

THE MET LINK

THE
METROPOLITAN
COMMUNITY CHURCH
OF SAN DIEGO



YOUR WEEKLY NEWS, ANNOUNCEMENTS & UPDATE FROM THE MET CHURCH

Greetings!



What a thrill for The Met® to be represented at last Saturday's Womens March San Diego! Amongst 37,000 people, it was a challenge for us all to connect - except in spirit. Thank you for everyone who came out to make a dramatic statement for social justice and rally people to vote this November.

If the march has rekindled your commitment to justice issues or your passion has been seeking an outlet, we have a place for you. Hearts for Justice is a new Met group forming to meet monthly to discuss social issues, plan actions and share a potluck brunch. Their organizational meeting and brunch, facilitated by **Jude Litzenberger** is this Saturday, January 27 at 10 AM in the 1st-floor Community Room. Come make a difference.

ANNOUNCEMENTS

- Don't miss out on another fun Met Community **Game Night** this Friday, January 26 at 7 PM in the Social Hall. Please bring a snack to share if you can. There will be plenty of laughs, smiles and camaraderie to go around.
- This Sunday Pastor Dan reminds us that "If You Want to Walk on Water, You Have to Get Out of the Boat." Scripture: Matthew 14:22-33.

THE PASSING OF A CONGREGANT

We were saddened to learn this week of the sudden passing of regular attendee Don Naughton. We were notified by a friend who said Don "loved the church" and talked about it all the time. Don had been worshipping at the 11 AM service since 2010. Our thoughts and prayers go to Don's family and all his friends. We will keep you posted on any memorial celebration of his life.

YEAR-END STATEMENTS



Just in time as you prepare to do your 2017 income taxes, year-end Contribution Statements were sent out the "green way" - by email - this week, along with our deep gratitude for your faithful support of our ministries. Those for whom we did not have an email address were mailed. If you did not receive yours, we may not have current email information on you. To let us know, to update our records or to request a hard copy statement, simply contact **Lee Bowman** in the church office.

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CREATING A LIFE THAT MATTERS DEADLINE



Rediscover relationship with the Sacred, with the Self, and with your Passion. Creating a Life That Matters is a spiritual growth intensive that begins Monday, February 5. It integrates art, scripture, music, film, journaling, and diverse spiritual resources to augment our exploration of the Christian path. The *Ignite* magazine has a full page on CLM or visit our [Facebook](#) page. Register by this Sunday, January 28 by contacting [Rev. Caedmon Grace](#) or completing a registration form in the Bookstore Sunday.

YOGA MINISTRY MOVING

Our Discover Your Divinity [Yoga Ministry](#) with Melody Williammee meets this Saturday at 11 AM in the Sanctuary, and then moves to Thursday evenings at 7 PM starting February 1.

SOUPER BOWL OF CARING



We now know who will be playing in the Super Bowl Sunday, February 4 (it's the Philadelphia Eagles & New England Patriots). We also know the recipient of our Souper Bowl of Caring second offering that day (it's [Mama's Kitchen](#) and their efforts in providing hot meals daily for those with HIV/AIDS and cancer). Since 1990 they have delivered over 8 million meals! The Souper Bowl of Caring is a nationwide campaign to help feed the hungry in local communities. Join us in this special outreach.

FOOD PANTRY LOW



It's time to restock our [Feed My Sheep](#) Ministry Food Pantry for the sack lunches we give out to the hungry. Ideal items include apples, single-serving fruit and pudding cups, nutrition bars, packets of nuts or snacks, pop-top tuna or chicken, crackers, small bottles of water or juice. Items may be brought to the church kitchen on Sundays or to the church offices Monday - Thursday 9 AM - 5 PM.

SERVE AS AN USHER



Greeting people at church, offering a bulletin with a smile, helping to direct people, assisting with communion logistics - ushering is a great way to get to know people and be involved. It's also a ministry: Ushers are the first people visitors encounter at church, the ones who offer the first impression, the first connection. There is a pressing need for various Usher slots, once a month is all we ask (more if you'd like), and training is cheerfully provided. Please contact [Lyn Malone](#).

NEW, BETTER COST-SAVING LIGHTING



In our ongoing efforts to be green and also save money, new outside LED lighting for our parking lot and alley was installed this week. It's another capital improvement. Besides better lighting and security, it will enable us to have the street lights in the parking lot and one in the alley shut off, saving us \$60/month to SDG&E. The new lighting will run off our main electricity supplied by the solar panels atop our roof. It's a win-win-win!

BEING BRAVE TOGETHER



The Met® is pleased 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 non-profit led by transgender people. To sign up complete the [registration form](#), and learn more on the [Transfaith](#) Facebook page.

Lee Bowman

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