

THE SPIRE

LENT 2025



THE NEWSLETTER OF SEATTLE FIRST BAPTIST CHURCH VOLUME 89, NO. 2

Dear church family,

We live in a world of dichotomies. Everything around us, especially in this polarized time in our country and world, seems to push us towards one polarity or the other, makes us choose between one binary or the other.

But that's not how the Sacred works, and there is much beyond binaries to see/know/hear/experience in this complex and multifaceted world. There exist noon and midnight, but also dawn and dusk! There exist desert and ocean, but also grassland and marsh and tundra and forest. There exist good and evil, but also many shades of contextual and relative decision and action in between. And Jesus, in his life and teachings, showed us that there is no such thing as a righteous person and an outcast, but that all of us are beloved by God, and all of us are capable of love and compassion, as well as mistrust and exclusion.

This Lent, we will again benefit from the leadership and artistry of Sanctified Art as we engage with their theme of "Everything In-Between." The authors of this worship series write, "we invite you to look beyond black and white binaries and easy answers. We encourage you to notice the dichotomies that define our lives, but also imagine where God might be meeting us beyond the categories we create. This theme may resonate with anyone who is in discernment or trying to find their way through an undefined space. It will speak to anyone who feels as if they are living in a divided world. It is for those who seek a spiritual life that engages with complexity instead of avoiding it. This Lent, we're trusting that God shows up in shades of gray, rainbow hues, and everywhere in between."

This Lent, you are invited to look beyond the binaries and live beyond the dichotomies. You are invited to go deeper in faith, as our Affirmation of Values states,

to explore where God is calling you to plant your heart in this time of political and social polarization. If you often get stuck in your routine or shield yourself from commitment, you are invited to try something new or participate in our community in a different way. If you are used to being a busy-bee, a "do-er," you are invited to slow yourself down, to rest and reflect. And all are invited to pray and share your prayers at the prayer wall in the sanctuary, which will be prayed over by the staff each week during Wednesday staff meetings. You are invited to listen to the Spotify playlist Pastor Leigh made, surrounding yourself with music in a time when there are threats to art and beauty all around.

Beloveds, don't lose heart. The world needs you, this church needs you, to continue to be your whole self, living beautifully and boldly and honestly. We need all the glorious hues of you—race, gender, ethnicity, sexuality, generation, economic status, EVERYTHING that makes you YOU—as a sign of God's grace and radically expansive love in this world.

I love you and I love being your pastor.

—*Rev. Anita*



LENT PLAYLIST

Our Lent theme this year is “Everything in Between.” Lent is a time of the in between. It is a time we spend waiting and ultimately journeying alongside Jesus to the cross. On this journey with Jesus and in our day to day lives, we have a wide spectrum of experiences and emotions. Often, we find ourselves in between a mix of emotions that don’t really seem to go together. Wherever you find yourself in this Lenten season, we hope this playlist will be a welcome soundtrack.

<https://open.spotify.com/playlist/5f0utlkBQEU5OJpTjY3Knl?si=d81c469142f54811>

BAPTISM CLASS SUNDAY, MARCH 30 9:30-10:30AM IN THE CHAPEL

Do you have questions about baptism? Do you want to learn more about this ancient practice? Are you considering getting baptized? If so, join Pastors Leigh and Anita on Sunday, March 30th from 9:30-10:30am in the Chapel. In the Baptist church, baptism is an outward sign of our inward commitment to follow Jesus. In the class, we will talk about what baptism means, why we do it, how we do it, and answer any questions you may have. We hope you will join us!

NEW MEMBER CLASS SUNDAY, MARCH 30 12:30-2PM IN THE PEACEMAKER’S ROOM

All are welcome to gather and explore what makes SFBC uniquely us! Whether you are considering becoming a member or you’d just like to learn more about the church, what we do and why we do it, you are welcome to join in the conversation. We will cover what it means to be American Baptist, the history of SFBC, governance, how to get involved, and more! Please contact the pastors with any questions and/or to RSVP. Lunch will be provided.

NEWS FROM THE ROMNEY COMMITTEE

The Rod Romney Legacy Fund Committee donated \$1000 to AWAB in thanksgiving for providing the opportunity to show Mama Bears and speak with the filmmaker on January 31. SFBC is proud to be one of the founding congregations of AWAB and we commit to continuing our engagement and support of AWAB and our LGBTQIA+ members, ministers, staff and neighbors!

DE-ESCALATION TRAINING SUNDAY, MARCH 16 12:30-2PM IN THE PARLOR

Following the brief disruptions during worship in January, many among the members and staff have been wanting to equip ourselves with more tools to help us and our neighbors stay safe and healthy. De-escalation is one of the tools that is useful in many scenarios, inside and outside the church. David Delgado and colleagues from his work in street outreach and working with people experiencing homelessness will share their wisdom and lead us in learning about de-escalation techniques. Join us to learn more about how we can meet people where they are, de-escalate folks who need assistance calming their nervous system, and practice being a calm presence in situations that need it. There will be an all-church lunch this day, so you may bring a plate from the lunch to this training.

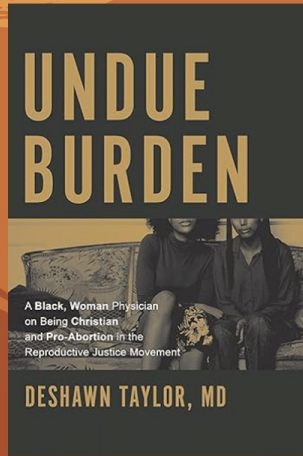
ROMNEY EVENT WITH DR. DESHAWN TAYLOR

On April 6th, from 1:00-2:00pm in the Parlor, Dr. DeShawn Taylor, a self-identified Black Christian female abortion provider, will speak to us about her work and her recently published book *Undue Burden: A Black, Woman Physician on Being Christian and Pro-Abortion in the Productive Justice Movement*, which utilizes the framework of reproductive justice to argue for abortion as a moral good and challenges us to reclaim the moral high ground from the anti-abortion movement. A limited number of books are available for those who are interested in reading beforehand and having the book signed by Dr. Taylor herself—please contact the church office or stop by for your own free copy! Learn more about Dr. Taylor at <https://drdeshawn.com/>.

NEIGHBORHOOD SMALL GROUPS

The Small Groups Ministry is a wonderful way for SFBCers to engage with one another outside of Sun-

THE ROMNEY COMMITTEE PRESENTS
DR. DESHAWN TAYLOR



AUTHOR OF
*UNDUE BURDEN: A BLACK, WOMAN
PHYSICIAN ON BEING CHRISTIAN AND
PRO-ABORTION IN THE PRODUCTIVE
JUSTICE MOVEMENT*

**SUNDAY, APRIL 6, 2025
1:00PM IN THE PARLOR**

IN PERSON AT
SEATTLE FIRST BAPTIST CHURCH
1111 HARVARD AVE
SEATTLE, WA



day morning worship. We have many groups that meet throughout the week or month at the church, over Zoom, and out and about. In imagining ways to expand small groups, the idea of neighborhood-specific groups has emerged. These groups would be a great opportunity for folks to get to know who lives in their neighborhood and build relationships outside of church. There is no set format or meeting schedule for these groups—it can be a happy hour, meeting at a coffee shop, lunch, or meeting in someone’s home. The regularity with which the group meets is up to the group. If you are interested in coordinating one of these groups in your neighborhood, please reach out to Pastor Leigh.

northwest HARVEST

FOOD DRIVE FOR NORTHWEST HARVEST

During Lent, we will be collecting items for and giving all Fellowship Fund gifts received to Northwest Harvest food bank. As grocery prices continue to rise and with the potential of many families and individuals losing their SNAP and WIC benefits under the current presidential administration, food banks are more im-

portant than ever. We will have a collection site in the Fellowship Hall where you can bring items to donate. If you are unable to bring food to donate, please consider making a gift to the Fellowship Fund during Lent as that will also go to Northwest Harvest. Here is a list of items you may bring (**please do not bring perishable items or items that must be refrigerated**):

- Canned protein (tuna, chicken, beans)
- Peanut butter (plastic jars are preferred)
- Canned vegetables (low sodium)
- Canned fruit (low sugar)
- Rice
- Whole grain pastas
- Boxed or canned meals with low salt, sugar, and saturated fats
- Shelf-stable milk or dairy alternatives
- Baby formula
- Baby food
- Infant cereal
- Baby diapers

SFBC SIGNAL THREAD

In these times, we all want to know what we can do or how we can respond to specific injustices in our city and country. However, it can be hard to know when actions are happening or what actions might be good

to show up to. It is also important in these times to make sure our communications about these things are secure. Signal is a messaging app that encrypts messages, ensuring privacy. We have decided to start an SFBC signal thread for folks who want to know about specific actions and protests around the city. If you would like to be part of this thread, please reach out to Pastor Leigh.

LETTER FROM THE SFBC LEADERSHIP RETREAT

During the Leadership Retreat for the incoming Council of Ministries, Personnel and Finance Committees, the pastors led the group in a close reading of the apostle Paul's letter to the Romans chapter 12. We wrestled with the sentiments that resonate across time and space, and with parts of the letter that we wished were different, or perhaps, felt convicting. Then we imagined (individually and in small groups) what Paul might write to SFBC today. The following letter is compiled of sentiments and verbatim statements from the participants of that retreat.

February 8, 2025

Beloved Seattle First Baptist Church,

Brothers, sisters, siblings—we all bring gifts to this process of living together.

We are living in challenging times. Do not be conformed to this age but be transformed so that you may discern the will of God—to be the arms and legs of God during these times and speak in alignment with God.

It is a choice to be in community. It is a choice to serve our church family and neighbors. Live a life of service with the benefit of the collective in mind. It's okay to be different and have different gifts—this is what makes us great. Discover your own gifts and become aware of others'; then own, honor, and use them to benefit the whole with compassion, empathy, and patience. Each of you are skilled and talented, but be careful not to think too highly of yourself. Use sober judgment with your suggestions. As talented people engage, work to be comfortable with moving from doing things "like we always have." As you practice this among yourselves, bring these values into the world and lift it up.

Service starts from within. Serve others with your whole heart with a sense of curiosity and inclusion. Words matter, therefore: name your intentions for what your heart truly desires and follow your inten-

tions lovingly. Do not self-sabotage. Quit taking it personally. Also stop misappropriating the phrase "vengeance is mine;" it's not yours, it is God's. Learn to listen to one another by practicing listening to those whose voices are not the loudest or most popular.

Bless those who persecute you. Weep with those who weep. Live in harmony. Associate with the lowly. Overcome evil with good. Live your lives with grace. Practice radical welcome, including welcoming those with whom you disagree. Be patient with folks as they are asked to move to "a new way" ...but move them. Respond to resistance with compassion. Welcome the stranger, the immigrant and others who are being marginalized during these times.

You do not need to judge one another. Lead with compassion and care. God finds ways to work through all people working together, and each one of you individually do not need to understand or agree with everything. We will have to make sacrifices for the liberation of all Creation; help us dig deep to figure out what we might offer to this work.

Have fondness for one another—especially those you find annoying. Make extra effort to be kind to each other whether you feel they deserve it or not. Every member of the body is worthy of respect and should be valued equally. Act with humility and self-reflection by practicing and modeling Jesus' teachings and message of love and compassion.

Be wholly yourselves, don't hold back. It's ok to be Christian, even if it does not feel popular right now because of who else is using this moniker in the public square. We must reclaim what it means to be Christian from those who would pervert its meaning. Similarly with the title "Baptist," let's remind people that Baptists are those who defend religious liberty for all and who believe in the radically democratic priesthood of all believers. Vigorously protect the separation of church and state, and beware the encroachment of government into definitions of what constitutes human dignity.

Resist overwhelm. At times it may feel like this is a fractured community—whether or not you agree, it is time to move forward together. While doing so, be honest, be bold, act with faith. Form a community based on harmony and peace by making conscious and mindful choices that are rooted in love, humility, and equity.

Do not be afraid. Take pride in the rich history of SFBC. Think about how we continue the work our forebears began. How can we build upon the founda-

tion they left us? They lived as we do, products of their time, finding the courage somewhere to do justice. May we have the same courage.

It is time now—let us do justice, love mercy, work for peace, and walk humbly with our God.

With love and goodwill,

—*The attendees of the 2025 SFBC Leadership Retreat*

MARIAN VOGUE LEGACY GIFT

SFBC recently received a legacy gift from the estate of Marian Voge directed to the General Endowment fund. She passed away on November 21, 2024, at the age of 100+, surrounded by family. Ms. Voge was the secretary to the Executive Minister of the American Baptist Churches of the Northwest, retiring after 36 years. She joined SFBC in 1960 and was an active member and officer, before moving back to Spokane in 2007. She was honored as SFBC’s volunteer of the year in 2004. Ms. Voge and her “lifelong friend,” Ethelmae Walter, who was also a member of SFBC and passed away in 2021 at age 95, shared this memory in their own words: “We have many wonderful memories of our fifty-plus years as members of Seattle First Baptist Church. These precious memories take us back to the children’s church school, in particular teaching in kindergarten and the lower grades. It was our joy to serve in coffee hour, the library, keeping membership records, volunteering in the office, and serving on various committees. Our treasured memories are of the wonderful friends we made while at Seattle First Baptist.” We are thankful for Marian Voge’s generosity, for all the gifts she and Ms. Walter shared with our community and celebrate two lives well lived.

MEETING JESUS AT THE MOVIES SUNDAYS AT 9:30AM IN THE PARLOR STARTING MARCH 23

I was prepared to hate it. I had heard that *The Chosen*—a TV series based on the life of Jesus—was a worldwide sensation, especially among young adults. I had read that Dallas Jenkins, the creator, director and producer was the son of Jerry Jenkins who wrote the *Left Behind* series. I refused to watch it. But I kept wondering what endeared it to so many. And, if for no other reason than to understand what the cultural phenomenon was all about, I succumbed. And I loved it. Fascinating fictitious backstories for familiar biblical characters. Flashbacks to Hebrew Bible scenes which

help make sense of Christian scriptural references. A gorgeous recitation of Psalm 77. Multidimensional Pharisees. Neurodiverse characters. Children who hang out with Jesus. A multiethnic cast. Women among the disciples. Jesus with a sense of humor. The humanity of it all!



As I began to read criticism of the series, I found that the majority of people who don’t like it are other evangelicals who think it is heresy that Jenkins has strayed from biblical literalism. Progressives have had very little to say.

So...won’t you join me for a completely new way of looking at the stories of our faith? We will watch episodes. We’ll talk. There will be related articles to read for those who are interested. Whether you are new to the Bible or you’ve been studying it since childhood, I guarantee you will be challenged to think about Jesus, his followers and detractors, in ways you haven’t before imagined...and be entertained in the process. One day, there might even be popcorn.

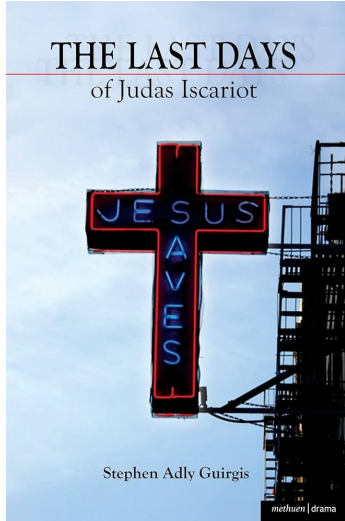
—*Cherry Johnson*

PLAY READING CIRCLE APRIL 5, 3-5PM ON ZOOM

In March and April (for Lent), the Play Reading Circle will be reading *The Last Days of Judas Iscariot*. This play tells the story of a court case over the ultimate fate of Judas. The play uses flashbacks to an imagined childhood, and lawyers who call for the testimonies of such witnesses as Mother Teresa, Caiaphas, Freud, and Satan.

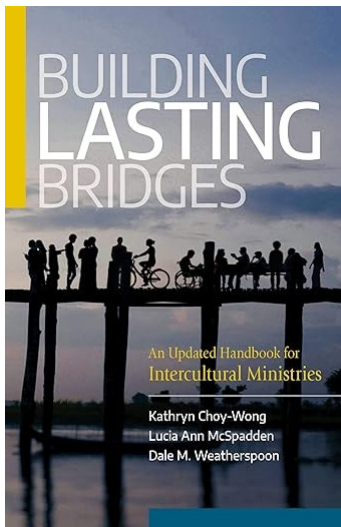
The play was written by Pulitzer prize-winning playwright Stephen Adly Guirgis, who says: “When I was a kid, the story of Judas troubled me a lot. It didn’t make sense to me, it frightened me, and it seemed to fly in the face of the notion of the all-loving and all-merciful God. I am in continuous need of the Spiritual and I usually go to great lengths to avoid it. And I think I’m not alone in that. Thomas Merton said, ‘To

be a saint means to be yourself.’ What if that were true? I won’t pretend at all that this play answers that question, but if it provokes the question in you, then please let it. Ponder it. Because we need you.”



If you wish to join this group in reading the play, sign out a script from the Welcome Table. If you can’t come on Sundays, call the church office to make arrangements to get your script. The group meets on the 1st Saturday of every month from 3:00-5:00pm.

BUILDING LASTING BRIDGES SMALL GROUP

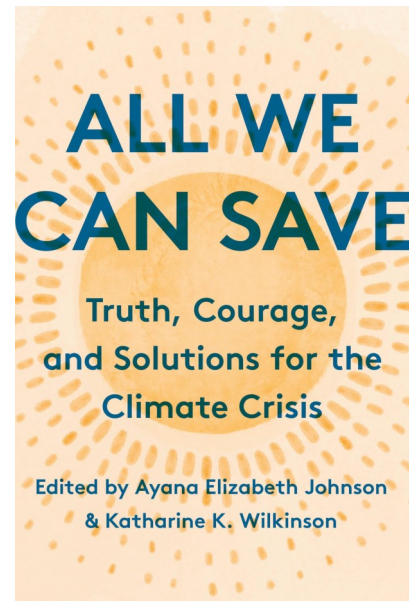


This small group is a book study and a conversation that explores what it means to be a “builder of bridges” as related to race and culture. The group uses the book *Building Lasting Bridges—An updated handbook for Intercultural Ministries*, by Kathryn Choy-Wong, Lucia Ann McSpadden and Dale Weatherspoon. Last fall the group explored Parts 1-3 of the book and started to discuss tools for the “bridge building” we’ll be exploring this spring in Part 4.

We invite you to join us as we study the second half of this handbook. We meet online on Tuesday evenings from 6:00-7:30pm. The Zoom link can be found on the SFBC online calendar.

INTERFAITH CLIMATE ACTION NEWS

Please mark your calendars to prepare for upcoming ICA events. On April 13, we will start having our Zoom meetings on the second Sunday of the month through the end of the year, and we welcome you to join us online at 6:30pm. This is a change from our longstanding fourth-Sunday schedule.



On Monday, April 28, we will meet on Zoom at 7:00pm to discuss the book *All We Can Save: Truth, Courage and Solutions for the Climate Crisis*. The book is a beautiful collection of essays, poetry, and art by dozens of diverse women at the forefront of the climate movement. You can find the book at the Seattle Public Library, which has 14 printed copies, and the King County Library System, which has 10 copies. Both systems also have audiobooks and ebooks. Please note that we will not be selling books during coffee hour, but you can purchase a copy from your favorite bookseller.

MARK YOUR CALENDAR A CHANCE TO SPEAK OUT TO PROTECT PEOPLE & PLANET

Join Interfaith Climate Action on Saturday, April 12, from 10:00am to noon at a family-friendly demonstration sponsored by Seattle Cruise Control and partner organizations. Attendees will use music, singing, thea-



FIRST HILL
IMPROVEMENT ASSOCIATION

A NEW COMMUNITY COMMITTEE

ter, beautiful banners, and moving speeches to give the Port of Seattle and the public a message: that the giant cruise ships it hosts each year have devastating impacts on our water, air, climate, and health, and on destination communities. Meet at the waterfront near Pier 66. Contact ICA small group to learn more.

A very special thank you to Horizon House for their incredibly generous \$10,000 pledge to help sponsor community events and activities in the neighborhood this year! First Hill Improvement Association is grateful for their interest, partnership, and support in bringing our First Hill community together.



Blood Drive
Seattle First Baptist Church

Fellowship Hall
1111 Harvard Ave
Seattle, WA

Thursday, March 13, 2025
1:00 p.m. to 6:00 p.m.



The Seattle University Choirs present

Holding the Light

A Lenten Prayer Concert

Dr. Leann Conley-Holcom, Director of Choral Activities

Larke Witten, Chamber Singers Visiting Director

Susan Bloomfield, Pianist in Residence

Alina To, violin

Sarah Rommel, cello

7:30pm | Friday March 14, 2025

Seattle First Baptist Church

1111 Harvard Avenue

ARTS

arts@seattleu.edu
206-296-2244

 SEATTLE
UNIVERSITY

First Hill Improvement Association would like to plan some fun activities with these funds for 2025! They are looking for volunteers to help serve on a new community “Events and Engagement Committee” to help plan, develop, and implement opportunities to engage the neighborhood. Email ellen@firsthill.org if you’d like to learn more about how to get involved.



Thank you to Horizon House for helping make this possible!

SEATTLEU

**THE SEATTLE UNIVERSITY
CHOIRS PRESENT**

**“HOLDING THE LIGHT”
A LENTEN PRAYER CONCERT**

**FRIDAY, MARCH 14 AT 7:30PM
SEATTLE FIRST BAPTIST CHURCH**

Tickets available here: <https://events.seattleu.edu/event/the-seattle-university-choirs-present-holding-the-light>

Join the Seattle University Choirs (Combined Choirs, University Treble Chorale, Chamber Singers, & University Singers) and instrumental guests for “Holding the Light,” a concert reflecting upon the Christian liturgical season of Lent through the lens of considering the stories and experiences of ‘the other.’ With a breadth of compositions and choral arrangements spanning genre and time period, by B.E. Boykin, Kyle Pederson, Jennifer Lucy Cook, Katerina Gimón, Mozart, Monteverdi, Bach, and more.

Dr. Leann Conley-Holcom,
Director of Choral Activities

Larke Witten, *Visiting Director—Chamber Singers*
Susan Bloomfield, *Pianist in Residence*

Tickets \$10 General Admission
\$5 SU Community and 18 and under



**SEATTLE PRO MUSICA
NEW AMERICAN COMPOSERS SERIES**

**“WHEN THUNDER COMES”
WITH COMPOSER MARI ESABEL
VALVERDE**

**SATURDAY, MARCH 8 AT 4:00PM
SEATTLE FIRST BAPTIST CHURCH**

Pre-Concert Conversation at 3:30pm

Tickets available here: <https://seattlepromusica.thundertix.com/events/234910>



Special guest Mari Valverde comes to Seattle for Seattle Pro Musica’s New American Composers Series and the world premiere of *Up/Rising Into*, her powerful love song for trans youth. Student singers from local schools will join us for Mari’s *When Thunder Comes*, a tribute to the work of social justice leaders. Come hear Mari’s music, meet Mari herself, and be inspired by

music that honors the fight for the rights of all peoples.

Also featured will be works by Rosephanye Powell, Dale Trumbore, Eric Whitacre, Ralph Vaughan Williams, James Mulholland, Casey Rule, and more.



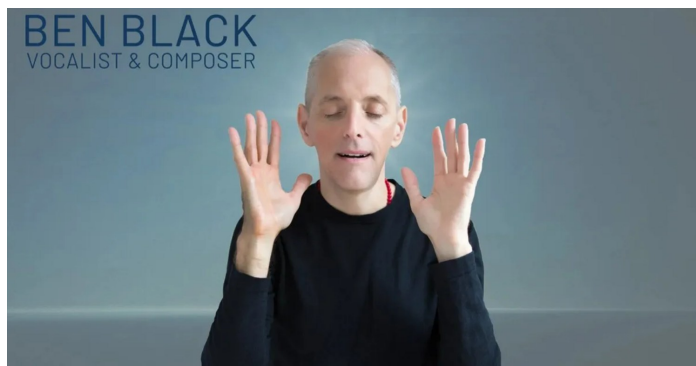
**SEATTLE JAZZ VESPERS
BEN BLACK QUARTET
SUNDAY, APRIL 6 AT 6PM
SFBC SANCTUARY**

Ben Black—vocals; Josh Rawlings—piano; Marina Christopher—bass; Adam Kessler—drums

Ben Black has been a performer on the Seattle jazz scene since 1985, and spent two years as a music student at Cornish College. His career also spans new opera-theatre, cabaret and African drumming and dance. He studied jazz improvisation for a number of years with pioneer jazz vocalist, Jay Clayton.

Ben is proud of his multicultural background which includes ancestors from Armenia, Slovenia, Germany, Scotland and Ireland. He grew up in a military family in which there were a number of musicians. During a five year stay in Europe as a child, he had the opportunity to cultivate an appreciation for the music of different cultures. As he was growing up, his parents exposed him to stellar jazz vocalists and instrumentalists of the times, including Ella Fitzgerald, Sarah Vaughan, Nina Simone, Sergio Mendes and Brazil '66, and many of the great Broadway musicals of the 20th century.

Ben's first album on Origin Records, "Remembered Faces/Private Places," was released in 2001. Previous to the Origin label, he released "In a Mellow Tone," on MNOP Records, in 1996. He was a featured guest soloist on the album, "Psyche," by the award winning Fischer ensemble, in 2011, on the 16 Visions label. Black's newest album "Mystery & Wonder" was one of the biggest gainers-spins according to Jazz Week top 300 chart, December 20, 2021.



Ben splits his time between his music career, dedication to the study and practice of Tibetan and Zen Buddhism, and volunteerism in the LGBTQ2S+ community.

"Ben Black distinguishes himself from the rest of the pack. First, there is his hauntingly beautiful voice capable of hitting high notes that most male singers never reach. Then, there is his treasure chest of surprises and unconventional material."

—*Jazz Review (Donna Kimura)*

"Ben Black may be the most androgynous voice you will ever hear... He joins the great singer Caetano Veloso in being willing to risk using his full vocal range without filtering it through gender-appropriate sounds. Ben shows that the heart, the soul, and the kundalini energy have no sexual orientation and no gender identity; he has a vocal sound that authentically reverberates in all ears without a definition of either/or."

—*Jim Fouratt, for "Listen Up"*

SMALL GROUPS MINISTRY SCHEDULE FOR LENT 2025



All groups are open to new members unless otherwise stated below. Drop in to see if a group is a good fit for you! For more information on any of these groups, see the [church calendar](#) or email smallgroups@seattlefirstbaptist.org. The schedule below is accurate to the best of our knowledge at the time of publication.

SUNDAYS

Friendship Circle 2nd Sundays, 12:45-1:45pm, in person in the Peacemaker's Room and online at <https://us02web.zoom.us/j/88288815847>. Women meeting together for fellowship and spiritual support with a focus on missions.

Interfaith Climate Action 4th Sundays, 6:30-8:00pm. Meets online at <https://us02web.zoom.us/j/83474603114>. Interfaith Climate Action is for those who wish to learn more/do more about the climate emergency.

TUESDAYS

Parents of Adult Children with Mental Illness 2nd Tuesdays (or as noted in the online calendar), 7:00-8:30pm. Meets online at [https://us02web.zoom.us/j/82549534986?](https://us02web.zoom.us/j/82549534986?pwd=I09c1CB9Uts0V2hR3yYhiKenZ2gkbO.1)

[pwd=I09c1CB9Uts0V2hR3yYhiKenZ2gkbO.1](https://us02web.zoom.us/j/82549534986?pwd=I09c1CB9Uts0V2hR3yYhiKenZ2gkbO.1) Parents of Adult Children with Mental Illness is a peer-run support group that meets by Zoom the second Tuesday of each month. The group's goal is not to offer advice, but to provide mutual understanding of the difficult challenges we face as parents of mentally ill adult children. All discussion is strictly confidential.

Prayer and Reflection Every Tuesday, 12:00-12:30pm. A brief time for reflection, prayer, and sacred community in the middle of your day. Meets online at <https://us02web.zoom.us/j/86776242649>.

Young Adults Group 4th Tuesdays, 7-8:30pm. SFBC's Young Adults Group (ages 21-40ish) meets outside of church for various social events and activities, offering something for everyone. You'll find us in the sanctuary every Sunday, seated on the left side near the front. We meet on the 4th Tuesday of each month (excluding holidays or special occasions), although this can change depending on each month's

activity. Watch the weekly newsletter or church calendar for details.

Building Lasting Bridges Tuesdays, 6:00-7:30pm on Zoom (First meeting of 2025 will be on February 4; following meeting schedule to be determined). Meets online at <https://us02web.zoom.us/j/83290563542>. Connecting with ourselves and others through the lens of culture, using the information and exercises in the book *Building Lasting Bridges*.

WEDNESDAYS

Optimism Hour 2nd Wednesdays, 5:30-6:30pm. A time for gathering in a relaxed atmosphere, having fun and getting to know one another better. Held at Stoup Brewery, just east of the church on the corner of Broadway and Union.

THURSDAYS

Bible Study Every Thursday, 12:00-1:00pm on Zoom at <https://us02web.zoom.us/j/86761779225>. An exploration of the coming Sunday's scripture. Provocative discussions. Progressive commentary.

FRIDAYS

Exploring Contemplation 1st & 3rd Fridays, 11:00am-12:00pm on Zoom at <https://us02web.zoom.us/j/87508105511>. Twice-monthly gathering of all interested in contemplation. Variety of practices—song, silence, guided meditation. Newcomers to meditation welcome. Leader is on screen 15 minutes prior to start time to orient newcomers or answer questions.

SATURDAYS

Men's Group Every Saturday, 11:00am-12:00pm. Meets online at [https://us02web.zoom.us/j/81095038488?](https://us02web.zoom.us/j/81095038488?pwd=RlpydDZ0cERLVFhtcEFPSWMzSIQzUT09)
[pwd=RlpydDZ0cERLVFhtcEFPSWMzSIQzUT09](https://us02web.zoom.us/j/81095038488?pwd=RlpydDZ0cERLVFhtcEFPSWMzSIQzUT09). Where SFBC men come together to get better acquainted and support one another.

Play Reading Circle 1st Saturdays, 3:00-5:00pm. Meets online at <https://us02web.zoom.us/j/85424372570>. Gather with other theater-lovers to read plays together. Obtain scripts in advance from the Welcome Table at worship, or contact smallgroups@seattlefirstbaptist.org or the church office (206) 325-6051 to have one mailed to you.

Intergenerational Baking Group Occasional Saturdays; schedule as announced. Everyone is invited to come together to bake cookies in the SFBC kitchen for our neighbors experiencing homelessness.

Seattle First Baptist Church
1111 Harvard Avenue
Seattle, WA 98122-4261

STAFF

Rev. Anita Peebles *Pastor*

Anita@seattlefirstbaptist.org

Rev. Leigh Curl-Dove *Pastor*

Leigh@seattlefirstbaptist.org

Darren Hochstedler *Church Administrator*

Darren@seattlefirstbaptist.org

Christina Sunstone *Office Manager*

& Small Group Ministries Coordinator

Christina@seattlefirstbaptist.org

Ben Luedcke *Minister of Music*

Ben@seattlefirstbaptist.org

Christian Broughton *Organist*

& Communications Manager

Christian@seattlefirstbaptist.org

Dick Steele *Facilities Manager*

Dick@seattlefirstbaptist.org

Chase McAdams *Caretaker*

Stephenie Simmons *Chef*

Absinthe Zimmerman *Sound & Video Technician*

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Sunday service at 11:00am in-person and online

Seattle First Baptist Church

1111 Harvard Ave, Seattle WA 98112

(206) 325-6051

seattlefirstbaptist.org

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The Spire is published seasonally by Seattle First Baptist Church, 1111 Harvard Ave, Seattle, WA 98122