



THE METLINK for February 7, 2019

The weekly digital newsletter of The Met®

Vol 10 Issue 6

This Saturday, February 9, Abundant Ministry Opportunities:



Women's Retreat

Bringing women closer to God and one another in a fun day of fellowship - that's The Met's Women of Worth (WOW) Women's Retreat this Saturday, 9 AM - 4:30 PM in our Social Hall. There will be an art project and small group activity, with Rev. Kat Katsanis-Semel and Rev. Michelle Kirby as guest presenters. Lunch is provided. Registration is \$25, yet no one will be turned away. For more details, please contact **Linda Leftwich**.

Fun with Our New Landscape

Enjoy the outdoors and ministry at the same time! Be part of a garden crew Saturday morning at 9 AM. We will make improvements to the area between the deck and the upper lot, working with the mulch, adding weed barrier cloth, and replacing the two plants that died. Four eager beavers (or church members if no beavers are available) should make this about a 2-hour project. Contact **Jessie Black** to sign up.



Nurturing the San Diego River

Join us in caring for God's glorious creation. Sadly our San Diego River is in poor condition, but a foundation is committed to improving its health and "creating a better quality of life ... [connecting] people to our historic San Diego River and the community to steward and celebrate it." Join our Met River of Life Ministry team on the second Saturday of each month from 8:45 AM - Noon for invigorating family-friendly river projects. Contact **Steve Fitzgerald** for details. See **coming events**.



This Sunday at The Met®

Our 6-week sermon series, "Dress for Spiritual Success," continues as Rev. Caedmon looks at how you can "Clothe Yourself with Patience." The scripture is Ephesians 4:1-3. We also continue our observance of Black History Month.



Clergy Renewal Forum

Starting February 22, as directed by our Board of Directors, Pastor Dan begins a 6-week mini Clergy Renewal. It is an intentional time away from all church duties to rest, refresh and re-energize. It is a time for reflection and a time for renewed focus and vision. And yes, Pastor Dan *will* be back after those 6 weeks. We already know that Rev. Dusty Pruitt will be with us on weekends during that time as Preaching Pastor, but perhaps

you want to know more about this renewal period or have questions. Attend a Forum this Sunday, February 10, between services, 10:15-10:40 AM in the 1st-floor Community Room. All are welcome.

Visit our website with one click!



2nd Annual Soup Cook-off

Nine soups; lots of soup spoons; fierce competition; and plenty of delicious

fun. That's the 2nd Annual Soup Cook-off this Sunday, February 10. For \$5 you get a spoon for tasting our entries and tokens to vote for your favorite(s), with the winner receiving the coveted Golden Spoon Award. So, come hungry and bring your wallet, all in fun supporting ministries of The Met®. The soup will be on just for you!

Bake Sale Coming. Yum.

Another fun tradition each year at The Met® is the Rainbow Sunday School Bake Sale & Auction, coming up on Sunday, March 10 after services. Fond memories exist of congregants outbidding one another to tune of hundreds of dollars for a cake - all for the good cause of supporting our many ministries like Sunday School. Sign up in the main foyer to be a cheerful contributing baker. Our kids and ever thankful teachers appreciate the help.

Click to support the ministry of The Met® via Pay Pal

Souper Special Offering



The generosity of our congregation is just amazing! In Sunday's Souper Bowl of Caring special offering, \$1,214 was received, the most of any of the 16 years we have participated in this annual nationwide (and Canada!) drive to feed the hungry! With funds from 3 anonymous donors to totally match that figure and then some, the grand total is **\$2,520**, which we will present to our partners at the **Uptown Community Service Center** this Sunday at services. Thank you so much for your compassionate hearts and charitable giving. Continue to help us support Uptown as they provide for the homeless and needy by donating clothing, toiletry and food items to the blue barrel in the main foyer.

Ash Wednesday



Mark your calendars for our annual joint Ash Wednesday Service with our friends from University Christian Church in Hillcrest. This year we will host the service in our Sanctuary Wednesday, March 6, 7 PM.

We Did It ... in Less Than Five Hours!

We were thrilled with a turnout over 40 people eager to learn at Saturday's enlightening workshop on "Reclaiming Our Faith: Through the Bible in Five Hours." In fact, we did it in 5 Hours and 5 minutes, including over a half-hour for lunch! Attendees found the presentations informative and came away with a deeper understanding of what the Bible really is (for instance, really a collection of 66 books!), details of its history and organization, and clarity on a wealth of fascinating aspects. Kudos to Rev. Steve Ebner, Dr. Donovan Ackley III, Pastor Dan and Rev. Caedmon.



Welcoming Rev. Dusty Pruitt

We are blessed to have the presence of Rev. Dusty Pruitt during Pastor Dan's mini Clergy Renewal February 22 - April 7. Dusty has a long, rich history with MCC (learn more on her [website](#)), including a period as Interim Pastor right here at The Met® in 1996. She will be preaching most Sundays and be available for coffee or meetings on Saturdays. Just contact the [church office](#). You're invited to a welcoming brunch with Rev.

Dusty on Sunday, February 17 at 1 PM at Tio Leo's, 5302 Napa Ave at Morena Blvd., not far from church. Each person will pay for their own lunch and enjoy a time of fellowship.

[Click to view the Sunday 11 AM worship live on our Facebook page!](#)

Coming Up on Our Calendar...

Saturday, February 9: River of Life Ministry San Diego River Project, 8:45 AM - Noon

Women's Retreat, 9 AM - 4:30 PM, Social Hall

Landscaping Work Party at church, 9 AM

Sunday, February 10: 2nd Annual Soup Cook-off, after services

Clergy Renewal Forum, 10:15 AM, 1st-floor Community Room

Monday, February 18: Presidents Day, church offices closed

Tuesday, February 19: Trans* Spiritual Connection, 7 PM, 1st-floor Community Room

Wednesday, March 6: Ash Wednesday Service with University Christian Church,

7 PM, in The Met® Sanctuary

Sunday, March 10: Annual Rainbow Sunday School Bake Sale, after services

FOLLOW US

