



EVERGREEN ASSOCIATION
—OF AMERICAN BAPTIST CHURCHES USA—
TRANSLATING OUR UNITY TO THE WORLD

Evergreen Notes

Recovering Balance

Inside this issue



By Rev. Paul Schneider

Lent is not universally known in Baptist circles – we’re much more familiar with Mardi Gras or “Fat Tuesday,” the day before Lent begins, than the season of Lent itself. This year Lent started on Ash Wednesday, February 22nd, and will go through sundown on Holy Saturday, April 8th, the day before Easter. Naturally, different Baptist churches practice Lent differently. Some don’t practice it at all, whether

because they do not see the benefit or to differentiate themselves from more “High Liturgy” denominations like the Episcopalians and the Catholics. Others embrace the season, taking up more intense practices of reflection, repentance, and self-denial (often in the form of fasting), to in some small way mirror the suffering of Christ at the end of holy week.

Recently, especially in the Free Church, which we proudly claim as Baptists, there’s been a movement away from fasting – which is removing something from your life or diet – and instead towards taking on spiritual disciplines. Lenten books, with daily reflections on scripture and prayer, or meditative practices are particularly popular. Those spiritual practices are excellent, and worth doing, but I want to suggest a different spiritual practice might be in order for Lent this year.

Now, three years into the pandemic, with all the complications, sorrow, and loss that has brought us, I want to say that this might be the time for us to take on a self-care routine. What is it that brings you life, joy, and renewal? Is it reading quietly? Is it having dinner with friends and loved ones? Is it walking outdoors? Maybe it’s listening to amazing music? Whatever that is for you, commit to spending some time, at least once a week for these remaining five weeks of Lent, doing that.

...continued on page 5

Recovering Balance.....	1
Partners In Innovation	2
Social Media Security III: How To Create A Strong Password.....	2
Evergreen Ministers Council Invitation & Retreat...4	
Young Adult Pub Theology	5
ABC Biennial Information	6
March Calendar	6

Pray for Churches seeking Pastoral Leadership

- Wenatchee Brethren Baptist Church, Wenatchee, WA
- Filipino-American Christian Fellowship, Lynnwood, WA
- Good Shepherd Baptist Church, Lynnwood, WA
- Community Church of Issaquah, Issaquah, WA
- Martin Luther King Jr. Memorial Baptist, Renton, WA
- The United Church of Moscow, Moscow, ID
- Mount Zion Baptist Church, Seattle, WA
- Grace Baptist Church, San Jose, CA

Partners In Innovation



By Rev. Sam Kim

Greetings in Christ,
I'm so grateful for everyone's thoughtful and engaging presence at our past Leadership retreat. For those of you who

joined on-line via Zoom or in-person at Camp Burton, we shared a compact and meaningful time together considering the nature of innovation in the Church. I received many positive comments about our time together and it was so wonderful to see such a positive turn out. In total, we had nearly 90 participants with nearly 50% representation from all of our churches in the region. We appreciated your enthusiastic participation!

I want to encourage all of our Evergreen friends that you are not alone in your challenges in adapting and innovating your church for these changing times. I think innovation is for all kinds of churches whether they be thriving, struggling, or renewing. My main work at Evergreen is to help all of our churches with this task and to help encourage this same kind of mindset in our entire region as a whole.

If you're a church that wants to go on a journey of figuring out how to best create a new ministry project, refocus your church's vision, or troubleshoot an issue in your church, I'd be happy to help you in that process. What is special about my role at Evergreen is that I am not like a "one-stop consultant" who comes in and prescribes some (expensive) solution and disappears. I am here with you in the journey and not just for one moment. As we partner

...continued on page 5

Social Media Security III: How to create a strong password



By Min. Shavon Walker

For the next few months, I'm focusing on how you can protect yourself against social engineering fraud. We talked about phishing for the last few months,

and last month we talked about how to protect yourself using 2FA and password manager apps. This month, we're going to talk about how to create a good, solid password and how to use it with your password manager.

Passwords are similar to keys. They're something you'll want to keep track of at all times; if you forget them, you'll find yourself in a pickle. And, like keys, you'll want a different one for each purpose. Just as you wouldn't use the same key for every lock on your door, you should have a different password for every online account.

The advice for creating passwords has changed over the years. First, it was simply a word or a series of numbers, then it was a combination of letters and numbers, then it was a combination of letters, numbers and symbols excluding certain symbols, and all typed within a certain period of time, AND if you type the wrong one too often the system will force you to start over. We haven't even touched on how to reset a password if you forget it. Whew! So how do you navigate this? Fortunately, there's more than one way to create a strong password.

The first way is to follow the latest password guidance. The National Institute of Security and Technology, or NIST, is a US Federal agency that has updated

...continued on page 3

...continued from page 2

its password guidelines every year to keep pace with cybercrime. Their password suggestions for 2022 and 2023 are as follows:

- Don't use sequential characters (e.g., "1234") or repeated characters (e.g., "aaaa").
- Don't use context-specific words, such as the name of the service, a personal name, or the individual's username.
- Don't create a "new password" by adding a number to the end. See the first point on sequential characters. A reminder: don't repeat passwords on different sites.

Now that we've covered the don'ts, let's cover the do's:

- Do make your password at least 8 characters in length. The longer the better; ideally, your account should allow for passwords at least 64 characters in length.
- Do use all characters (letters and numbers) and symbols (\$, #, £, ©, etc.) as often as you can, including emojis (, , etc) and spaces.
- Do use symbols to stand in for letters and numbers (\$h@v0n) or use words from another language (@d10s_@m1g0). You can also string together words that paint a mental picture (\$h00ting\$tar@n1ght, 100k@\$un\$3t)

So this is all fine and good, but what if you're the type of person who can barely remember their physical keys, let alone a lot of passwords? This is where password managers come in, and this is the second (much easier) way to generate a password. As I mentioned last month, a password manager is an application that stores all of your passwords in one secure area. This eliminates the need to create easy to remember but easily cracked passwords (12345, your birth date, etc) or to repeat passwords (also a common mistake). The only password you'll need to remember is the one to the password manager. 1Password (www.1password.com) and Dashlane

(www.dashlane.com) are both fairly well known examples. I currently use Dashlane in my Chrome browser and on my phone; it allows the user to generate a random password for each site, taking away all the guesswork and manual labor. You can choose the parameters for each site as well.

So let's say you receive a letter from the IRS. Surprise, you've been chosen for an audit! Of course you'll want to get in touch with them right away, but rather than suffer through a four hour hold time, you decide to create an irs.gov account to contact them. The site has seven requirements for passwords, very similar to the NIST requirements I mentioned previously. Dashlane allows the user to set, among other things, length, symbol and character use. It will then generate a password that meets those requirements, and allow you to copy/paste it into the site. If you have Dashlane installed as a Chrome app, you'll receive a notification asking if you want to save the password, user ID and site name. Accept the notification, and Dashlane will store the info for the next time you go to the site. But what happens if you forget the password to Dashlane? You can ask it to reset that main password via email or 2FA, which you can access on your phone. And if you need to update a site's password, you can go to the site and go through their process of changing that password, using Dashlane to create one and replacing the one already in its database.

There are other password managers such as LastPass, and there are built in browser manager extensions such as the ones for Google Chrome and Firefox. Unfortunately, all of these have been compromised at one time or another. As of this writing, Dashlane and 1Password have not.

That's it for this month. Next month, we'll talk about another version of 2FA, the CAPTCHA. If you have any questions or would like me to help you with online protection, please email me at media@ea-abc.org.

Evergreen Chapter of the Ministers' Council invites Clergy members to join the Council, and Hold the Date for the Ministers' Council Retreat, April 12-15

The Evergreen Chapter of the Ministers' Council is in the process of revitalizing. The leadership of the re-forming chapter includes Rev. Curtis Price (First Baptist Salt Lake City), Rev. Evelyn Heyman (New Walk Christian Church), Rev. Bianca Luna (Urban Grace Tacoma), and Rev. Paul Schneider (Burien Community Church & Evergreen Association). Membership in the Ministers' Council is for Pastors, Chaplains, Seminary students, and all other commissioned and lay ministers in the American Baptist Churches, USA.

Some of you may be asking, "Why restart the Ministers' Council?" Fair enough. I can think of three good reasons:

1. Collegiality – The Ministers' Council is a gathering of ministry professionals from across our region. Our diverse experiences and backgrounds, our varying tenures in ministry, and our unique gifts can help us support one another as we do this wonderful, difficult, and beautiful job we call ministry.
2. Professionalism – The Ministers' Council is our guild or union. Nationally, the Ministers' Council routinely offers training, connection, and helps all ministers of the ABC with guidance including the mutually agreed upon Code of Ethics.
3. Camaraderie – Gathering together allows us to know one another not just on a professional level, but deepen those relationships into friendships. Who else knows the ins and outs, the joys and pains of ministry as well as other ministers?

At our Annual Meeting in Denver in last October, we had a gathering which included a time of fellowship, the opportunity to review and vote on adopting the new code of ethics (see above), and Rev. Dr. Dan Hamil of the Baptist Joint Committee who spoke about Christian Nationalism, and the dangers it poses to religious liberty and democracy. This meeting

was well attended by members, both in person and via Zoom for those who could not be in Denver.

If you're clergy, or other commissioned or lay ministers, we highly encourage you to formally join the Ministers' Council. They have a sliding schedule of dues that varies according to your income. You can join by clicking on the link below. Please note that you'll need to choose "Evergreen" when it asks what chapter you want to join. A portion of these dues does come back to the regional chapter so that we can plan retreats and other get togethers, facilitate training, and the like.

<http://ministerscouncil.com/join/now.php>

We also know that some of our colleagues in California are already part of the Ministers' Council of Northern California. We consider membership in that chapter as being membership in our own, entitling you to all of the benefits of being part of Evergreen's chapter as well. Likewise, we will honor the memberships of those who live in other regions and have joined Ministers' Council chapters local to where they live. If you have any questions, don't hesitate to email or call Rev. Paul Schneider (paul@ea-abc.org).

One activity we are promoting for members is an upcoming retreat at Camp Bethel, in Hoquiam, Washington from April 12th-15th, 2023. This will be an opportunity for fellowship and relaxation after a long and busy season of Lent, Holy Week, and Easter Sunday. There will be opportunities for hikes, trips to the seashore, as well as just a chance to relax and spend time with one another.

You can follow this link to register for the Ministers Council Retreat. The cost is \$135, and limited scholarships for travel or registration may be available: <https://forms.office.com/r/udFbaPYRPr>

Clergy, please join us for this event and be renewed after one of the busiest parts of the church year!

Young Adult Pub Theology, March 16th, 6:30pm

Optimism Brewing Co.

 Queen Anne Baptist Church
1158 Broadway, Seattle, WA 98122

Young Adults Pub Talk



Join us for our last monthly young adults gathering before our retreat in April! We will share food and drinks, fellowship, and engage in guided discussion around how understanding our own stories and the stories of others is a crucial element of engaging in the work of racial justice and reconciliation in the Church. QABC will cover the cost of food.

RSVP to our Facebook event page or email Caitlin at admin@queenannebaptist.org

...continued from page 1

Self-care is not indulgence, it is a spiritual practice. The fact is that if we do not take care of ourselves, we will find ourselves burned out, or overwhelmed when the tragedies of life hit. Then we cannot live out the Good News in ministry and service to others. Lent is a time when we are meant to draw closer to Christ, and Jesus had GREAT self-care practices. He went into the wilderness after overwhelming or difficult seasons of his life to recover his balance and be able to continue his vital work, announcing the Heavenly Realm in the Here and Now. So be open to leaning into self-care as a spiritual discipline this Lent, and may you find your equilibrium restored for the ministry you are still called to each day.

If you want some help figuring out what your self-care practice might look like, feel free to reach out to me (253-859-2226 or paul@ea-abc.org). Together we can find the one that brings you balance.

...continued from page 2

together, I hope that you will begin to identify where God is at work in your community and how you can find innovative solutions going forward. Sometimes the journey can take us to uncomfortable and stretching places, but if we are willing to stay faithful to our calling in Christ, I trust that God will lead us to the right place at the right time. I'm honored to serve the region and I hope you can feel that you are not alone when you are feeling overwhelmed and challenged. If you'd like someone to talk to, please don't hesitate to reach out to me at sam@ea-abc.org.

In this season of Lent, I am praying that you would renew your understanding of God's Grace and God's resurrecting Hope. We are so grateful for the work that you are doing in all of your ministries.

Blessings, Sam



EVERGREEN ASSOCIATION OF
AMERICAN BAPTIST CHURCHES
P.O. BOX 1044
Kent, WA 98035-1044
Phone: 253-859-2226
Email: office@ea-abc.org

NON-PROFIT
ORGANIZATION
US PAID KENT
WA PERMIT NO.
451

“Like” us on Facebook:

www.facebook.com/evergreenabcusa;

Instagram, and Twitter @evergreenabcusa
#ebaabc

Return Service Requested

Evergreen Notes, the newsletter for member churches, ecumenical partners, national affiliates, and friends of the Evergreen Association of American Baptist Churches is published monthly. Please submit articles by the 20th of the month prior to expected publication. You are encouraged to copy and/or reprint information and articles for your congregation and community.

Building Bridges, Resourcing Churches & Translating Our Unity

Mission Statement

Being a culturally diverse people who are one in Christ and who value the liberties of our American Baptist Heritage, the Evergreen Baptist Association will **Build bridges** between communities; **Provide resources** to equip member churches to share Christ and teach God’s word; and **Translate our unity** to the world.

May you and your churches have a blessed season of Lent!



IGLESIAS BAUTISTAS AMERICANAS
CUMBRE MISIONERA BIENAL
23-25 DE JUNIO, 2023 | SAN JUAN, PUERTO RICO



AMERICAN BAPTIST CHURCHES USA
BIENNIAL MISSION SUMMIT
JUNE 23-25, 2023 | SAN JUAN, PUERTO RICO

ABC Biennial Mission Summit June 23-25, 2023, San Juan, Puerto Rico

This year will be the ABC Biennial Mission Summit in San Juan, Puerto Rico. Registration is now open yet. For more information and registration, go to <http://www.americanbaptists2023.com/>.

March Calendar

All of March is Women’s History Month!

- March 8**—International Women’s Day *know what, forget we said anything.*
- March 11**—10am to 12pm—**Evergreen Quarterly Business Meeting**—Watch for an email with details later this week!
- March 12**—Daylight Savings Begins—Spring your clocks forward one hour so you’re not early to church...*actually, you*
- March 14**—Pi Day—3.14 —Enjoy some pie!
- March 17**—St. Patrick’s Day
- March 20**—First Day of Spring
- March 31**—Cesar Chavez Day