

# the spire

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Exploring what it means to follow the way of Jesus Christ



## LENT 2019: UNITED IN EXPLORING

*By Tim Phillips*

Lent begins with Ash Wednesday this year on March 6. In staff meetings, we have been talking about the various patterns for practicing Lent that seem to fall primarily in the “give something up” camp or the “take on something new” camp. As we were talking, I was remembering that Patrick had wondered about groups of people getting together during Lent to try out some new or renewed pattern for their lives. It occurred to me that our Mission Statement says that “we are a community of faith united in exploring what it means to follow the way of Jesus.” It also dawned on me that our “Living Our Values” statement begins: “We will go deeper in faith as we do justice, love mercy, work for peace, and walk humbly with God.”

What if this Lent we were united in exploring something that would help us go deeper in faith — something we may not have tried before or have wondered about? We have all these opportunities: contemplative practice, Bible Study, service opportunities. There is a group that will be gathering to practice together a different pattern for eating. We could identify opportunities to explore doing justice and loving mercy and working for peace. Perhaps there are those who would focus their lives this season on what it means to walk humbly with God. The point is: We are united in our explorations of what it means to go deeper in faith.

We invite you to ask one another what each of you is exploring. Find others who are

will explore with you. Talk about your own explorations.

Let's be a community united in exploring what it means to go deeper as we follow the way of Jesus and live out our values. In case you need a reminder ...

### Seattle First Baptist Church Affirmation of Values

Faithful to our Baptist heritage, we strive for a world where people are welcomed regardless of, and with respect for, their religious beliefs; where the separation of church and state is vigorously defended; where freedom is a fundamental right that values the dignity of all persons without regard to their race, country of birth, gender, sexual orientation, gender identity, age, religion, or disabilities; and where compassion is the measure of our actions.

1. **We will go deeper in faith** as we do justice, love mercy, work for peace and walk humbly with God.
2. **We will be present to one another and our neighbors** in our personal relationships and by creating venues for engagement where we can learn about viewpoints different from our own.
3. **We will respect all religions** by learning about the beliefs, values and struggles of our neighbors and by demonstrating support for them.
4. **We will welcome the stranger**, including immigrants and refugees, as our Scriptures instruct. We will explore how to support their causes and advocate for justice, remembering that many of us are the children of immigrants and refugees.
5. **We will actively work to recognize and change our own biases** and to fight racism, sexism, classism, homophobia, ageism and other systemic prejudices.
6. **We will protect our environment** and support preservation programs that are based on scientific data designed to improve our resources, enhance biodiversity, and reverse human-caused climate change.

We affirm these commitments as we continue to follow the way of Jesus Christ.

## Observing Lent with Children

Children are welcome at Seattle First Baptist Church! As we enter the season of Lent, let's make sure that we are including children in our Lenten practices. Often, children are left out of the complex Ash Wednesday and Holy Friday services, relegated to the uplifting days of Palm Sunday and Easter. But children are listening and watching the adults around them, picking up on the themes of Jesus' journey towards Jerusalem. In Godly Play, children interact with the stories of Jesus' life and works throughout the 6 Sundays of Lent. If you have children around you during the Lenten season, I encourage you to share with them about your experiences of Lent and invite them to share theirs. They may ask questions you don't know the answer to — or maybe there isn't an answer! Explore alongside them. Find a Bible Storybook you can read with your children to learn more about Jesus' life and ministry. Encourage questions, encourage storytelling, encourage children to respond in the ways they need to respond to this important and complicated season in the church's life. Feel free to reach out to me for more resources. I am more than glad to serve as a conversation partner.

In Peace,  
Pastor Anita



## Safety Committee Activities

By Brian Ross

The SFBC Safety Committee has been working on many fronts to ensure the safety of the SFBC community. Last year the committee mapped all the emergency response resources at the church: fire extinguishers, first aid kits, Automated External Defibrillators (AEDs), wheel chairs, walkers, telephones, and individual food consumables for our homeless neighbors, to name just a few. In addition, the committee formalized the church's emergency medical response process, emergency evacuation routes and process as well as post-evacuation assembly points. The committee also finalized

the emergency training requirements and roles of staff, ushers and companions.

This current academic year the committee has engaged the services of a well-known Seattle area consultant, Michael Fearnhouch from Cascadia Emergency Management, to conduct a risk assessment for the church. Following his assessment and continued involvement with our community, we will be having an assessment and cost quote conducted for making the office space more secure for our ministers and staff. In addition, we have scheduled critical training for staff, ushers, and companions on Basic Life Support (BLS), use of AEDs, Safety and Security Awareness, several Simulated Threat Exercises, and Active Shooter Survival, Processes, and Stop the Bleed training. We are not doing these trainings to raise our community's anxiety around these topics, but to reassure all that our staff and volunteers will be trained for all eventualities. The SFBC Safety Committee is dedicated to providing education and training so that our welcoming and loving community can keep each other as safe as possible.

## Annual Snow Retreat



*Families and children from Seattle First Baptist joined families from University Baptist at Cascade Meadows over the weekend of February 16 for the annual Snow Retreat. Families left a week of school closures and the difficulties of snow in the city to venture into the mountains to enjoy the fun and adventure of snow in the mountains. Families enjoyed cross-country skiing, snowshoeing and sledding, while others retreated with their books to the fireplace for some warmth.*

## Come Join Us for Burrito Rolls

Seattle First Baptist Church's monthly Burrito Rolls are one way we can help. Every month we create healthy, delicious burritos here at SFBC. The burritos are distributed to 10 cities, tiny house villages, Operation NightWatch and given by Companion volunteers to hungry visitors who come to the church. Want to help? Set aside some time Friday, March 15, to prep ingredients or Saturday, March 16, to roll burritos. Or perhaps you would like to take some completed burritos to an encampment or a tiny house village near you. Contact [BurritoRoll1@gmail.com](mailto:BurritoRoll1@gmail.com) if you are interested or just need more information. A wonderful way to expand our love into our community.

## Inspiring Adult Ed Classes in March

As we enter into the season of Lent, you have special opportunities to learn about an important womanist theologian from Rev. Dr. Patricia Hunter, to experience contemplative practices with Cherry Johnson, and to discuss the Gospel of John with Dr. Leticia Guardiola-Sáenz. All sessions take place on Sunday morning at 9:30 a.m.

On March 3, our Theologian in Residence, Rev. Dr. Patricia Hunter, will share aspects of her spiritual journey as she offers a tribute to her mentor, the late Rev. Dr. Katie Geneva Cannon. Dr. Cannon was the first African-American woman ordained in the United Presbyterian Church (U.S.A.). Her work focused on Womanist theology, women in religion and society, and Christian ethics. This session, which is the only Adult Education program on March 3, takes place in the Parlor.

On March 10, 17, 24, and 31, Cherry Johnson, SFBC retreat coordinator, will introduce simple contemplative practices each morning, specifically designed to enhance your personal observation of Lent during the following week. Cherry has been practicing contemplative techniques for decades, and she has led many inspiring Adult Education series. During these sessions you will enter Fridell Hall in silence, learn a new contemplative tool, pray/meditate in silence with others for a short time, and leave feeling spiritually nourished.

On March 10, 17, and 31, Dr. Leticia Guardiola-Sáenz, Assistant Professor of Christian Scriptures at Seattle University and a member of Seattle First Baptist Church, will lead a conversation on the Gospel of John. Dr. Guardiola-Sáenz is a graduate of Northern Baptist Theological Seminary and Vanderbilt University, where she received her Ph.D. Her dissertation, titled "Jesus the Borderlander: A Hybrid Representation from the Gospel of John," received the Hispanic Theological Initiative Dissertation Award. Last year she presented a stimulating Lenten series on the Sermon on the Mount for us.

On March 24, Bible study will also take place. (Leader to be announced.) All Bible study sessions take place in the Parlor.

## Women's History Month Game Night

Come to church on Wednesday, March 20, from 6:45 to 7:30 p.m. for an intergenerational night of fun in honor of Women's History Month. Through interesting twists on familiar games, we will explore the contributions of women to world history, Baptist history, and Seattle First Baptist's life together. Remember that community dinner starts at 6 p.m.!

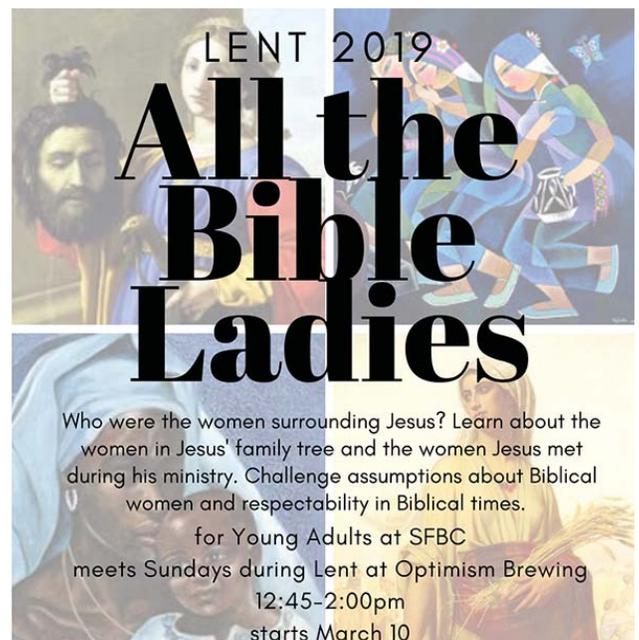
## All the Bible Ladies

### Lent Young Adult Bible Study

Starting March 10, Young Adults (the under 40 crowd) are invited to join Pastor Anita for a weekly Bible study throughout Lent. Sundays from 12:45 to 2 p.m., young adults will gather at Optimism Brewing (1158 Broadway) to explore the role of women in Jesus' genealogy and ministry. Snacks will be provided and participants are welcome to bring their own lunches. Alcoholic and nonalcoholic beverages are available for purchase, and food is also available for purchase from food trucks parked at Optimism starting at 2 p.m. on Sundays. Contact [anita@seattlefirstbaptist.org](mailto:anita@seattlefirstbaptist.org) for more information.

## Where in Seattle is Pastor Anita?

Find her at Fremont Coffee Company in Seattle (459 N 36th St) on Tuesday, March 26 from 4 to 6 p.m.



LENT 2019

# All the Bible Ladies

Who were the women surrounding Jesus? Learn about the women in Jesus' family tree and the women Jesus met during his ministry. Challenge assumptions about Biblical women and respectability in Biblical times.

for Young Adults at SFBC  
meets Sundays during Lent at Optimism Brewing  
12:45-2:00pm  
starts March 10

# Seattle First Baptist, Beth Alef and Beth Shalom plant trees, shrubs

By Cindy Ervin

One hundred and fourteen plants. That's how many mostly deciduous trees, Douglas firs, shrubs and groundcovers we planted on January 27, with folks from Seattle First Baptist, Beth Alef, Beth Shalom, and families and kids from Plant for the Planet. Green Seattle Partnership supplied the trees and Earth Corps volunteers instructed us on planting in a reforestation site in Magnuson Park. Members of the SFBC and Beth Alef climate action group and Beth Shalom coordinated the event.

Plant for the Planet is an organization for kids under 14. Its goal is to plant a trillion trees world wide. Tu B'Shvat is the Jewish holiday honoring the "birthday" of the trees, when the sap starts to rise. One of the kids from Plant for the Planet spoke beautifully about Tu B'Shvat and Plant for the Planet. He concluded with the ritual they always do. It involves mimicking trees by reaching for the earth, reaching for the sky, and ending with standing in tranquility. After we planted trees, some of us participated in a Jewish ritual using different kinds of fruit to represent different aspects of life on Earth, including our own lives.

My four year-old grandson enthusiastically helped plant. A couple of days later, we went to visit "his" trees. When I have dark thoughts like "let humanity destroy itself," I think of the children, and then I think it isn't fair. We don't get to decide that for them.

I know planting trees may seem so small as to be pointless, considering the suffering from extreme weather events that we keep seeing. But it's something we can do and it's something kids can do and, if we actually reforested the world and planted more trees, it really would make a difference. We don't control the outcome, but being able to do something helps.

So thank you everyone. I plan to visit my trees as often as I can.



*Pastor Anita Peebles, Susan Blythe-Goodman, Linda Zaugg and Harriett Platts of Seattle First Baptist participated in the tree planting January 27.*



*Families and youth from Seattle First Baptist, Beth Alef, Beth Shalom, and families and kids from Plant for the Planet came together to plant 114 plants, including Douglas firs.*



## THIS PERSON ROCKS

Are you graduating this year,  
or know someone in our church community who is?  
Please let Pastor Anita know about any graduates  
from kindergarten through PhD so we can celebrate  
their accomplishments this spring!



# Climate Action Retreat

**First Hill Plaza**  
on Saturday, March 23



Have you wondered what Interfaith Climate Action - First Hill does?

Wondered if it's time for you to take action to ensure that our children  
have a livable world?

Join us on our first-ever retreat, on Saturday, March 23, from 11 a.m.  
to 4 p.m. at First Hill Plaza, 1301 Spring Street (on the block just west and south  
of SFBC). Seattle, WA.

We'll break bread together and explore what God is calling us to do.

RSVP required: [keithervin@msn.com](mailto:keithervin@msn.com).

## Seattle Jazz Vespers Presents

Jeff Kashiwa - The Coastal Access Band, March 3, 2019 at 6 p.m.

Jeff Kashiwa - Soprano, Alto and Tenor Sax, Flute; Douglas Barnett – bass, Ed Weber – piano, Brad Boal – drums, Frank Seeberger - guitar

Seattle native, Jeff Kashiwa knew he was destined to be a musician following his junior high introduction to woodwinds. His instincts were correct. He became known as one of the most compelling young saxophonists in contemporary jazz during his first year with The Rippingtons. Kashiwa performed hundreds of shows all over the world and appeared on many of the band's classic recordings.

Having established himself in the 1990's as one of the most diverse saxmen in contemporary jazz during his decade long tenure with The Rippingtons, Kashiwa's instincts led him to more dynamic endeavors through his solo career. It surprised many when Jeff left the group to venture out on his own, but he had things to say through his own music. Kashiwa now has nine CDs released under his own name and has continued to record as a guest artist with many other artists as well.

Kashiwa has expanded his career to include the realm of music education, teaching various courses through the music program at Shoreline Community College in Seattle.



## Mark Your Calendars — 2019 Retreat Dates

Mini Contemplative Retreat – April 13 (see separate article on back cover page)

Senior Retreat: July 10-12

Women's Retreat: October 25-27

# March Calendar of Events

## **Sunday, March 3 Transfiguration Sunday**

- 9:30 a.m. Adult Learning - Dr. Patricia Hunter speaking about Dr. Katie Geneva Cannon - Parlor
- 10:15 a.m. Family Fellowship Breakfast in Youth Lounge, 3rd Floor
- 11 a.m. Worship and Communion with Pastor Anita Peebles preaching on Luke 9.28-36
- 12 p.m. Celebration of Tim Phillips' 10 years at Seattle First Baptist and Patrick Green's work running Children's Programs
- 6 p.m. Seattle Jazz Vespers - Jeff Kashiwa - The Coastal Access Band - Sanctuary

**Lent Begins. Our theme is: We will go deeper in faith as we do justice, love mercy, work for peace and walk humbly with God.**

## **Wednesday, March 6 - Ash Wednesday, First Day of Lent**

- 6 p.m. Community Dinner - Fellowship Hall
- 6:45 p.m. Youth Group Meeting - Youth Lounge
- 6:45 p.m. Ash Wednesday Worship Service - Sanctuary
- 7:15 p.m. Choir Rehearsal

## **Sunday, March 10 - Lent 1**

- Daylight Savings Time begins - set clocks forward 1 hour
- 9:30 a.m. Adult Learning - Parlor and Fridell
- 10:15 a.m. Family Fellowship Breakfast in Youth Lounge, 3rd Floor
- 11 a.m. Worship with Pastor Tim Phillips preaching on Luke 4.1-13

## **Wednesday, March 13**

- 6 p.m. Community Dinner - Fridell Hall
- 6:30 p.m. Walk the Labyrinth - Fellowship Hall
- 6:45 p.m. Youth Group Meeting - Youth Lounge
- NOTE: Choir Rehearsal moved to Thursday for this week only

## **Thursday, March 14**

- 7 p.m. Choir Rehearsal - rescheduled this week only

## **Sunday, March 17 - Lent 2**

- 9:30 a.m. Adult Learning - Parlor and Fridell
- 10:15 a.m. Family Fellowship Breakfast in Youth Lounge, 3rd Floor
- 11 a.m. Worship with Pastor Tim Phillips preaching on Luke 13.31-35

## **Wednesday, March 20**

- 6 p.m. Community Dinner - Fellowship Hall
- 6:45 p.m. Youth Group Meeting - Youth Lounge
- 7 p.m. Choir Rehearsal

## **Thursday, March 21**

- 7 p.m. Diaconate - Parlor

## **Sunday, March 24 - Lent 3**

- 9:30 a.m. Adult Learning - Parlor and Fridell
- 10:15 a.m. Family Fellowship Breakfast in Youth Lounge, 3rd Floor
- 11 a.m. Worship with Pastor Tim Phillips preaching on Luke 13.1-9

## **Wednesday, March 27**

- 6 p.m. Community Dinner - Fellowship Hall
- 6:45 p.m. Youth Group Meeting - Youth Lounge
- 7 p.m. Choir Rehearsal

## **Sunday, March 31 - Lent 4**

- 9:30 a.m. Adult Learning - Parlor and Fridell
- 10:15 a.m. Family Fellowship Breakfast in Youth Lounge, 3rd Floor
- 11 a.m. Worship with Dr. Patricia Hunter preaching on Luke 15 (the Prodigal)

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Seattle First Baptist  
1111 Harvard Ave  
Seattle, WA 98122  
Phone: 206.325.6051

## Contemplative Mini-Retreat

April 13 – 8:30 a.m. to noon

Peace & Spirituality Center, St Mary on the Lake, Bellevue



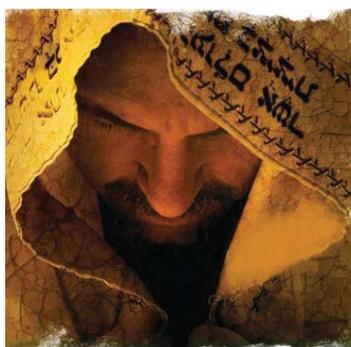
As we approach Holy Week and Easter, would you be willing to take a morning to expand your prayer practice? Sister Kathleen Pruitt, CSJP has been teaching about Centering Prayer (a contemplative practice) for many years. She is wise, warm, humorous, and inspiring. Perhaps this is just the right time for you to learn about or recommit to a practice of regularly communing with God or connecting with the Sacred in your life.

Sister Kathleen says that Centering Prayer *“prepares us to experience God’s presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.”*

Consider the image of Jesus in the Garden – one of the many times we are told he went off to pray in a quiet place. What would it be like if we followed his example?

**To register, add your name to the list in the church office or email  
Cherry Johnson at [retreats@seattlefirstbaptist.org](mailto:retreats@seattlefirstbaptist.org)**

**This is a free event  
We will arrange carpooling as needed/desired**



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## Online Extras

We had some great worship services in February. Every week we publish portions of the service, including the sermon and music, on our website: <http://www.seattlefirstbaptist.org/last-sunday.html>

We also keep an archive of past sermons, as well as some music. This page has recent services, and our archive goes back several years: <http://www.seattlefirstbaptist.org/jan---april-2019.html>

