

THE METLINK for May 9, 2019

The weekly digital newsletter of The Met[®]

Vol 10 Issue 19



This Sunday at The Met[®]

This Sunday, our month-long sermon series utilizing the Don Miguel Ruiz best-seller, "The Four Agreements," continues as Pastor Caedmon reminds us: "Don't Take Anything Personally." The scripture is Romans 12:9-18. For Mother's Day we will recognize, pray over and present a gift to our mothers and mother figures. We will also present the annual Lovedy Gilbert Award. Who will be this year's recipients? (Did they say 'recipients'?) Read about **Lovedy Gilbert** for whom our award is named.



When They Go Low, We Go High in Training

by Pastor Caedmon

In response to the growing epidemic of violence in the world particularly targeting sacred spaces populated by minorities, the church has partnered together to harden the building's exterior and security practices, as well as train ourselves to provide effective emergency first aid until professional help arrives in the event of a mass tragedy. We hired Chris "Doc"

Stoehner of XSA LLC to train 16 church leaders in a Red Cross Certified CPR, AED and First Aid Responders class. This is one way we bring people closer to God and one another. Day One was in a class room learning about body systems and the five major leading causes of death in the USA: 1) Massive Bleeding, 2) Airway obstruction, 3) Respiratory failure, 4) Circulatory failure or 5) Head trauma and Hypothermia. Day Two we ran scenarios with prosthetics and special effects make-up to simulate the use of tourniquets, chest seals, and wound packing. Please direct any questions to the staff and your gratitude to the Board for taking the initiative to get funding through our FEMA grant to make our readiness possible. To be part of our ongoing safety and security efforts, contact **Pastor Caedmon Grace**.

For Security and Safety

With safety a priority at The Met[®], and as part of the overall upgrade to the security of our facility, only the main door on Denver Street is available for entrance into our building. Along with this practical step, all other perimeter doors are locked and available for exit only. It's all about doing all we can to promote a safe and secure environment for all who visit The Met[®]. Your support and cooperation are valued in making that happen.



"Every time I'm here I feel unconditionally loved and supported by each and every one of you." - Alyssa Sibley

Feature Story: Celebrating Graduating Alyssa Sibley

One of our church members, Alyssa Sibley, graduates from USC with honors this Saturday. Her brother, Jay, also an active member, graduates next month from Mt. Carmel High School. Since the youth are our future, we want to highlight them, their accomplishments, and how The Met® has touched their lives. So, we've enlisted the talent of contributing writer Mo McElroy. Don't miss scrolling below to the start of Mo's great two-part article, this part on Alyssa, who we congratulate on her graduation.



San Diego River Project

Today is the deadline to

RSVP to be a part of our River of Life Ministry's participation in an Invasive Species Removal Work Party at the San Diego River this Saturday, May 11, 8:30 AM - Noon. Contact **Steve Fitzgerald**.



QPR: Suicide Prevention & Intervention Training

Today is also the deadline to RSVP for this Saturday's "Gatekeepers: Training for Suicide Prevention & Intervention," with an LGBTQ+ perspective led by our own Rev. Kat Katsanis-Semel. This free workshop is 10:30 AM to Noon in our Sanctuary. Please RSVP to **Pastor Caedmon**.



Final Moderator Candidate Viewing Party

One final webinar remains for viewing the 3 candidates for next Moderator of Metropolitan Community Churches to be elected at General Conference in July. Join Pastor Caedmon and your Lay Delegates in our Social Hall on Wednesday, June 5 at Noon PDT.

Join Our Admin Team!

With one of our key Admin Ministry Team members moving away, there is a ministry opportunity in the church office. We are seeking at least one person with basic office / computer and organizational skill to assist for about 3 hours per week, preferably Monday or Tuesday. Please contact **Lee Bowman**.

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49th Anniversary Celebration

Mark your calendars for The Met's 49th anniversary on Sunday, June 2. The day starts with our Anniversary services and a special message from Pastor Dan. The celebration continues that evening as we welcome back the Martin Luther King Jr. Community Choir in Concert at 6 PM, once again filling our Sanctuary with powerful, inspiring song. A Love Offering will be received to benefit the Choir's efforts in providing grants to high school seniors pursuing a college degree in the visual or performing arts. But that's not all. The day wraps up with a delicious (no doubt) Dessert Potluck in the Social Hall immediately following the concert. Sign-up at the Social Hall Information Table to share your favorite dessert.



Saturday, May 18, 8 AM - 1 PM

Thank you to those of you already going through your closets, attics and garages and already bringing items for our big annual Parking Lot Sale. Your no-longer-needed treasures can help benefit our many ministries! Bring them to church on Sunday or Monday - Thursday 9 AM - 5 PM or at a special, convenient drop-off time Friday, May 17, 5 - 8 PM. For more information, please contact Fundraising Chair [Linda Leftwich](#).

[Click to view the Sunday 11 AM worship via Facebook!](#)

Feature Article: Celebrating Graduating Alyssa Sibley

by Mo McElroy

For the Sibley family, high achievement and accolades are par for the course. Parents Ray and Valena could not be prouder of their two children, Jay and Alyssa, both of whom will begin a new chapter in their lives in the coming months. In part one of this two-part article, we spotlight Alyssa who will graduate **with honors** from USC after completing her bachelor's degree in economics in just three years. In high demand by perspective companies (she had three job offers!), she'll begin her career with a media entertainment consulting firm in Los Angeles as an analyst. That's **after** she devotes her summer to working as a camp counselor for Girls Rock, an all-girls fine arts camp in Santa Barbara.

Asked how she would describe her college experience, she shared, "My college experience was quick, but meaningful. In high school I found myself making less meaningful relationships with a large amount of people, and in college, I essentially did the opposite. Most of the people I met in my three years, I love dearly, and I'll be keeping up with for the rest of my life." She went on to share how she managed to balance work with play. "Every summer I was taking classes and working, and I was doing at least 18 credits each semester, but I found time to relax and enjoy life and take care of myself. It wasn't nearly as depressing or terrifying as pop culture makes it seem, but I do think that a lot of it had to do with the fact that I went to school in a city where there's always something to do."

Alyssa's parents and brother, Jay have been a constant source of love and support. Reflecting on how that has shaped her over the years, she highlighted the confidence that was instilled in her. "I essentially went through college (and every other aspect of my life) with the mindset that as long as my family can say they're proud of me, it doesn't matter what others have to say. I don't feel the need to be stressed out or intimidated by what my peers are doing, because the support system I have at home has taught me to compete against myself instead of others." Her family has always been there through the more challenging times. "I can't even say how many times I've called my mother crying on the phone, or driven home for the weekend because I needed a hug from my father, and because my family is who they are, they've always been there for me when I needed it. All of this has shaped me into someone who (at least in my opinion) is confident, secure, and independent."

I asked Alyssa what advice she has for her brother as he prepares to go off to college. I was moved by her wise and insightful response. Her words should be printed and posted in every freshman dorm:

- 1) College is largely what you choose to make of it. You're in a completely new environment where if you don't enjoy spending time with someone, or doing something, you don't have to keep being around it. Use this knowledge and surround yourself with people who love and celebrate every single part of you, and spend your time being a part of things that make you more happy than unhappy.
- 2) Get off campus. Make a list of things you'd like to see or do, and commit yourself to doing them before you graduate
- 3) Call your parents. Call your grandparents. Call your sister!!!!

4) You are not competing with anyone but yourself. Trust me, this alone will bring so much peace in your life. You do your absolute best, and what's meant for you will come to you.

In closing, Alyssa wanted to share the following with the MCC congregation: "Thank you guys for being as great as you are. Being in LA, I clearly don't come around as often as my family does, but every time I'm here I feel unconditionally loved and supported by each and every one of you. My family went to a LOT of churches trying to find one that offered what we needed, and I'm so glad we walked through the doors of The Met® a couple years ago. I'm sure you've heard it a million times before, but you are doing a good thing, especially for those who may feel ostracized by the Christian church because of who they are. I am genuinely proud to say that I am a part of The Met®."

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Happening with The Met®:

Saturday, May 11: QPR Suicide Prevention & Intervention Training, 10:30 AM, Sanctuary

Sunday, May 12: Mother's Day & the annual Lovedy Gilbert Award

Saturday, May 18: Annual Parking Lot Sale, 8 AM - 1 PM

Friday, May 24: Met Community Game Night, 7 PM, Social Hall

Monday, May 27: Memorial Day, church offices closed

Sunday, June 2: 49th Anniversary Services, 9 & 11 AM

Martin Luther King Jr. Community Choir in Concert, 6 PM

followed by a Dessert Potluck in the Social Hall

Wednesday, June 5: Final MCC Moderator Candidate Webinar, Noon, Social Hall

Monday, July 1 - Friday, July 6: MCC General Conference, Orlando

Saturday & Sunday, July 13-14: San Diego Pride Weekend

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