



THE METLINK for June 16, 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 23

Church Contact Information

Livestream & ASL Service via YouTube or Facebook (click)

Sunday, 9 AM PDT (we go live at 8:55) and archived to view anytime

This Sunday, June 19, at The Met®

- For Father's Day we will recognize, celebrate and pray over our fathers and father figures.
- The annual Rev. David Farrell Community Service Award will be presented.
- We will celebrate Juneteenth with a special litany.
- Pastor Dan continues our series on "The Gifts of the Spirit" with a look at "Understanding." The scripture reading is Colossians 1:9-12.



For those worshipping via Livestream at 9 AM PDT:

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

For those worshipping in-person at 9 or 11 AM PDT:

- 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 the 1st and 3rd Sunday at 11 AM.



Coming for Summer: One Worship Service at 10 AM

As Pastor Dan announced (to applause) on Sunday, by "popular demand" we will move to one Sunday Service at 10 AM for the months of July, August, and September. We saw the overwhelmingly positive response to the one service on Anniversary Sunday. People seemed to like the time and the opportunity for EVERYONE to worship together at one time. So, the Staff and Board decided to give it a try for 3 months. During August, we will evaluate to make a decision beyond September. During this time, Rainbow Sunday School will continue to meet the 1st and 3rd Sunday but at 10 AM. ASL will also be provided. We will keep you informed, but for now, set your phones and other reminders starting in July for Sunday worship at 10 AM.



Rev. David Farrell Award This Sunday

Since 2011 we have been presenting, on Father's Day, our annual Rev. David Farrell Community Service Award. Named in honor of our late Pastor Emeritus, the award goes to a man who demonstrates the same inclusive love, spirit and outreach to the community embodied by Rev. David. **Learn more** and see a **list** of past recipients. This year's award will be presented on Sunday at both services.

Diamond Dot Art Dedication

After many weeks of patient, meticulous work, on Sunday we got to view the beautiful pieces of Diamond Dot artwork created by a group of congregants. Not only that, but we got to pray over the artists and the artwork as it heads to the La Mesa Convalescent Center to cheer the residents. Kudos for the stunning work, but we're not stopping there. Our crew is continuing to make artwork for another care facility. They work on their own and meet together the 2nd Saturday of the month at 1 PM in the Social Hall. For more info contact Patti Kennedy and **Lyn Malone**.



MCC Global General Conference Comes to The Met July 2-3

That's right! Every three years the people of MCC's around the world gather to worship, learn, inspire, collaborate and do the business of the church. This time, the entire conference is being made available virtually which allows EVERYONE to attend. The Met is providing a local gathering to you for free!

Join us for a day-long (10 AM – 4 PM) shared experience engaging live worship and keynote speakers. We continue our work to dismantle systemic racism by joining the "Be Holy: Reclaiming Holy Black Identity" live panel and together we'll hear the Keynote Speaker, Rev. Dr. Claudio Carvalhaes, Professor of Worship at United Theological Seminary on "Being With" God and others in Sacred ways. Then we close the day with an international worship experience. We are putting together your Global General Conference swag bags now. You can learn more about the keynote speakers and our schedule for the day [here](#).

All this will take place in our Sanctuary and Social Hall. Please RSVP to **Pastor Caedmon**.

MCC Global General Conference 2022



Here are the exciting speakers for the upcoming conference. Click on [this link](#) for more details.



Dr. Kwok Rui Ian



Dr. Angel F. Mendez Montoya



Rev. Dr. Claudis Convalhaes



Padraig O Tuama



MCC Panel of Black Voices

Read more about main speakers & register: GeneralConference.MCCchurch.org



in Sunday's services, we will be recognizing our newest national holiday, Juneteenth. In observance, our church offices will be closed this Monday, June 20.

July Dinner at 6:30

Keep the 4th of July celebration going and come join us for our next Dinner at 6:30 Tuesday, July 5. It's at China Super Buffet, 7984 La Mesa Blvd in La Mesa 91942. They offer lots of both Chinese and American cuisine. RSVP at the Social Hall info table or by contacting [Mark Jaynes](#).



Assistance for a Congregant

Our most senior active member, Liz Linderman, is seeking a caregiver for just a few hours a week. Those hours are flexible and compensation is provided. The main responsibility would be to help with transport, errands and shopping. Liz is located in Bankers Hill. A person who had been assisting her is no longer available, so we know she would value the help. Please contact Liz at 619-208-0101 or the [church office](#) for more info.

Tankless Hot Water Heater: Another Behind-the-Scenes Improvement at The Met!

by Jessie Black

You may all recall the recent water disaster that be-"fell" us in the sanctuary. As we were working through the repairs on that project, we took the opportunity to inspect some other water features that have potential risk for costly failures. We discovered our hot water heater located on the 3rd floor was long past its posted life span. Worse than that, we also noted some corroded piping and that there was no place for water to safely drain out should a leak happen. The potential cost of those repairs could be catastrophic.



We decided to be proactive and replace the heater with a new one. During our research, we compared the installation costs and long range savings of switching to a tankless system and opted to go that route. The new system is now installed and operating. Tankless heaters only heat the water when you need it rather than keeping 40 gallons heated continuously. This saves on utility costs. What does it mean for the user? It means you may need to wait a tiny bit longer for the water to get hot at the faucet. Previously it was taking about 20-30 seconds for the water to get hot in the kitchen. With the new system, it takes about 30-40 seconds. If you need hot water, just have ten seconds more patience, please.

June Is Safety Awareness Month

Stop fires before they start; think fire safety!

by Jessie Black

WEEK THREE: FIRE SAFETY; ARE YOU PREPARED?

One of my volunteer activities is working with the Burn Institute to install smoke detectors and carbon monoxide detectors in homes for senior citizens. Part of the service is having a discussion with the homeowners about fire safety. I spend about a half-hour with each person and during that time, I can get a good feel for which ones are likely to stay safe and which ones may be at high risk. High risk homes have blocked exits and large accumulations of flammable items. One home was filled with decorations and mementos on every surface, especially on and around the fireplace mantle. The homeowner said they used the fireplace quite a bit. When I asked, they admitted they had NEVER had the fireplace and chimney inspected or serviced in over 40 years! Before I left, I made them promise me they would call an inspection service that week. I sure hope they did.



The most common causes of home fires are from cooking, heating appliances, overloaded outlets, and cigarettes and candles. Some easy prevention and safety tips include:

- Have a fire extinguisher in or near the kitchen,
- Learn about different types of cooking fires and how to stop them quickly and safely.
- Have heating appliances inspected annually.
- Do not piggyback multiple cords and plugs into the same outlet. Check the cords and plugs for exposed wires and use the right type for the job (light duty household vs outdoor construction cords).
- Never leave candles and other open flames unattended,
- Never smoke in bed.

How many smoke detectors should you have? When I was growing up, the common practice was to have one in the hallway. Today, the recommendation is to have one in each bedroom and at least one on each floor of the house even if there's no bedroom. Carbon Monoxide detectors should be placed one on each floor and near the main sleeping areas. Your local hardware stores sell combo units that do both functions and last for ten years. Check with the Burn Institute for free alarms and installation if you're a homeowner over 62.

Always have two ways out of any room. When the alarm does go off, you want to evacuate and call 911. If the door to the room you're in is closed, feel the door first. If it's warm, DO NOT OPEN IT! That means the fire is close and opening the door will add fuel (oxygen) to the fire. That's when you need to go out the window. Make sure you can get to the window in an emergency and, if necessary, have a rope ladder or step stool close by. If the house is filling with smoke, get down low and crawl. Your best oxygen and visibility will be down low. Once you're out, call 911. If your clothing catches on fire, **Stop, Drop and Roll** until the fire is out. To use a fire extinguisher, remember **PASS**. This stands for **P**ull the pin, **A**im at the base of the fire, **S**queeze the handle, and **S**weep back and forth until the fire is out. Only use a fire extinguisher if the fire is still small; otherwise call 911.

At church, do you know which exit to use and where to meet after an evacuation? We will answer that in next week's MetLink. And on Sunday, June 26, during announcements, we will remind you of the locations for all exits.

Donate without fees by using [Zelle!](#) (Click to learn more.)

Ongoing Ministry by Zoom

- **Praying the Rosary**, Sundays, 8 AM (9 AM in-person starting July 3), 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 raiserright.com. Contribute as you shop at **Ralphs & Food-for-Less**.
- Benefit the church by using [smile.Amazon.com](https://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:

Sunday, June 19: Father's Day, Juneteenth, Rev. David Farrell Community Service Award

Monday, June 20: Church offices closed in observance of Juneteenth

Friday, June 24: Game Night at The Met, 7 PM, Social Hall

July 1 - 3: MCC Global General Conference

- Saturday, July 2, General Conference streaming at The Met, 10 AM - 4 PM

Sunday, July 3: Sunday worship for summer moves to one service at 10 AM

Tuesday, July 5: Dinner at 6:30, China Super Buffet, 7984 La Mesa Blvd

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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