



THE METROPOLITAN COMMUNITY CHURCH

Bringing People Closer to God, and One Another



Sunday, July 18, 2021 - 9 AM & 11 AM Happy Pride Sunday! Celebrating 51 Years of Ministry in 2021!

- Today** You're in the right place! The 9 AM service is live broadcast on our Facebook & YouTube Channel with American Sign Language (ASL) Interpretation. The 9 AM & 11 AM services are available in person. Rainbow Sunday School during 11 AM on 1st/3rd Sundays
- 8 AM **Praying the Rosary**, available online, <https://zoom.us/j/174434185>
- 9 AM **Worship Service**, live online & in person, open seating, masks required
- 11 AM **Worship Service**, in person, open seating, masks required
Rainbow Sunday School, on 1st/3rd Sundays

Monday, July 19

Senior Pastor's Renewal begins, July 19 - November 1, 2021

Pathways to Healing and Reconciliation, The Commission on Pathways of Healing and Reconciliation was established by the Governing Board to help MCC address racism and other issues that were highlighted during and after General Conference 2016. Learn more and participate here, <https://www.mccchurch.org/available-now-three-pathways-of-healing-and-reconciliation/>

- 1 PM **Centering Prayer**, available online, <https://zoom.us/j/251632413>

Tuesday, July 20

Choir Rehearsal, temporarily suspended

Wednesday, July 21

- 7 PM **Soul Friends, Pilgrims & Thin Places**, mid-week study during Clergy Renewal

Thursday, July 22

- 7 PM **Thursday Night Spiritual Enrichment**, with face masks,
email: ronniesperry@yahoo.com

COMING EVENTS

- August 1 **Preaching Pastor Rev. Major Dusty Pruitt arrives**, 9 AM & 11 AM,
refreshments on the patio
- August 21 **CPR Certification Class**, 9 AM - 4 PM, \$50, RSVP: Caedmon@themetchurch.org

FLOWER DEDICATION ↓

The beautiful floral arrangements on the platform this morning are dedicated from:
...Armond Washington in celebration of **LGBT Pride Weekend** and from ...
...our tiny but powerful Choir and Celebration Band wishing their
fearless leader **Armond** a very happy birthday!"

*To dedicate Sunday flowers for the platform, please sign up on the schedule
by contacting Lee Bowman at 619-521-2222 x11.*

*The Met Church is an inclusive, caring, progressive Christian community that welcomes
and includes all people of every ethnicity, age, sex, gender expression, sexual orientation,
ability, economic status, education level, immigrant status or religious background.*

WELCOME - Pastor Dan Koeshall (he/him)

ANNOUNCEMENTS - Pastor Caedmon Grace (he/they)

PRAISE & WORSHIP - Armond Washington (he/him),
Denni Coslett (she/her), T.C Krentz (she/her), Nancy Neel (she/her)

“Every Praise”

Every Praise is to Our God,
Every word of worship with one accord
Every Praise every praise is to Our God,
Sing Hallelujah to Our God
Glory Hallelujah is due Our God,
Every Praise every praise is to Our God

God my Savior, God my Healer,
God my Deliverer
Yes You are, Yes You are
God my Savior, God my Healer,
God my Deliverer
Yes You are, Yes You are

Every Praise is to Our God,
Every word of worship with one accord
Every Praise, every praise,
every praise, every praise, Is to Our God

“You Are Good”

God, You are good
and Your mercy endureth forever (2x)

People from every nation and tongue,
from generation to generation;

We worship You, hallelujah, hallelujah!
We worship You for who You are. (2x)

You are good, all the time,
all the time, You are good.

* **RESPONSIVE WORSHIP** - Pastor Caedmon Grace (he/they)

One: Look around at this wondrous world!

Many: God’s mighty acts in creation are magnificent!

One: Look around at the diversity of God’s people!

**Many: Diversity is to be celebrated for we
have much to learn from each other.**

One: Come, let us offer praise and prayer to God.

**Many: Let us celebrate all God’s goodness, for no matter what,
we know that God is with us. AMEN.**

* Please rise as you are able, in body or spirit.

*** HYMN - "Joyful People Come and Worship" - Words by Rev. June Norris © 1987**

Joyful people, come and worship! Lift your happy hearts in song
Giving praise for our church family in God's house, where all belong
Celebrating our uniqueness filled with love and pride today,
Forth we travel on faith's journey, we, who once had turned away.

And today we lift our voices; of amazing love we sing,
Giving thanks and praise to Yahweh for the joy that love can bring!
Praising Jesus and the Spirit, singing of amazing grace,
Here we see that same sweet Spirit, on each sister's, brother's face.

God, whose mercies know no bound'ries heard our cries for liberty;
Broke the chains of fear that bound us, lifted, loved, and set us free!
Learning how to love each other, how to live and how to grow,
Children of God's new creation, onward, upward now we go!

COMMUNITY PRAYER with the Savior's Prayer - Rev. Michelle Kirby (she/her)

Our Creator, Who art in heaven, hallowed by Thy name. Thy kingdom come, Thy will be done; on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For Thine is the kingdom and the power and the glory forever. Amen.

**SPECIAL MUSIC - "God's Been Faithful" - Armond Washington (he/him),
Denni Coslett (she/her), T.C. Krentz (she/her), Nancy Neel (she/her)**

In my moments of fear,
through every pain every tear
there's a God who's been faithful to me
When my strength was all gone,
when my heart had no song
still in love God's proved faithful to me
Every word God's promised is true,
and what I thought was impossible
I've seen my God do

*Chorus: God's been faithful, faithful to me,
looking back God's love and mercy I see
for in my heart I have questioned and failed to believe,
yet God's been faithful, faithful to me*

When my heart looked away,
the many times I could not pray
still my God was faithful to me
The days I spent so selfishly,
reaching out for what pleased me,
even then God was faithful to me,
every time I come back to You
God is waiting with open arms,
and I see once again

Chorus

* **SCRIPTURE – Philippians 4:4-8** - ^{9 AM} Yoko Tanaka (she/her) ^{11 AM} Rhonda Gibson (she/her)

⁴ Rejoice in the Lord always; again I will say, Rejoice! ⁵ Let your gentleness be known to everyone. God is near. ⁶ Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

One: This is the message of Hope!

All: Praise to you, Creator, Christ, and Holy Spirit

*** GLORIA**

Glory to God in the highest and to all creation peace.
O God Almighty we thank You and give praise to You for Your glory.
Jesus Christ, One with God, Giver of life and hope.
For You, O God, are the Holy One; You, O God, are most high.
To Jesus Christ with God on high and Holy Spirit ever more
be blessing and honor and glory ... be all blessing and honor and glory!
Amen! Amen! A---men!

SERMON: “Strength for the Journey” - Rev. Dan Koeshall (he/him)
- with special music “Be Thou My Vision” - Cyndi Montez (she/her)

Be thou my vision, O Lord of my heart, Naught be all else to me, save that thou art
Thou my best thought, by day or by night, Waking or sleeping, Thy presence my light
Be Thou my Wisdom, and Thou my true Word, I ever with Thee and Thou with me, Lord
Thou my great Parent, and I Thy true child, Thou in me dwelling and I with Thee one
Riches I heed not, nor one's empty praise, Thou mine inheritance, now and always
Thou and Thou only first in my heart, Ruler of heaven, my treasure Thou art
Ruler of heaven, my victory won, May I reach heaven's joys, bright heaven's Sun
Heart of my own heart, whatever befall, Still be my Vision, O Ruler of all

TITHES & OFFERINGS - Gregory Ragsdale (he/him)

OFFERTORY MUSIC - “Love's in Need of Love Today” - Armond Washington (he/him),
Denni Coslett (she/her), T.C. Krentz (she/her), Nancy Neel (she/her)

Good morn or evening friends, Here's your friendly announcer
I have serious news to pass on, To everybody

What I'm about to say, Could mean the world's disaster
Could change your joy and laughter, To tears and pain

*Chorus: It's that love's in need of love today, Don't delay, send yours in right away
Hate's goin' 'round, breakin' many hearts, Stop it please, before it's gone too far*

The force of evil plans, To make you its possession
And it will if we let it, Destroy everybody, We all must take precautionary measures
If love and peace you treasure, Then you'll hear me when I say

Chorus

PRAYER OF THANKSGIVING - Gregory Ragsdale (he/him)

CELEBRATION OF HOLY COMMUNION - Rev. Dan Koeshall (he/him)

(Gluten free wafers are available at the welcome table in the entry)

One: God be with you.

One: Let us give thanks to God!

All: And also with you.

All: It is right to give God thanks and praise.

One: Lift up your hearts!

One: It is right, and a good and joyful thing, always and everywhere, to give thanks to you, Almighty God, Creator of heaven and earth.

All: We lift them up to God.

**All: Santo, santo, santo, mi corazon te adora!
Mi Corazon te sabe decir: Santo eres Dios!
Holy, holy, holy, my heart, my heart adores you!
My heart knows how to say to you: Holy are you, God!**

**All: Life everlasting and strength for today;
taste the Living Water and never thirst again!
Come just as you are, hear the Spirit call; come just as you are:
come and see, come receive, come and live forevermore!**

LITANY FOR THE JOURNEY AHEAD

- with Al Smithson (he/him), Vice-Moderator, Board of Directors

Vice Moderator: We wish God's blessings on Pastor Dan
as he begins his sabbatical/Renewal.

**Congregation: As you journey, Pastor Dan,
we ask God to guard you from harm.**

Dan: God's peace be with you as I leave to walk in new places.

Congregation: God dwell with you while we are away from one another.

Dan: God's blessing on you while I am gone from you.

**Congregation: May God fill you with a light spirit as you spend time
with family, old friends and make new ones; as you study,
visit new surroundings and travel to familiar ones.**

Dan: I thank God for my ministry with you and
the gift of this Renewal time you've given me.

Congregation: May you experience the gift of spiritual growth in your journey.

Dan: I pray God gifts you, also, with the taste of transformation.

**Congregation: God grant you a trusting heart as you plant
your feet and heart in new places. We send you with our blessing.**

Dan: I'm so grateful for our beloved incoming preaching pastor, Rev. Dusty.
I entrust you to her wisdom and care, along with our beloved staff.

Congregation: We embrace Rev. Dusty and the Holy Spirit working through her.

Dan: I leave you this candle. Light it when you gather for worship
each Sunday. Pray for me while I am gone.

Congregation: We will pray that you return renewed and energized for ministry.

Dan: I go seeking those gifts. And I will carry you with me. I will pray for you while we are separated. I will pray that you are keeping the Sabbath so that you, too, might be renewed to serve in God's name.

Vice-Moderator: Let us pray: Spirit of God, let the dancing that's meant to be in Pastor Dan's heart start its movement anew. Renew him for ministry through this time set aside for reflection and pondering, the refreshment of a break from daily tasks and routine, and the excitement of new learning and direction. Grace him with your presence and keep him steadfast in the faith while we are gone one from another. And all the people said...

All: Amen!

*** CLOSING SONG - "Sweet, Sweet Spirit"**

There's a sweet, sweet Spirit in this place,
and I know that it's the Spirit of our God;
There are sweet expressions on each face,
and I know they feel the presence of our God.

Sweet, Holy Spirit,
sweet heavenly Dove,
stay right here with us,
filling us with your love,
and for these blessings
we lift our hearts in praise;
without a doubt we'll know
that we have been revived
when we shall leave this place.

*** BENEDICTION**

*******PLEASE JOIN US ON THE PATIO FOR REFRESHMENTS *******

Multimedia Technician: Lee Bowman (he/him)

Audio Technician: Ri Parrish (she/her)

LiveStream Technician: Shawn Burgh (he/him)

Since 1981 Metropolitan Community Churches have had a policy of using Inclusive language; that is, MCC's avoid language that is sexist, racist, or classist. Inclusive language also recognizes that men and women are all made in the divine image and therefore refrains from using exclusively masculine names and pronouns for God. At The Met®, we are very intentional about modeling inclusive language at the leadership level and in our liturgy.

As a church that values diversity and inclusivity, we live out our core values with a spirit of hospitality. There are two restrooms on the main floor: one labeled "Women" for females and transgender sisters; the other labeled "Men" for men and our transgender brothers. There is also a private restroom on the first floor available when Rainbow Sunday School is not in session. Thank you for sharing God's inclusive love to all.



Mail: PO Box 33291, San Diego CA 92163

2633 Denver St, San Diego CA 92110
Office Hours: Mon-Thurs, 9 AM - 5 PM
Office Phone: 619.521.2222
Pastoral Care Line: 818.925.6236
www.themetchurch.org

Prayer Requests

Thank you for praying for the following:

Our beloved Pastor's time of renewal with you; relief from pain; a happy and safe Pride; our family of choice in the hospital; mother-in-law's health in the Philippines; healing for all in need; a broken heart, major life and work transitions; for Pastor Dan to have a strong and successful retreat; financial guidance; new roommate

Join in rejoicing with praises for:

People are still finding this beautiful MCC community of faith in Jesus; Thin places; connection with family; healthy relationships and lifelong friendships; safe return from Mississippi; new home; MCC caring for our safety enough to offer CPR classes

VOICES OF GENEROSITY

Thanks for being back in person!

- From a Keeping in Touch Card

Total Income for July	\$ 10,256.36
<i>(from online auto bill-pay:</i>	<i>3,436.00)</i>
<i>(from offering and other mail:</i>	<i>6,820.36)</i>
Expenses for July	\$ 17,598.05
Income for 2021 thru June	\$137,140.99 *
Expenses for 2021 thru June	\$162,017.60
Scrip Income for June	\$ 264.52
Scrip Income thru June	\$ 1,462.24
Building Fund as of 6/30/21	\$ 11,335.52

* We were also blessed with \$30,262.39 in trust bequests from Richard Chavez & Rupert Keesler and a bequest from Chuck Goosman for \$25,785.01

Attendance	Last Sunday	84
	Livestream	63
	Total	147
	Week Before	147

At Smile.Amazon.com .5% of most Amazon purchases come to the church when you designate Metropolitan Community Church San Diego as your charity.

*Text-to-Give with easyTithe:
simply text to 619-383-0380*

Have you included the church in your will, trust or estate planning?

The church is able to accept vehicles and stock as gifts. Contact the church office.

Church Staff

Lee Bowman (he/him), Minister of Administration & Communications, x11 lee@themetchurch.org

Rev. Caedmon Grace (he/him), Minister of Congregational Life, x20 caedmon@themetchurch.org

Rev. Dan Koeshall (he/him), Senior Pastor, x13 pastordan@themetchurch.org

Armond Washington (he/him), Choir Director armonil32@aol.com

Rev. Alisan Rowland (she/her), Staff Clergy redbean4287@gmail.com

Ministries & Programs

(see also front page)

Admin Team Lee Bowman (he/him)

Altar Team Rev. Caedmon Grace (he/him)

Audio / Multimedia Rev. Caedmon Grace (he/him)

Care Team Rev. Caedmon Grace (he/him)

Celebration Choir & Band Armond Washington

Centering Prayer Tom Rummel (he/him)
greenthumbSD@gmail.com

Communion Servers Rev. Caedmon Grace (he/him)

Dinner at 6:30 Christopher DiPatre (he/him)
christophercdp1012@yahoo.com

Feed My Sheep Food Pantry Lee Bowman (he/him)

Fundraising Team Rev. Dan Koeshall (he/him)

Game Night Marcia Randall (she/her),
mills_2002@yahoo.com

Hospitality Rev. Caedmon Grace (he/him)

Landscaping Lee Bowman (he/him)

Membership Rev. Caedmon Grace (he/him)

Rainbow Sunday School Bob Fox (he/him) & Tim Pablo (he/him), sandiegobobfox@gmail.com;

River of Life Steve Fitzgerald (he/him)
Steve.thrives@gmail.com

Nursery Michael Prestridge (he/him)

Rosary Rev. Dan Koeshall (he/him)

Scrip Gift Cards / Bookstore Fred Ihler (he/him)
mrfred12@cox.net

Scripture Readers Rev. Caedmon Grace (he/him)

Stewardship Team Rev. Dan Koeshall (he/him)

Trans* Spiritual Connection Rev. Caedmon Grace

Uptown Community Service Center outreach
Jude Litzenberger (she/her)
judelitzenberger@mccchurch.net