

THE METLINK for September 9, 2021

The weekly digital newsletter of The Met® celebrating 51 years of ministry!

Church Contact Information

Vol 12 Issue 36

Sunday Livestream & ASL Service via YouTube or Facebook (click)
9 AM PDT (we go live at 8:55) and archived to view anytime

This Sunday, September 12, at The Met®

- Continuing this month's sermon series on prayer, Preaching Pastor Rev. Dusty Pruitt looks at "Ancient Celtic Prayers" in her sermon message. The scripture is Ephesians 6:18a.



For those worshipping via Livestream:

- Download your printable **Sunday bulletin** to follow along.
- Ready your favorite bread and juice for communion.
- Please share your prayer requests and praises by **email**.

For those worshipping in-person:

- Face masks are required indoors for the safety of everyone.
- Please pick up your communion elements at the Welcome Table.
- Rainbow Sunday School meets the 1st and 3rd Sunday at 11 AM.



Our Thermometer Erupts!

OK, it didn't really explode ... except with your generosity. Thanks to gifts received last Sunday and this week, we raised **\$7,298** in our Double-It campaign to match (and exceed!) an initial \$5,000. That makes a total of \$12,298. What a great blessing, and all to support our ministry! Thank you and bless you for making this drive both successful and fun! Thank you and bless you for making this drive both successful and fun! Yes, we gladly double our thanks.

This Sunday, September 12, is Volunteer Appreciation Sunday. From ushers to musicians to readers to Sunday School teachers to Board members and Lay Delegates to admin team to hospitality and everyone in between, we couldn't do ministry without you! VOLUNTEERS, WE LOVE, TREASURE AND APPRECIATE YOU!

Election Day Is Next Tuesday, September 14 in the special California Gubernatorial Recall Election. Make sure your ballot is in the mail and postmarked by that day. Don't forget to sign and date the envelopes. Or drop it off at any of the over 130 official Dropbox locations in San Diego County ([See map](#)) Or vote at your local polling place. If mailing, you can even **track your ballot**.



Join Us in Coastal Cleanup Day!

Feeling helpless and hopeless in the intensifying impacts of climate change all around us, our state, country and world? You're not alone! We're seeing the effects in the news constantly. One of the best antidotes to our feelings of concern is constructive action.

The Met's River of Life Ministry, led by **Steve Fitzgerald**, has taken note of the 37th annual **San Diego Coastal Cleanup Day** on Saturday, September 18. Steve tells us that here are easily accessible sites along the San Diego River estuary for which we can sign up. The site he has in mind has drive-up parking and would enable those differently-abled to park next to the river and be with us. Please contact Steve by **email** or text (323-252-1066 for more info or to let him know of your availability on September 18, 8:30 AM - Noon, or any part of that time. Friends and loved ones are encouraged and welcome to join in.

Two Weeks to AIDS Walk

Our AIDS Walk team has raised nearly \$2,000 toward our \$5K goal to support The Center's AIDS programs and services. Go to our **Team Page** to join us or to contribute to Rev. Dusty, Dolly Bendixen, Team Captain David Bendixen or any of our walkers. We are working on setting a time from Thursday, September 23 to Saturday, September 25 for us to walk as a team for those who wish. Let's once again be the top faith-based team in AIDS Walk San Diego!



smile.Amazon.com

We received notice this week of \$96.33 coming to The Met from your participation in smile.Amazon.com last quarter. That's nearly \$100 just by doing regular shopping at Amazon and designating Metropolitan Community Church San Diego as the beneficiary of .5% of most purchases. Thank you for participating. If you're not part of this income stream for the church just sign up at **smile.Amazon.com**.



Click to visit our website:
www.themetchurch.org



Walking the Labyrinth

It seems that what we've been sharing about walking the labyrinth in Descanso has sparked additional interest in our Church Retreat October 1-3 (see the article below). It is a refreshing, reflective, rejuvenating experience. Here is what another of our labyrinth walkers, Vincent Roth, had to share about his experience:

It was a lovely experience, but more of a physical/nature experience than a metaphysical experience. I did use the labyrinth as a meditative and prayer tool, but I can't say I particularly felt it a "thin place." I did, however, enjoy the fellowship with Pastor Caedmon and a few other MCC congregants. I did bask in the environment and took in the natural setting – I walked to the "lake" (which was really more of a pond), climbed a tree (which I hadn't done in ages), and had a picnic blanket out and lied down, realizing I was under a canopy of trees. It's been so long since I lied under trees that I can't even tell you how many years back it was.

I also allowed myself to be at peace with nature. At first I was shooing away flies and the occasional ant that would crawl on me while sitting on my picnic blanket, but when I realized the insects are just exploring the territory just as we were mulling about exploring the beautiful setting around the labyrinth, I stopped shooing the flies and allowed the flies and ants to explore me just as I had been walking around and climbing a tree exploring the area. I was no longer bothered by the flies and ants – we were exploring together. So, I felt a synergy and comfort with nature.



Church Retreat Only a Month Away

There's still plenty of room at our church retreat Friday, October 1 - Sunday, October 3 because we have the entire retreat center to ourselves! Congregants are stepping forward to offer a class on native plants, a session on praise and worship, and even a hike. Plus there's the lake (pond), labyrinth, meals and fellowship

together. So, plan to join us at Stallion Oaks Ranch Unity Retreat Center in Descanso for our first church retreat in many years. Spend the nights or come up for the day. Final costs are being worked out (not to exceed \$50 for 2-nights and 3-days). RSVP to **Pastor Caedmon** and claim a space for you and your family and friends. The Lilly Endowment Clergy Renewal Grant has provided for plenty of scholarships, so don't hesitate to request one.



Blessing and Remembering Our Pets

October 10: It's a day all about our beloved pets. There's the 11th annual Blessing of the Animals at 4 PM in Balboa Park. That morning we will remember the pets who have gone on before us with a special photo montage. If you've lost a pet in the past year, or we don't have him or her already included, please send a photo (preferably clear JPEG) with the pet's name and years of birth and passing to **Lee Bowman**.

[Click to Learn How Easy It Is to Give Via Zelle - with No Fees!](#)

Ongoing Ministry by Zoom

- **Praying the Rosary**, Sundays, 8 AM, temporarily suspended
- **Centering Prayer**, Mondays, 1-2:00 PM, Zoom Meeting: <https://zoom.us/j/251632413>, Meeting ID: 251 632 413
- **Wednesday Bible Study: "Soul Friends, Pilgrims & Thin Places."** Zoom link for those attending online: <https://us02web.zoom.us/j/611869117>



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** via your bank or credit union account. It's smooth, quick and easy.
- Use **Zelle**: set up the church as a payee with your bank or credit union that uses Zelle.
(With these first three, 100% of your gift goes toward our ministry with no fees.)
- Call the church office at 619-521-2222 with **credit card** info to make gifts.
- Donate via **PayPal**. (Click on link.)
- 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**. Contribute as you shop at **Ralphs & Food-for-Less**.
- Benefit the church by using **smile.Amazon.com** when ordering from Amazon.
- Remember Metropolitan Community Church of San Diego in your estate planning!

Happening with The Met:

Sunday, September 12: Volunteer Appreciation Sunday

Thursday, September 23 - Saturday, September 25: AIDS Walk & Run San Diego

Friday, October 1 - Sunday, October 3: Church Retreat, Stallion Oaks in Descanso

Sunday, October 10: Pet Memorial Remembrance Day at The Met, 9 & 11 AM

- Blessing of the Animals, Balboa Park, 4 PM

Saturday, October 16: Book Signing with Rev. Dusty Pruitt, 10 AM - Noon, Sanctuary

- Uptown Gala: An Evening Under the Harvest Moon," 4 PM, Bankers Hill Club

Sunday, October 24: Pledge Sunday

Monday, November 1: Pastor Dan returns from Clergy Renewal

Sunday, November 7: Farewell to Rev. Dusty; Dan's first Sunday back

Sunday, November 14: Candidate & Budget Forums, 12:30 PM

Sunday, November 21: Annual Congregational Meeting, 1 PM

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