUGH YOUR FAVORITE COMICS

Embark on a heroic journey at **Fantom Comics** located at **2010 P St. NW, Washington D.C. 20036** today, **March 30, at 3 p.m.**, where our Interfaith Book Club will delve into *Little Bird* by Dancy Van Poelgeest and Ian Bertram. Together, we'll **explore themes of hope, sacrifice, and unity from a variety of faith perspectives**. Need a copy? Reach out to Jonathan Brown at [jbrown@foundryumc.org](mailto:jbrown@foundryumc.org). Share your insights, learn from others, and celebrate the power of storytelling in a welcoming community.

### REST IS RESISTANCE

In the NYT best-selling book, *Rest is Resistance: A Manifesto*, author Tricia Hersey encourages us to push back against capitalism and white supremacy by connecting to the liberating power of rest, daydreaming, and naps as a foundation for healing and justice. MJ Jean will lead a drop-in-friendly class on this book from **10:10–11:00 a.m. today through April 13**, in **Room 203 and on Zoom**. Whether you're familiar with the book or new to the conversation, all are welcome to join us as we seek to create spaces of healing and liberation together. Register at [foundryumc.org/rest-is-resistance](https://foundryumc.org/rest-is-resistance)

### QUEERING WESLEY, QUEERING THE CHURCH

Join us for a four-week exploration of Keegan Osinski's thought-provoking work, diving into Wesleyan theology and what it means to foster an inclusive, radical hospitality in the church today. Class begins **April 27 at 10:10am** in **Room 203**. Facilitated by Noah Neiting Everyone is welcome—bring your curiosity and engage in the conversation! Register at [foundryumc.org/queering-wesley](https://foundryumc.org/queering-wesley)

### HARRY POTTER AND THE THEOLOGIAN'S QUANDARY

Dive into a four-week exploration of the deeper theological questions and ethical challenges found in the world of Harry Potter. We'll examine themes of sacrifice, redemption, and community, and discover how they connect to our faith today. Class begins **April 27 at 10:10am** in **Room B2**. Everyone is welcome—bring your curiosity and join the conversation! Register at [foundryumc.org/harry-potter](https://foundryumc.org/harry-potter)

## MEN'S RETREAT

Join us for our upcoming Men's Retreat from May 2–4 at the beautiful West River Retreat Center! This is a special opportunity to step away from the busyness of daily life and enjoy meaningful fellowship, inspiring teaching, and plenty of time to recharge.

Register at [foundrymc.org/mens-retreat](https://foundrymc.org/mens-retreat)

## PASTOR'S COFFEE: APRIL 27

Are you curious about joining Foundry? Pastor's Coffee 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: our six-week new member class starting on May 4. Register at [foundrymc.org/pastors-coffee](https://foundrymc.org/pastors-coffee)

## LGBTQ+ POTLUCK

We invite you to our **LGBTQ+ Potluck today, March 30, from 5–7 p.m., here at Foundry.** Please bring a generous dish or beverage to share—email [lgbtqpotlucks@foundrymc.org](mailto:lgbtqpotlucks@foundrymc.org) for more information.

## SOCIAL JUSTICE & SERVICE ACTIVITIES

### FOUNDATIONS OF SACRED RESISTANCE – A MORAL DOCUMENT; DC AND LOCAL BUDGETS

Please join Foundry members Kate Coventry of the DC Fiscal Policy Institute and Mike Lawson, who spent most of his career working on state-local budget and tax policies. They will both discuss the DC budget process and how it impacts our advocacy work as a congregation. **The class meets today, March 30, at 12:30 p.m. in Room 203.**

Register at [foundrymc.org/dc-budget](https://foundrymc.org/dc-budget)

## EARTH DAY CLEAN-UP

As part of Foundry's Earth Day celebration, we are partnering with the Anacostia Watershed Society for an **Earth Day clean up on Saturday, April 26 from 11–1 p.m. at Anacostia Park.** Join us as we pick up trash and learn more about how we can protect the Anacostia River and our other local waterways. Register at [foundrymc.org/earth-day](https://foundrymc.org/earth-day)

## GREAT DAY OF SERVICE- SAVE THE DATE!

Foundry will once again partner with Rise Against Hunger for our spring Great Day of Service on Sunday, May 4th. Please join us for this Foundry favorite! Register at [foundrymc.org/gdos](https://foundrymc.org/gdos)

## **VOICES FOR TAX FAIRNESS: AN INTERFAITH GATHERING**

Federal tax policies shape the resources our communities rely on—housing, education, and healthcare—yet they continue to prioritize the wealthiest few over working families. This is a moral issue, not just a policy debate.

**Join WIN and the Economic Security Project on April 10 at 6:30 – 7:30 p.m.** for an Interfaith Gathering to call for a just tax system that prioritizes fairness and economic dignity for all.

Register at [foundryumc.org/tax-fairness](https://foundryumc.org/tax-fairness)

## **CONGREGATIONAL CARE**

### **STEPHEN MINISTRIES PRAYER WORKSHOP**

Have you ever wanted to have a more robust prayer life? Please join us for **Prayer Workshop on April 6, 12:30–2 p.m., in room 203 or online**, to deepen your understanding and practice of prayer. This session is sponsored by Foundry's Stephen Ministries.

Register at [foundryumc.org/prayer-workshop](https://foundryumc.org/prayer-workshop)

### **FOUNDRY FEDS NETWORKING SPACE**

Every Sunday through April 13 at 10:30 a.m. in the Fellowship Hall, you can join other Foundry federal employees and contractors for a networking opportunity. This is a time to connect and be supported by the Foundry community as we navigate a changing landscape together. Email [foundryumc@foundryumc.org](mailto:foundryumc@foundryumc.org).

### **STEPHEN MINISTRY BOOK STUDY; THE GIFT OF EMPATHY**

Join the Stephen Ministry Team, Sundays, 10 am from April 27 – June 1 for a book study of "The Gift of Empathy" by Joel P. Bretscher and Kenneth Haug. This is a book about creating meaningful connections in all areas of our life.

Register at [foundryumc.org/stephenministry-bookstudy](https://foundryumc.org/stephenministry-bookstudy)

## OPERATIONS AND IMPACT

### PARKING UPDATE

Effective April 1, we are pleased to share that **VitalVoices** has generously allowed us to use **17 parking spaces** on **Sundays and special holidays** at their location:

#### **Vital Voices**

**1509 16th St. NW, Washington, DC 20036**

- **Sunday Hours: 7 a.m. – 2 p.m.**
- **Special Holiday Hours: 6 – 9 p.m.**

Parking is available on a **first-come, first-served basis**. **Foundry will not assign specific spaces or provide parking passes**. Please note that **Foundry and Vital Voices are not responsible for vehicles parked in these spaces**.

Contributions can be made here if you feel led to **help support** the costs absorbed by Foundry. Your generosity is deeply appreciated!  
**[foundryumc.org/parking](https://foundryumc.org/parking)**

Thank you for your understanding and support. We are grateful for this opportunity to make parking more accessible for our community!

### GRANT WRITERS NEEDED

Do you have the gift of understanding and writing grants? Foundry's Grant Team is looking to expand its team. For more information, email **[communication@foundryumc.org](mailto:communication@foundryumc.org)**

*This event is being photographed and recorded. Please be advised that by entering this worship space, you agree to be filmed and/or photographed, and the resulting assets may be used for Foundry UMC promotional purposes. Should you wish not to be photographed or recorded on video, please notify one of the clergy members.*



- Reserve your spot today!
- Support with contributions and airline miles!
- Connect with films, books, each other!

## JAF Civil Rights Pilgrimage

Birmingham, Montgomery, and Selma, Alabama  
From Atlanta, Georgia

June 16 – 21, 2025  
MARS Tours and Travel

Everyone is invited to come to Saturday learning sessions 2-4 pm:

March 15: Freedom Riders @ Asbury  
April 5: Selma Marches @ Foundry  
May 17: March on Wash @ John Wesley

Hosted by the Senior Pastors of JAF:  
John Wesley AME Zion  
Asbury UMC  
Foundry UMC



**CIVIL RIGHTS  
PILGRIMAGE  
ACTION:  
JOIN, LEARN,  
SUPPORT!**

**JOIN:** Register soon for the June 16–21 Civil Rights Pilgrimage at <https://foundryumc.org/events/civil-rights-pilgrimage>, as seats are going quickly.

*This is such a compelling time for us to look back and be re-inspired and reinvigorated in order to move forward. The multi-racial allyship of Asbury, Foundry and John Wesley is the kind of community that is needed for us to upend the terrors of this administration and to focus the nation on building a diverse and equitable society."*  
– **Kumea Shorter-Gooden**, Member, John Wesley AME Zion Church

**Saturday, March 15, 2:00 – 4:00 p.m.: Freedom Riders, 1961**  
**(Hosted by our own Greg McGruder)**

**ASBURY: 926 11th St NW, Washington, DC 20001 (free garage parking)**

**Saturday, April 5, 2:00 – 4:00 p.m., Selma Voting Rights Marches, 1965**  
**FOUNDRY: 1500 16th St NW, Washington, DC 20036**

**Saturday, May 17, 2:00 – 4:00 p.m., Faces of March on Washington, 1963**  
**JOHN WESLEY AME ZION: 1615 14th St NW, Washington, DC 20009**

**LEARN:** **Everyone** is invited to the upcoming monthly Saturday **civil rights learning sessions**. We will view and discuss film and book excerpts with congregants from all three churches.

Also, Asbury UMC has invited both churches to join in its **Lenten Book Study of Share the Dream** by MLK Jr., offering different weekly times for different schedules. See flyer at the Pilgrimage table after services or ask one of us to send it to you.

**SUPPORT:** Any amount welcome! Donations for those who need scholarships, especially for teens on this intergenerational trip, may be made through <https://foundryumc.churchcenter.com/giving/to/racial-justice> or by designating "JAF Pilgrimage" on a check. Donations of frequent flyer miles? Yes, please. Reach out with questions

Margaret Yao (202-246-3039) [margaret@margaretyao.com](mailto:margaret@margaretyao.com) Paula Blair (202-286-4565) [paulabblair@comcast.net](mailto:paulabblair@comcast.net)

Check in!



Scan with your  
smartphone camera.



**Foundry**

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