

# FOUNDRY FORGE

Inspiration and Information for the Weeks Ahead

## Chicken Soup for the Soul, Foundry Version

SHARON O'DONOGHUE



Among my most treasured Foundry experiences is the annual Women's Retreat. On our first visit to Foundry more than ten years ago, Foundry women introduced themselves and welcomed us. Learning that I was a single mother, they freely provided contact information and connections. I instantly felt a kindred sisterhood.

It wasn't until my third year at Foundry that I attended my first Women's Retreat. My daughter Ling was still young and I didn't know how to navigate going away for a weekend. When I shared this concern with a friend who was planning to attend herself, she helped me figure out arrangements for Ling that made my first retreat possible.

This in essence is the Women's Retreat. Foundry women bonding, caring for each other, sharing their strengths, their hopes and their experiences in love that spans generations, races, and backgrounds.

The Women's Retreat is my annual spiritual cleansing. These few days connect me with women of faith, strengthen familiar relationships and build new ones, and provide time to reflect, rest and reconnect. I am always the better for attending. I come away renewed and more deeply aware of my spiritual self.

Over the weekend of the retreat, we enjoy robust discussions, participating in a variety of ministry projects, and relaxing with charades, jigsaw puzzles and maybe even a conga line. We sing up the sun, we sing before meals, we sing before and after sessions. It is one big family reunion, full of love and laughter.

Over the past five years, I have been one of the servant leaders of the retreat, as we honor the traditions and legacy of those who came before us. Adapting to this pandemic, this year's retreat will be on Zoom the weekend of April 16-18.

Our theme is **"Connecting in Love,"** words that carry more meaning this year. It's more important than ever to take the time to reconnect with others, in this case, Foundry women! Join us and you'll agree with me: this retreat is our much needed "chicken soup" for your soul! You can register and find more information about the retreat at <https://foundryumc.churchcenter.com/registrations/events/766401>

*Sharon O'Donoghue and her daughter Ling came to DC in December of 2010 when Ling was ten years old. They visited Foundry soon after they arrived, and quickly became active members.*

# Charting our Way Through Covid

Deborah Bombard

Recently I retired after more than thirty years working in Family Practice Medicine, mainly within the Latino community. Then the pandemic hit, and suddenly my professional experience and knowledge could be put back to work for Foundry.

Ten years ago I came to Foundry at the invitation of dear friends. After trying out many churches, I felt I had come home. I joined Foundry several years later after my goddaughter was baptized, and I wanted to be fully supportive of her spiritual life.

Last year, I was asked to be part of Foundry’s Re-Entry Team headed by Board member Nick Jessee. Our role is to determine how best to keep Foundry operating while protecting the health and safety of pastors, staff, and the congregation. Our members bring experience in public health, medicine, health policy, communications, and the District government.

We meet weekly to monitor the unfolding saga of Covid. We are closely following the data, research and recommendations of the Center for Disease Control, the National Institutes of Health, the Maryland, Virginia and DC Covid taskforces along with the Baltimore Washington Conference. We reviewed the plans to hold baptisms, weddings, communion, confirmation of new members, and reopening of ID Ministry services



outdoors on the plaza in the latter part of last year. Our one goal is to keep everyone at Foundry safe and healthy.

The rollout of the vaccine provides some light at the end of the tunnel. Local case numbers and hospitalizations have dropped from the highs of January and February. We are all asking, “When, oh when, can we reopen the Foundry building for worship?”

We are watching closely what is happening now and in the months ahead. We will continue to listen to the experts and keep an eye on the numbers. The Re-Entry Team will continue to ask hard questions, follow the science and adapt our plans to ensure that Foundry re-opens when and only when, it is safe to do so.

*Deborah Bombard is thankful to have found such a vibrant, loving church to call home, a church that accepts us all for who we are.*



## Little Acts of Kindness

Do you ever ask yourself “Am I doing enough?” Am I loving enough? Am I doing my part to make this a better world? Am I doing my part to spread God’s love? If you do, you are not alone. Pastor Ginger reflects on her feelings about these questions – and leads us toward some answers -- in this selection from a recent “Pondering from the Purple Parlor.” Click <https://bit.ly/3ss3YUe> (5 :14) to begin.

# Foundry Forward

## APRIL ACTION ITEMS

Participate in the worship services listed below using links you will find on the Foundry Facebook page, Foundry on YouTube, and [www.foundryumc.org](http://www.foundryumc.org). You can take part in most of the other events using the Zoom link you will find at <https://foundryumc.churchcenter.com/registrations/events>

**Maundy Thursday, April 1**

### The Last Supper

Gather with us for this live service from 7 to 8 pm as we celebrate Jesus' servant leadership and remember the Last Supper. Find more information here:

<https://foundryumc.churchcenter.com/registrations/events/697662>

**Good Friday, April 2**

### Crucifixion

Join us as we recall through scripture and song Jesus' crucifixion and death. At noon, you can receive a special message from Pastor Ginger on <https://www.facebook.com/FoundryUnitedMethodistChurch>. At 7 p.m., you can attend a live service led by lay and pastoral staff via <https://www.facebook.com/FoundryUnitedMethodistChurch>, <https://www.youtube.com/channel/UCBxwle9Nw-JwtjUmam63IOw>, or our Website <https://www.foundryumc.org/>

**Monday, April 5 - noon!**

### Deadline to Register for Foundry Women's Retreat

Don't miss this opportunity for a weekend described earlier in this issue of the Forge as Foundry's version of "Chicken Soup for the Soul." You can register here: <https://foundryumc.churchcenter.com/registrations/events/766401>

**Wednesdays, April 7, 14, 21, 28**

### Together We Pray

We continue the practice of prayer, gathering for morning prayer at 8:30, using this link to connect: <https://www.foundryumc.org/event/calendar/345>

**Easter Sunday, April 4**

### He Lives!

On the happiest holy day of our year, come to Foundry online at 11:15 to celebrate the Risen Christ, the "death of death and hell's destruction."

**Sunday, April 11**

### "Give Me A Word"

Today, as we move from Lent into the Great Fifty Days of Easter, Pastor Will Green begins this new sermon series. We will encounter Jesus in our Gospel texts each week and collectively ask to be given "a word" not just to ponder, but to practice in our lives.

Friday, April 16 - Sunday, April 18

## Foundry Women's Retreat

For a weekend like no other, join Foundry women for our virtual women's retreat to relax, connect, learn, and worship together as we explore the topic, "Connecting in Love." Our featured speaker is the Rev. Chenda Innis Lee, pastor of Fairlington UMC in Alexandria. For more information read Sharon O'Donoghue's piece in this issue of the Forge and then click here: <https://foundryumc.churchcenter.com/registrations/events/766401> to register by April 5.

Sunday, April 18

## Great Day of Service

Join us outdoors on the Foundry plaza to pack 15,000 meals with Rise Against Hunger. We will work in one-hour shifts from 9 am to 5 pm (or whenever we finish). Work as many shifts as you like. Sign up at <https://foundryumc.churchcenter.com/registrations/events/785266> to join us.

## Pastor's Coffee

Learn more about Foundry's ministries by joining this session from 10-11 am before worship. Use <https://foundryumc.churchcenter.com/registrations/events/780836> to connect.

Tuesday, April 27

## Foundry Board Meeting

Foundry's Management Board will meet at 7 p.m. via Zoom. Foundry members are welcome to attend. If you wish to attend, email [amandabeadle@gmail.com](mailto:amandabeadle@gmail.com) for the link.

Sunday, April 25

## Earth Day

We will observe our national Earth Day at our 11:15 worship service, led by guest preacher, Rev. Jenny Phillips, who is currently serving at the General Board of Global Ministries as Senior Technical Advisor, Environmental Sustainability.

## and A Disciple's Path Begins

Before worship today from 10 to 11 am we begin this six-week class which is required for membership at Foundry. We will discuss and reflect on the vows of membership and how we live them out as United Methodists and members of the Foundry community. Register at <https://foundryumc.churchcenter.com/registrations/events/780857>. That will automatically provide you the link enabling you to attend this class using Zoom.

## Foundry Families, Celebrate Earth Day!

Register now <https://foundryumc.churchcenter.com/registrations/events/790964> for a green activity bag provided by Family Ministries and Foundry's Green Team. Bag contains seeds, craft and book ideas, fun facts, reusable straws and more. Pick up your bag from Foundry's plaza on Sunday, April 25, between 3 and 6 pm.

To print a copy of this issue of the Forge, go to <https://www.foundryumc.org/forge>

Share your thoughts and ideas by emailing [ForgeNewsletter@foundryumc.org](mailto:ForgeNewsletter@foundryumc.org).