



THE METLINK for July 7, 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 27

Church Contact Information

Sunday Worship Livestream & ASL via YouTube or Facebook 10 AM PDT (we go live at 9:55 and archive to view anytime)

This Sunday, July 10, at The Met®

- It's PFLAG Sunday, kicking off Pride Week!
- Our sermon series on "The 7 Gifts of the Holy Spirit" resumes as Pastor Dan explores "Fortitude." The scripture reading is Joshua 1:6-9.
- Pride Parade & Festival orientation, 11:15 AM

For those worshipping via Livestream at 10 AM:

- Download your printable **Sunday bulletin**.
- 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 the 1st and 3rd Sunday.



Getting Ready for San Diego Pride (Part 1)

It's our biggest outreach of the year. Thank you to all of you who have signed up to be a part of our presence at San Diego Pride next weekend. Your help and enthusiasm are still needed to be the face, the wave, the smile, the joy, and the spirit of The Met for Pride! It's our chance to reflect God's unconditional love. Here's how you can be involved:

- Be a jubilant part of our contingent in the Pride Parade Saturday, July 16, kicking off at 10 AM. We are contingent #143. Our staging spot will be on the East side of Centre Street between The Center and Lincoln Ave. (**See map**). In 2019 we were #161.
- Volunteer just two hours to staff our fun festival booth Saturday and Sunday, July 16 & 17. Our now "famous" gumball machine will be there along with swag and information to share. We interact with literally hundreds of people!
- Sign up for the parade or booth in the Main Foyer or by contacting **Pastor Caedmon**.



Get tickets for the Pride Festival today. Prices increase Friday.



Getting Ready for San Diego Pride (Part 2)

(Yes, it's too big of a deal for just one part.)

It's time to show our community that God Makes No Mistakes!

Join us this Sunday at 11:15 AM (after the 10 AM service) in the Sanctuary to meet all the folks marching in the parade with MCC San Diego and volunteering at the Festival Booth! We have 1500 gumballs! We have stickers! T-Shirts! Banners and more! Help us get ready! Do you have a truck or trailer to take our gumball machine to the festival on Friday 7/15? Are you a DJ (ours is having unexpected back surgery)?

Join us for this festive session and find out all the ins and outs of Pride 2022. Where to meet us to march and when! How to get around Pride events! And participate in the festivities and outreach of this special season. **Pastor Caedmon** is the contact



PFLAG Sunday

Another Met tradition continues: That's kicking off Pride Week by recognizing and hearing from one our favorite and most beloved community organizations, PFLAG. Founded in 1973, PFLAG is the first and largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and their families. It had its very beginning in 1972 when Jeaane Manford marched in New York's Gay Pride with her son and a hand-written sign saying "Parents of Gays Unite in Support for Our Children." The first organizational meeting was held on March 11, 1973. Then it was just known as Parents of Gays (PFG). Its name evolved and in 2014, the organization officially changed its name from "Parents, Families, and Friends of Lesbians and Gays" to simply PFLAG. This Sunday we will hear a short testimony from a member of PFLAG!



\$\$ to Smile About

We are happy to report that we've received another one of those quarterly checks from **smile.Amazon.com**, this one for \$98.82! This comes from all of you who have signed up at that mirror site to Amazon with .5% of most purchases coming back to the church. It really is easy. Just go to **smile.Amazon.com**, designate Metropolitan Community Church San Diego as your charity beneficiary and then shop as usual. We consider it a win-win-win.



San Diego Women's Chorus Pride Concert
Thursday,
July 14, 7 PM
Here at The Met
Tickets:
www.sdw.org

Reserved Parking

Thank you for your help in leaving the Dentist Office lot reserved on Sundays and special events for those who are disabled or temporarily disabled. It's warm and welcoming to them, and appreciated.

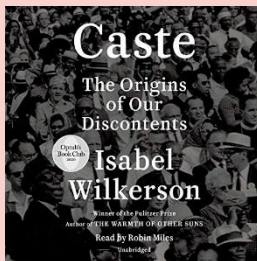


Congratulations and thank you to Fred Ihler for an amazing 33 years managing our Bookstore! Pastor Dan honored Fred on Sunday and prayed over his ministry.



Photo by Ken West-Gale

Bringing back memories: Our last Pride Parade in 2019



Caste: A New Anti-Racism Study Starting

by Rev. Alisan Rowland

If you've ever had a difficult time understanding what people are talking about when they use the term "systemic racism" or if you've wondered how you as an individual can take action to make a difference, then a **new virtual study starting July 21** is for you. It will provide an opportunity for you to explore more deeply what systemic racism is, and what the impact of it is in your own life. It's also an opportunity for you to decide what actions you can take to

help to dismantle the racist cultural structures that are harmful for all of us.

After the shooting in Buffalo, NY, one of my co-worker's didn't come to work the next day. She didn't feel safe. I understood why she felt that fear, and it reminded me of something that she, as a black woman, doesn't have the luxury to forget; that the work of anti-racism is a continuous commitment. As it happened, prior to that event, I heard an interview with the author Isabel Wilkerson discussing her latest book "Caste: The Origins of Our Discontents." I noticed that Wilkerson described systemic racism in a way that was powerful and clear, comparing it to an old house that we have inherited with problems that need to be repaired. We didn't build the house or create the problems, yet as the tenants living there, we do have the responsibility to repair the damages or live with the consequences of our negligence. As I prayed and reflected, I realized that God was nudging me to take the next step in my own commitment to anti-racism work, and I began looking for Wilkerson's book.

Wilkerson's book is an exciting and engaging entry into issues of systemic racism. Wilkerson is a Pulitzer prize winning author, whose book "Caste" has become a #1 New York Times Bestseller and was selected in 2020 for Oprah's Book Club. Imagine my delight when I learned that our own Igenea Williams had already read "Caste" and was just as excited about it as I was. Join us as we co-facilitate this journey together delving into study questions Wilkerson has personally designed for her material. We'll supplement the discussion with selected scripture, material from black theologians, and lived experiences.

During this **11-week study starting Thursday July 21, 7 - 8:30 PM via Zoom** and concluding Thursday September 29, we'll discover what it means for us as people of faith to, in the words of former civil rights activist and US Representative John Lewis "to get in good, necessary trouble." Email **Rev. Alisan Rowland** with questions or to RSVP for this study. A limited number of copies of the book will be available in our Bookstore.

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

Ongoing Ministry by Zoom

- **Centering Prayer**, Mondays, 1-2:00 PM, Zoom Meeting: <https://zoom.us/j/251632413>, Meeting ID: 251 632 413

- **Weekly Night Study**, New virtual study begins Thursday, July 21, 7 - 8:30 PM, Zoom link: <https://us02web.zoom.us/j/611869117> ID: 611 869 117
- Or 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:

San Diego 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
- Thursday, July 21: New study, "Caste: The Origins of our Discontents" begins, 7 PM, Zoom

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