

## THE METLINK for October 6, 2022

The weekly digital newsletter of The Met<sup>®</sup> celebrating 52 years of ministry!

### Virtual Keeping in Touch Card

Share prayer requests, praises, comments

Vol 13 Issue 39

### 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, October 9, 10 AM at The Met<sup>®</sup>

- Pastor Dan leads off our 3-part Stewardship sermon series with a look at how we are and may be "Blessed to Be a Blessing." The scripture is Acts 20:17-24 35-36



#### For those worshipping via Livestream:

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

#### For those worshipping in-person:

- Face masks strongly recommended indoors but not required.
- Receive one-on-one communion and blessing or...
- Individual personal communion sets continue to be available.
- Rainbow Sunday School meets on the 1st & 3rd Sundays.



### Administrative Changes Announced

At Sunday's service Pastor Dan announced some exciting staffing changes. A part-time Church Office Administrator has been hired starting soon, and Lee Bowman, our Minister of Administration for 24 years, will be moving to a reduced part-time role, passing on "his wealth of knowledge" to the new staff person. Dan explained that, in seeking a new administrator, "after receiving over 50 resumes and multiple phone interviews, we narrowed it down to 3 candidates for in-person interviews." A team of Board members Rose Turner, Beth Kind and Steve Fitzgerald plus Lee and Pastor Dan conducted the interviews last week, and offered the position to the top candidate, who has accepted.

Lee explained in his remarks that this move has been long planned, nearly happening 2-1/2 years ago. He shared that "after wearing 6 or 7 hats simultaneously, some of them heavy, it's time for me to just wear 1 or 2 and let someone else wear the rest. It's really just that simple." Lee stressed that he is not leaving and will still be part of the staff. Lee was touched and humbled by a standing ovation from the congregation. He felt the love and added his hope and expectation that everyone would give a warm welcome, support and patience to the new admin person, who will be introduced to the congregation very soon.



### Fellowship by the Bay This Sunday

Join us this Sunday, October 9 for a relaxing time of fellowship at Mission Bay Park, 1 - 4 PM. Let's get acquainted and re-acquainted and enjoy being in-person. Bring a lawn chair or blanket, your lunch, games, and family and friends to join you. There'll be bottled water compliments of the church. See the attached **flyer** and **directions**. Take Clairemont Drive West over I-5. Turn right at the stop sign; proceed on the drive to the next stop sign and turn left into the parking area. **MAP** Look for the rainbow flag and our canopy. To pitch in and assist, please contact **David Root**.

## Pledge Campaign Begins

October is Stewardship Month, as we focus on plans to support and grow our ministry in the coming year. Pastor Dan expresses it this way: "This is an exciting time as we are rebuilding and re-engaging the congregation in deeper ministry – growing together." We take that word "together" to heart. Our annual "Together We Can" pledge campaign reminds us that it truly "takes a village" to offer ministries and programs, worship, prayer, fellowship opportunities, and a place to call our church home. **Giving Cards** and letters are already out in the mail to many of you. We ask you to prayerfully consider and pray about a commitment for 2023. Please bring your cards to church on Sunday, October 23 when we, together, will bring our pledges forward to place in a cornucopia. That act is a beautiful statement of support and love for the faith community we share... together.



## Ministry Opportunities: Rainbow Sunday School

### Ministry opportunities abound here at The Met.

Our longest running ministry? That's easy. It's the Rainbow Sunday School, which says something wonderful about how much we value our children. Bob Fox and Tim Pablo have been joyfully leading Sunday School for over 25 years! Why? They love kids! Yet, even the most gifted teachers welcome help and need a break now and then. If you have a heart and passion for children, along with patience and commitment, this may be just the ministry for you. To explore it, please contact **Pastor Dan**.



### All-Saints Remembrance October 30

On Sunday, October 30, we will continue a tradition here at The Met of recognizing, for All Saints Day, loved ones who have passed on, with a memorial slide montage. Over time that montage has grown so much that managing is now challenge, and it is time to refresh it. **If you have a loved one included from last year that you would like to continue to include, just email the church office with their name and let us know.** To add a loved one, get a JPEG or photo to the **office**, along with their name and years of birth and passing.



### 13th Annual Trunk 'n Treat

Here's a chance for your vehicle to be actively involved in ministry! It's the 13th Annual Trunk 'n Treat celebration in our parking lot Sunday, October 30, 5 - 7 PM. Let your creativity gene go in decorating your vehicle in Halloween style and providing some delicious treats for our littlest goblins (and some big ones, too). Sign up in the Main Foyer at church or by contacting the **church office**. It's also a great outreach to our Bay Park neighborhood.

### Congratulations to a Growing Family

Congratulations to Lenette Morales on the adoption of two beautiful foster girls, Natalia and Emily! Lenette and her large family have been active with our church for nearly 24 years. Some kids who went through our Rainbow Sunday School are now parents themselves! Lenette and her late partner Melo started fostering in 2015. She said, "Currently I can say I have 3 adult men, my babies, and 3 girls and my granddaughter totaling 7." Each addition is a blessed part of the journey for Lenette, and to her, a "calling."

Lenette shares that "God has been amazing even though my family and I have been through ups and downs. We have a foundation, and I can say God always has plans for my journey and I will always embrace [God's] callings. Thank you for such amazing community support for my family and I / we all appreciate it with so much love."

With the sudden passing of Melo in late 2020, Lenette is a single mom. She and her caring family always bring smiles and cheer with them. Please feel the love right back.

### Special Feature:



## THE FIVE PILLARS OF WELLNESS & RESILIENCE, Part 1

By Jessie Black

With the pandemic easing, this month the MetLink is focusing on wellness and resilience. Nearly 50,000 people in the United States died by suicide in 2020. It is the 12th leading cause of death overall and the **2nd leading cause** of death for ages 10-19. Over 50% of suicides involve firearms.

One of my volunteer activities is teaching Character Development lessons for Civil Air Patrol (CAP) cadets (ages 12-21). Once a month, we explore different character traits and values. CAP is well aware of the alarming trends in suicide and, in particular, teen suicides. CAP, working with a task force, developed the model for teaching The Five Pillars of Wellness and Resilience. The CAP Chaplain Corps published the model as a series of lessons for the CAP cadets. While the focus is on helping teens build resilient lives, the principles are applicable for any age group in any organization. Over the next few weeks, we will discuss The Five Pillars model and how you can apply the principles in your own life or use it as a discussion tool when having conversations with youth.

**What is Wellness?** It is a dynamic state of physical, mental, and social well-being and is the result of key factors over which an individual has some control. We will discuss some of those factors in this series.

**What is Resilience?** Resilience is the *ability to adapt to difficult situations*. When stress, adversity or trauma strikes, you still experience anger, grief and pain, but you're able to keep functioning — both physically and psychologically. In the articles following in this series, we will discuss some habits to help build resilience.

**How do the Five Pillars build wellness and resilience?** Think of building a house. You start with a strong foundation and then add a sturdy framework with load bearing beams to support the weight of the upper floors and roof and to withstand external forces. You, both physically and mentally, are like a house. Your foundation is your personal core values and beliefs. For me, personally, my core values center on volunteer service and integrity. The framework and load bearing beams are the "Pillars." Each pillar discussed in the subsequent articles is built through developing and practicing good habits to strengthen that pillar. Your roof is your capstone which ties everything together and enables you to lead a life of excellence in pursuit of your goals and to withstand, or bounce back from, events that threaten your physical and mental house.

Over the next few weeks, we will look at each of the 5 pillars of **Mind, Body, Relationships, Spirit, and Family** and some habits to help you build and maintain them. The material is excerpted from the CAP model for The Five Pillars of Wellness. In next week's article we will cover the Pillars of Mind and Body.

### Ongoing Ministry by Zoom

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



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.

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

### 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**: set up the church at [office@themetchurch.org](mailto: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](https://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](http://www.themetchurch.org).**

### **On The Met's Calendar:**

Sunday, October 9: Church Fellowship by the Bay, 1 - 4 PM, Mission Bay Park

Pledge Sunday: October 23

Sunday, October 30: All-Saints Day, Remembrance Montage

- Trunk 'n Treat, 5 - 7 PM, Church Parking Lot

Wednesday, November 2: Dinner at 6:30, TBD

Sunday, November 6: Guest Preacher Rev. Brandon Robertson

Wednesday, November 23: Thanksgiving Eve Service, 6:30 PM

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