



THE METROPOLITAN COMMUNITY CHURCH

Bringing People Closer to God, and One Another

THE METLINK for June 2, 2022

The weekly digital newsletter of The Met® celebrating 52 years of ministry!

Virtual Keeping in Touch Card

Share prayer requests, praises, comments

Vol 13 Issue 22

Church Contact Information

Livestream & ASL Service via YouTube or Facebook (click)

Sunday, 10 AM PDT (we go live at 9:55) this Sunday only (9 AM next week)

This Sunday, June 5, at The Met® at 10 AM PDT

- Pastor Dan leads us in "Celebrating 52 Years of Bringing People Closer to God and One Another!" The scripture reading is Acts 2:1-8. And there will be cake!
- And it's Pentecost Sunday!

For those worshipping via Livestream at 10 AM:

- Download your printable **Sunday bulletin** to follow along.
- Ready your favorite bread and juice for communion.

For those worshipping in-person at 10 AM:

- Face masks are recommended but not required.
- Receive one-on-one communion and blessing or...
- Individual communion sets continue to be available.
- **Rainbow Sunday School** meets at 10 AM.



52nd Anniversary Weekend

It's here and this is everything you need to know about our big Anniversary Homecoming Weekend. We're saving a spot for you!



This Saturday, June 4 at 5:30 PM: Potluck Dinner

Please bring a dish to share as you are able.

This Saturday, June 4 at 6:30 PM: Singspiration

It's an old-fashioned "hymn sing" in the Sanctuary.

This Sunday, June 5 at 10 AM This Week Only: Anniversary Service

In one service, the 9 AM and 11 AM congregants and all those online and more come together in celebration, praise and worship! And there will be Rainbow Sunday School!

This Sunday, June 5 at 6 PM: The MLK Jr. Community Choir

Reviving a Met tradition, the **Martin Luther King Jr. Community Choir** shares uplifting music in a free concert. A freewill love offering will be received to support educational grants that the choir provides to college-bound students pursuing studies in the performing arts.



Marathon Won't Affect Sunday Worship

Yes, once again the San Diego Rock 'n' Roll Marathon is scheduled on our Anniversary Sunday. How nice of them.

The good news is that the route, which no longer goes past the church, will generally not effect getting to church. However, streets to avoid that will be partially or totally closed in places are Hwy 163 (mostly northbound), University (Attention North Parkers and Hillcresters!), 6th Avenue and Friars Road. For your convenience, here are links to the [Marathon route](#), [street closures](#) and [freeway closures](#). Leave a bit early if you think you may be impacted. See you Sunday at ... 10 AM.



A dozen MCC'ers made up just over half of the participants in last Saturday morning's meditation and nature walk and talk at Mission Trails Park. We learned much about native plants and how the Kumeyaay people lived off the land.



David Root has the table seating set for Saturday evening's Potluck at 5:30. And some of those seats are reserved for you and your friends! Nothing like good food to get us ready to sing!



June Is Safety Awareness Month

"Take some time to learn First Aid and CPR. It saves lives, and it works." – Bobby Sherman

WEEK ONE: MEDICAL EMERGENCIES

by Jessie Black

A medical emergency can happen anywhere, anytime, without warning. A car accident, a heart attack, a fall, a stroke, and choking are just a few examples. Some of these can be fatal if not treated right away. Are you able to recognize the warning signs of a stroke or heart attack? Can you assist someone who is choking? Do you know how to use an Automated External Defibrillator (AED)? Do you know what to do to stop severe bleeding, immobilize an injured arm or leg, or simply provide comfort and reassurances to an injured person while waiting for professional aid?

A one-day class in CPR and First Aid could help you gain the confidence to come to someone's aid in the event of a medical emergency and possibly save a life. Last year, I received a call from a student in my Wilderness First Aid class. He shared that knowledge and skills he gained from the class enabled him to confidently assist a woman at a grocery store that had suffered a heart attack. Whether hiking in the mountains or shopping at the local grocery, knowing what to do can mean the difference between life and death.

Every home, car, workplace, or place of gathering should have a first aid kit. Do you have one? What's in your kit? The easy items include elastic bandages, antibiotic cream, antiseptic wipes, aspirin, etc. but a good kit will also have gloves, a CPR pocket mask, tweezers, cotton swabs, burn cream, gauze pads, roller bandages and at least one triangular bandage. The more comprehensive kits will also include scissors, thermometers, cold packs, a variety of dressings and some simple splints. For higher risk environments, kits may have tourniquets, eye washes, and items more specific to the types of hazards for that location.

Next Saturday, The Met is hosting an Adult & Pediatric CPR/AED and First Aid class. Check with **Jessie Black** to see if there's still room to reserve a seat. This Sunday, Jessie will have a display of her recommended first aid kits for backpacks, home, car, and church.

CPR/First Aid Class: Saturday, June 12, 8 AM - 5 PM

\$50 for Red Cross Certification; \$15 for everyone else.

The Computers Are Coming! The Computers Are Coming!

Not immediately but soon. We are seriously researching and getting bids on new computers and software for our office work stations. Our current units are not quite ready for the Smithsonian, but at 7-8 years old, they are aging fast and slowing down. (How many of us can relate?) They will make excellent doorstops. And new computers are approved, budgeted items for 2022. If you have a passion for technology and an appreciation for having up-to-date electronics to help us do ministry, special contributions to our computer project are greatly appreciated. Contact **Lee Bowman** in the Church Office.



Diamond Dot Painting

Our Diamond Dot Painting class now meets every 2nd Saturday of the month at 1 PM in the Social Hall. For more information contact Patti Kennedy and **Lyn Malone**

Primary Election: June 7

Make sure your ballot is signed, sealed and mailed, or deposited at any official **Ballot Drop Box** or authorized **Vote Center** by next Tuesday, June 7.

Dinner at 6:30

Our latest dining out adventure is next Tuesday, June 7. Meet at a restaurant that offers big portions of comfort food. That's the **Claim Jumper** located at 5500 Grossmont Center Drive in La Mesa. RSVP at the Social Hall Information Table or by contacting **Mark Jaynes**. Everyone pays for their own meal; the warm fellowship is free.



San Diego Pride Is Coming...

SheFest July 9. Pride Parade July 16. Pride Festival July 16-17, The Met will be there! Our Pride Team is at work making plans. Stay tuned for ways you may be part of our Pride presence or to step and volunteer to help just contact **Pastor Caedmon**. He and Susanne Esparza will be coordinating your valuable involvement!

Donate without fees by using **Zelle! Click to learn more.**

Ongoing Ministry by Zoom

- **Praying the Rosary**, Sundays, 8 AM, Zoom meeting link: <https://us02web.zoom.us/j/174434185>

- **Centering Prayer**, Mondays, 1-2:00 PM, Zoom Meeting:
<https://zoom.us/j/251632413>, Meeting ID: 251 632 413
- **Wednesday Night Study**, Wednesdays, 7 - 8:30 PM, Zoom meeting link:
<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.

Easy Ways 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** (it's worth repeating): set up the church at office@themetchurch.org 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 raiseright.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!

Click to visit our website: www.themetchurch.org.

On The Met's Calendar:

2nd Saturday of the Month: Diamond Dot Painting, 1 PM, Social Hall

Saturday, June 4: 52nd Anniversary Potluck (5:30 PM) and Singspiration (6:30 PM)

Sunday, June 5: 52nd Anniversary Service, 10 AM (one all-church service that day only)

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

Tuesday, June 7: Dinner at 6:30, Claim Jumper, 5500 Grossmont Center Drive

Saturday, June 11: American Red Cross CPR / First Aid Class, 8 AM - 5 PM

Sunday, June 19: Father's Day, Presentation of the Rev. David Farrell Comm Svc Award

July 1 - 3: MCC Global General Conference

San Diego LGBT Pride 2022

- Saturday, July 9 ... SheFest, Noon to 6 PM, Hillcrest Pride Flag
- Wednesday, July 13 ... Light Up the Cathedral, 7 PM, St. Paul's Cathedral
- Thursday, July 14 ... San Diego Women's Chorus Pride Concert, 7 PM at The Met
- Friday, July 15 ... Spirit of Stonewall Rally, 6 PM, Hillcrest Pride Flag
- Saturday & Sunday July 16-17 ... Pride Festival, 11 AM, Balboa Park
- Saturday, July 16 ... Pride Parade, 10 AM, Hillcrest Pride Flag

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