Sunday, July 10, 2022 - 10 AM
Celebrating 52+ Years of Ministry in 2022!
Happy San Diego Pride Month! Happy PFLAG Sunday!

HAPPENING THIS WEEK

Today
You’re in the right place! The 10 AM service is live broadcast on our Facebook &
YouTube Channel with American Sign Language (ASL) Interpretation. Rainbow Sunday
School on 1st/3rd Sundays
9 AM Praying the Rosary, East Foyer, masks recommended
11:15 AM Pride Parade & Festival Info Gathering, Sanctuary

Monday, July 11
1 PM Centering Prayer, https://zoom.us/j/251632413

Tuesday, July 12
7 PM Choir Rehearsal, Sanctuary

Wednesday, July 13
7 PM Light Up the Cathedral, 7 PM, St. Paul’s Episcopal Cathedral

Thursday, July 14
7 PM San Diego Women’s Chorus Concert, Sanctuary, tickets available online

Friday, July 15
6 PM Spirit of Stonewall Rally, Hillcrest Pride Flag

Saturday, July 16
LGBT Pride Parade, 10 AM, Hillcrest Pride Flag
12-6 PM LGBT Pride Festival, Balboa Park, RSVP to volunteer for a 2 hour shift today!

COMING EVENTS
July 18 LGBT Pride Festival, Balboa Park, RSVP to volunteer for a 2 hour shift today!
July 23 Diamond Dot Delivery
July 29 Game Night, 7 PM, Social Hall
Aug 2 Dinner at 6:30, RSVP in the Social Hall in August

FLOWER DEDICATION
The beautiful floral arrangement on the platform this morning is dedicated in love and gratitude to
Carla Warnock for our 6 years of togetherness from Luisa de Jesus on their anniversary.

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.

Please be mindful of others enjoying their worship experience by engaging the comments
section with your peers during the livestream experience.
WELCOME - Pastor Dan Koeshall (he/him)

PFLAG GREETINGS
- Elizabeth Santillanez, PFLAG San Diego County board (she/her)

ANNOUNCEMENTS - Pastor Caedmon Grace (he/they)

* PRAISE & WORSHIP - “Open the Eyes of My Heart”, “Holy Spirit, Rain Down”
  - Armond Washington (he/him), Denni Coslett (she/her), Nancy Neel (she/her), Mesha Posey (she/her), Celebration Choir (they/them)

RESPONSIVE WORSHIP - Irma Guzman (she/ella)

* HYMN - “I’m Pressing on the Upward Way”

COMMUNITY PRAYER with the Savior’s Prayer - Rev. Alisan Rowland (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 - “Gentle Hands” - Armond Washington (he/him), Denni Coslett (she/her), Nancy Neel (she/her), Mesha Posey (she/her), Celebration Choir (they/them)

* SCRIPTURE – Joshua 1:6-9 - Lyn Malone (she/her)

   6 Be strong and courageous; for you shall put this people in possession of the land that I swore to their ancestors to give them. 7 Only be strong and very courageous, being careful to act in accordance with all the law that my servant Moses commanded you; do not turn from it to the right hand or to the left, so that you may be successful wherever you go. 8 This book of the law shall not depart out of your mouth; you shall meditate on it day and night, so that you may be careful to act in accordance with all that is written in it. For then you shall make your way prosperous, and then you shall be successful. 9 I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go."

   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!

* Please rise as you are able, in body or spirit.
SERMON: “The 7 Gifts of the Holy Spirit - Fortitude”  
- Rev. Dan Koeshall (he/him)

TITHES & OFFERINGS - Pastor Caedmon Grace (he/they)

OFFERTORY - “Heal Our Land” - Leo Linden (he/him)

PRAYER OF THANKSGIVING - Pastor Caedmon Grace (he/they)

CELEBRATION OF HOLY COMMUNION -  
Revs. Dan Koeshall (he/him) & Alisan Rowland (she/her)

One: God be with you. All: And also with you.  
One: Lift up your hearts! 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!

* CLOSING SONG - “Rejoice for the Steps”

Rejoice for the steps, of a righteous child,  
they are ordered of God, they are ordered of God (repeat)  
In the time of trouble, God will uphold you,  
God will preserve you, God will sustain you,  
In the time of trouble, God will lift you up,  
so rejoice, your steps are ordered of God.

* BENEDICTION

Audio Technician: Ri Parrish (she/her) LiveStream Technician: Shawn Burgh (he/him)  
Multimedia Technician: Lee Bowman (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.
Thank you for praying for the following:
Spiritual and physical healing; emotional, relational, mental and financial healing; continued prayers for husband’s expedient heart/lung surgery; husband’s alcoholism and aunt’s illness; non-profit’s board of directors and executive director; Ukraine; that all find peace and true love; discerning God’s good, pleasing and perfect will

Join in rejoicing with praises for:
It’s amazing that we can hear from all over the world; good to be in the house of the Lord; Jan 6 committee; yay for one service, experienced renewal; happy Pride; Happy July 4th; love the 10 AM time; I’m here; so grateful for this amazing weekend; new opportunities; quality time with wonderful people

Please share prayers & praises virtually via the QR code or by email to caedmon@themetchurch.org.