

THE MET LINK

THE
METROPOLITAN
COMMUNITY CHURCH
OF SAN DIEGO



YOUR WEEKLY NEWS, ANNOUNCEMENTS & UPDATE FROM THE MET CHURCH

Greetings!



On the Martin Luther King Jr. holiday, The Met® was well-represented at the annual All Peoples Celebration in Balboa Park. Pastor Dan, Rev. Caedmon, Rev. Michelle Kirby and her partner Marcia Randall were all in attendance. The

keynote speaker was noted civil rights attorney Eva Paterson. Dr. King's ideals of freedom, equality and justice are as vital and relevant today as they were 50 years ago.

ANNOUNCEMENTS

- This Sunday Rev. Caedmon Grace advises "Don't Believe Everything You Think!" in his sermon message. Scripture: Psalm 62: 5-12.
- It's not yet spring, but The Met's Spring Programming is in full swing. Some classes are under way; others will start soon, like Creating a Life That Matters. Check out all the programs, classes and events in the [Ignite](#) magazine.

BEN DILLINGHAM MEMORIAL



The memorial celebration of the life of longtime MCCSD member Ben Dillingham will be this Saturday, January 20 at 1 PM at St. Paul's Cathedral, 2728 6th Avenue in Bankers Hill. Pastor Dan will officiate. Ben passed away on November 16, 2017.

SHARING RI'S EXPERIENCE



At this week's Trans* Spiritual Connection gathering, Met member Ri Parrish did a wonderful presentation and Q & A about her later-in-life experience transitioning and the impact it had on her family, career and spirituality. The presentation was moving and informative and too good not to share it. [View it here.](#)

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WOMEN'S MARCH



The big Women's March is this Saturday, January 20, starting at 10 AM. And The Met® will be there. Plan to meet [Jude Litzenberger](#) on the front steps of the County Administration Building on Harbor Drive at 9:30 AM. Join in making sure our voices are heard!

NEW SOUND BOARD



"Can you hear me now?" was a great catchphrase in Pastor Dan's Sunday sermon, but we now say it only in jest because with our brand new digital sound board, audio in our Sanctuary is sharp and crystal clear. Did you notice the difference on Sunday? We are all excited and our Audio Team is ecstatic. The board, at \$3,000 with installation and training, replaces an aging board that seemed to almost every week have some problem. If audio and media are a passion of yours and you appreciate quality sound, special contributions to the new system are welcome. Please just mark your gift "Sound." We will be sure to hear you. And if audio is a ministry that calls to you, we will be glad to train you in pushing our buttons. Please contact [Rev. Caedmon](#).

COMMUNITY GAME NIGHT



Whatever the game or if it's individual or team contests, there is always fun at The Met's Community Game Night, the 4th Friday of each month. Join us for the next evening of merriment Friday, January 26 at 7 PM. Please bring a snack to share. For questions or more information, please contact [Linda Leftwich](#).

YOGA IS MOVING



Our Sanctuary is full of peace whenever the Discover Your Divinity Yoga Ministry meets. Join them at 10 AM this Saturday and at 11 AM on Saturday, January 27. Then the Yoga Ministry will move to Thursday evenings at 7 PM, starting on February 1. For more information, please contact [Melody Williammee](#). Namaste!

CREATING A LIFE THAT MATTERS



Are you ready to journey deeper in your spiritual journey? Creating a Life That Matters is a spiritual growth intensive that begins Monday February 5. It's a compelling exploration of understanding ways of relating to God, yourself and others, sure to deepen your faith, build relevant meaningful relationships with peers and support you in fulfilling your God-given purpose. Read more in the [Ignite](#) magazine or on our [Facebook](#) page, and register by January 28 by calling Rev. Caedmon Grace at 619.521.2222 x20 or filling out a registration form in the Scrip Bookstore on Sunday.

FEED MY SHEEP

With your caring hearts, our [Feed My Sheep](#) Food Pantry stays well-stocked, but we are now running low on most items for the sack lunches we hand out. Particularly needed are single serving fruit and pudding cups, apples, canned tuna or chicken, nutrition bars, packets of nuts or snacks, and very small bottles of water or juices, most anything that fits well into a lunch bag. Contributions to the Food Pantry may be brought to the church kitchen on Sunday, or to the church offices Monday-Thursday, 9 AM - 5 PM.

IN THE GREEN AND INTO 2018

Because of your generosity and your passion for ministry, we ended 2017 in the black (or, as we like to call it, "the green") by \$10,348.77. Additionally, we were blessed with a \$100,000 bequest from the estate of Fred Hammond. That has given our church a firm financial foundation as we begin 2018. Thank you to those of you who have made a ["Together We Can"](#) financial pledge for this year (and you [still can](#)), including those of you who have increased your commitment over last year. We look forward to an exciting year of ministry and to what opportunities God has in store as we continue to bring people closer to God and one another.

SOUPER BOWL OF CARING



To us at The Met®, Super Bowl Sunday means ... giving! Since 1990, we have joined with thousands of other congregations and organizations in combating hunger in the local community with a special collection on the day of the big game. It's called the Souper Bowl of Caring and began with a single church that realized the local poor didn't even have a bowl of soup to eat that day. To date The Met's Souper Bowl efforts have contributed over \$10K locally to feed the hungry. This year our special second offering on Sunday, February 4, will go to Mama's Kitchen in support of their great work in providing meals for those with HIV/AIDS and cancer.

BEING BRAVE TOGETHER



The Met® is proud to host a unique opportunity for transgender spiritual and cultural leaders to come together for a one-day retreat, "Being Brave Together," on Saturday, February 3, 8:30 AM - 5 PM with lunch provided. It is sponsored by Transfaith, a national multi-tradition, multi-racial, multi-gender non-profit that is led by transgender people. They bring people together to develop conversation, strategy, and community in order to help us all reach our full potential. To sign up complete the [registration form](#), and learn more on the Transfaith [Facebook](#) page.

MCC RESPONDS TO RACISM



"As for me and our MCC house, we choose the God of love and justice." With those words, Rev. Elder Rachelle Brown, Interim Moderator for Metropolitan Community Churches has led the denomination in a strong statement against vulgarity, bigotry and harsh actions directed at immigrants. Read her full [statement](#).

Lee Bowman

Minister of Administration & Communications
The Metropolitan Community Church of San Diego