View Sunday’s Service via YouTube or Facebook (click on a link)
9 AM (Live starting at 8:55) and available anytime thereafter

This Sunday, September 6, at The Met®
- Pastor Dan reflects on ”The Power of Community” in this week’s sermon message. The scripture reading is Matthew 18:15-20.
- Here is your printable Sunday bulletin, including congregational music lyrics.
- Get your favorite bread and juice ready for communion.
- Please share your prayer requests and praises by email. We want to hear from you! What may we lift up in prayer for you? What are your care needs or concerns?
- Stay around for some warm Met fellowship at our Sunday Social Hour at 10:15 AM; Zoom Meeting: https://zoom.us/j/191859310 Meeting ID: 191859310.
- View last Sunday’s service via YouTube or Facebook.

Announcing Pet Day at The Met October 4
Yes, on Sunday, October 4, our worship service will be going to to the dogs ... and cats, birds, gerbils, snakes, potbelly pigs and all other animal members of our families. It will be Pet Day at The Met! We will remember our pets who have passed on across the Rainbow Bridge. Especially if your pet has passed on in the last year, please send the church office a JPEG or similar image of your pet, along with their name and year of birth and passing, and they will be included in a special PowerPoint remembrance presentation.

Also that morning, we will offer, virtually, our annual Blessing of the Animals that we have traditionally held in Balboa Park. Just have your pet ready (if they aren't already tuned in to worship), Pastor Dan will do a special prayer for them. We will even provide a downloadable Certificate of Blessing for you to print and have as a memento.
Jesus and the Disinherited

Reading & Learning in Community

We welcome back to The Met Dr. Donovan Ackley III, a regular guest lecturer, preacher and spiritual guide on our shared faith journey for a 4-week series, "Jesus and the Disinherited." Utilizing the book of the same name by the noted Quaker pastor and civil rights leader Howard Thurman, it starts Wednesday, September 16, at 7 PM via Zoom. It is based on a prayer class Donovan taught in Religion and Philosophy while at Azusa Pacific University. We will gather for an immersive experience. We will read the book aloud together, an ancient tradition of shared reading before the mass production of books. As we read along, we will take moments to pause and ponder, ask questions aloud and discuss the ideas present in the book, such as anti-colonialism and anti-racism, as they relate to the Gospel of Jesus.

Dr. Ackley states, "Our goal in learning together from Thurman is -- like King -- to share with each other what helps us as we squarely face the systemic corruption and discrimination (including anti-Black racism) of our times from both unflinching honesty and unconditional love." For more information or to register, please contact Pastor Caedmon. Copies of the text will be provided to those who register in advance.

AIDS Walk Is Coming!

Our Met Team total for AIDS Walk San Diego has crept up to $925. That's 37% of the way to our goal of $2500! Our top team fundraiser so far? No surprise ... it's Dolly Bendixen! Come join our Met Team to walk either the original AIDS Walk route or create your own between Monday, September 21 and Sunday, September 27. Or support one of our great walkers. The virtual Opening Ceremony will be Saturday, September 26 at 10 AM.

Ralphs & More

Earn money for the church as you just do your usual shopping. 4% of your purchases at Ralphs and Food-for-Less can come to the church as part of their Community Partners Program. Ralphs requires you to re-register every year after September 1. Just download and follow these directions. Click on the link and start benefiting The Met.

Friends Don't Let Friends Get Out of Voting

Now that you are hopefully registered to vote and your address verified, it's time to start reminding (OK, bugging) your family and friends on social media to do the same! There's no excuse; no good reason. Voter info sites:
San Diego County: sdvote.com
All of California: CA Sec of State
Reflection on MCC's Call to Activism
We are pleased to share this week's Reflection from our MCC Moderator Rev. Elder Cecilia Eggleston. She focuses on our denomination's call to social action and justice, how it is part of our tradition, and how our faith is expressed as activism. And today that is manifested in our response to COVID-19 and our responsibility to vote. It's an interesting read.

Organ Available
A good friend of the church has this beautiful organ available to a church (we already have two) or individual. It's a Thomas OH3 with a band box and orchestra bell added. And best of all, it's available for free to a good home. Please contact the church office.

Labor Day
The church staff has been working both from home and (safely) in the church office. Like many of you, we will pause this Monday, September 7, as the office will be closed to observe Labor Day. We wish you a safe and pleasant holiday weekend break from your labors!

Ongoing Ministry by Zoom
- **Praying the Rosary**, Sundays, 8 – 8:30 AM, Zoom
  Meeting: [https://zoom.us/j/174434185](https://zoom.us/j/174434185), Meeting ID: 174 434 185
- **Social Hour**, Sunday, 10:15-11:00 AM; Zoom Meeting at: [https://zoom.us/j/191859310](https://zoom.us/j/191859310); Meeting ID: 191 859 310
- **Centering Prayer**, Mondays, 1-2:00 PM, Zoom
  Meeting: [https://zoom.us/j/251632413](https://zoom.us/j/251632413); Meeting ID: 251 632 413
- **Virtual Dinner at 6:30**, first Tuesdays of the month; Zoom Meeting: [Zoom Link Dinner @ 6.30](https://zoom.us/j/8813313106); Meeting ID: 881 3313 106
- **Wednesday Bible Study** of "Jesus as Liberator," 7 PM; Zoom
  Meeting: [https://zoom.us/j/611869117](https://zoom.us/j/611869117); Meeting ID: 611 869 117
If you do not have a computer with a video camera or audio capability, and you do not have a smart phone, call in on a landline at 1-301-715-8592 to participate via audio. Enter the appropriate Meeting ID for the gathering you want to attend when prompted.

It's Just This Easy to Support the Ministries of The Met:
- Send checks by mail to MCC San Diego, PO Box 33291, San Diego CA 92163.
- Set up Bill Pay for your gifts via your bank or credit union account. It's smooth, quick and user-friendly. We receive a check with your name on it for easy crediting. (With these first two, 100% of your gift goes toward our ministry.)
- Call the church office at 619-521-2222 with credit card info to make gifts.
- Donate via PayPal.
- Use Text-to-Give right from your smartphone by calling 619-383-0380.
- Get Scrip Gift Cards for all your favorite retailers; benefit The Met. Contact Fred Ihler by email or at 619-889-3791. Read the details. Purchase Scrip from your phone via [benefit-mobile.com](http://benefit-mobile.com). Contribute as you shop at [Ralphs & Food-for-Less](http://www.ralphs.com)
- Benefit the church by using [smile.Amazon.com](https://smile.amazon.com) when ordering from Amazon.
Happening with The Met:
Monday, September 7: Labor Day, church offices closed
Wednesday, September 16: "Jesus and the Disinherited" study begins, 7 PM, online
Monday, September 21 - Sunday, September 27: AIDS Walk & Run San Diego
Saturday, September 26: AIDS Walk Opening Ceremony, 10 AM, online
Sunday, October 4: Pet Blessing & Memorial Video during service
Sunday, November 8: Congregational Budget & Candidate Forum, online
Sunday, November 15: Annual Congregational Meeting, online