

PILGRIM CONGREGATIONALIST



Sharing the Good News of Mission Hills United Church of Christ
An Open and Affirming (ONA) Congregation

March 2018

Learning to Slow Down

For as long as I can remember I have been blessed with good health and a zest for life. I enjoy new adventures, new opportunities, and the chance to accomplish as much as I can in the course of a day. Well, God has a way of teaching even the stubborn. My recent hip surgery has opened my eyes in ways that are teaching me (if only temporarily) how to slow down.

I was diagnosed with severe osteo-arthritis a while ago and the orthopedic surgeon recently recommended a total hip replacement. Given the pain, I thought, why not? That decision led to a rather long process of tests, classes, and waiting. The call for the surgery date came at a time when I was supposed to visit my kids and grandson in Oregon. After some quick schedule maneuvering I managed to arrange to be in Oregon for 5 glorious days just prior to surgery.

Lesson number one – if you need to learn to slow down, spend time tending a baby. As you know the schedule is thrown out the window which drives parents nuts but absolutely delights grandparents. “Crying? No problem. Give me the baby. I’ll rock him.” And thus began 5 days of grandparental bliss. How delightful to look deep into eyes that display nothing but dependence while mine reflected nothing but love. And when he smiled at me – oh my, my heart melted. I had such a wonderful time basking in the glow of “slowing down” which all too quickly came to an end. I left on Monday – President’s Day – heading back on a late flight to San Diego. Next morning it was up early and off to the hospital. By 10:30 in the morning I was becoming what I now refer to as “a hipster.”

Lesson number two – post-orthopedic surgery is no picnic and it forces you to slow down! I’ll spare you the details. Let’s just say the simple act of walking is, well, different. My hospital stay was brief – just overnight – and now I am in the process of learning how to do many things very differently with the loving assistance of husband Randy. I’m getting quite good at most things with the exception of putting on shoes and socks.

What I am most enjoying are the gentle walks I take each day in our neighborhood. The physical therapist said to do this as much as possible and I am obeying. It’s been so wonderful to engage in what one might call “mindfulness walks” three times each day. They are mindful out of necessity, but I am beginning to see the world around me in a whole new way. The flowers, the cracks in the sidewalk, the weeds growing up through

(Continued on page 2)

Learning to Slow Down (continued)

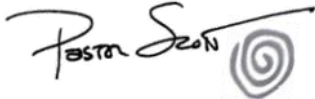
the cracks, the friendly faces (folks are so nice to you when you carry a cane), singing birds, children playing, construction, trash, lawn ornaments – I think you get the picture. Slowing down has the advantage of seeing deeply. A practice that we must engage in externally as well as within.

I wonder if Lent and the events of my life are just coincidence or whether this is really an invitation to me – which I extend to you? I wonder if Lent is calling us to “lighten up,” to slow down, to notice what is happening around us and then to stop and reflect on what is happening within?

The season of Lent is based on Jesus’ temptation in the wilderness. Many use these 40 days to give up something, to identify in part with the deep temptations Jesus experienced. What if we, instead, used this time to slow down and notice – really notice what is going on around and within? Rather than hold a baby in our arms (although I highly recommend this as practice) or undergo surgery (which I don’t recommend unnecessarily) why not take time intentionally to slow down? To, as the Psalmist recommends, “Be still, and know God?” If we do, we may begin to see things differently, life differently, ourselves differently. Just for fun, what if we looked at one another as if each were carrying a cane – how might that affect all our relations?

I am always amazed at how God opens my eyes to the obvious when I least expect it. It sometimes takes a two-by-four to wake me up. God has gotten my attention this Lent. The discipline will be to maintain slowing after the healing is complete. That’s what I want to focus on during this holy season. How about you?

Yours in the journey,



REGULAR CHURCH OFFICE HOURS

Monday - Friday
8:00 am to 3:00 pm

Mission Hills United Church of Christ
4070 Jackdaw Street, San Diego, CA 92103
(619) 296-2169; Fax (619) 296-2115
Website: www.missionhillsucc.org

**FEBRUARY
AVERAGE
ATTENDANCE: 143**

STAFF DIRECTORY

Position	Staff Member	Phone Ext.	Email
Pastor	Rev. Dr. M. Scott Landis	ext. 302	Scott.Landis@missionhillsucc.org
Pastor Emeritus	Rev. Dr. Joe Sandven		
Director of Christian Education	Doug McMinimy	ext. 306	Doug.McMinimy@missionhillsucc.org
Administrative Assistant	Elizabeth Quinones	ext. 301	Elizabeth.Quinones@missionhillsucc.org
Sr. High Youth Leader	Jeremy Bloom		Jeremy.Bloom@missionhillsucc.org
Jr. High Youth Leader	Lauren Wong		Lauren.Wong@missionhillsucc.org
Director of Music	Max Chodos		Max.Chodos@missionhillsucc.org
Organist	Kristopher Abels		kjabels@gmail.com

Additional Staff: Sunday Nursery - Maria Fuentes, Claudia Fuentes

General information

info@missionhillsucc.org

News subscriptions & submissions (due on the 20th)

news@missionhillsucc.org

Theology & Cinema - Wonder- March 10



Have you ever felt like you just didn't fit in? Perhaps you were present but those around you in church, school, or other organization did not make you feel like you belonged. Most of us encounter that in our lives at some point.

Auggie had to overcome some very difficult odds in order to be accepted. Entering fifth grade would be momentous for Auggie -- because at last, he'd get to be ordinary. While his facial deformity had previously kept him from attending regular schools, Auggie was determined to make his classmates see beyond his face. Join us for an evening of discovery as we learn - like Jesus invited, from the little ones. Join us to see the heart-warming film, *Wonder*.

We gather at 5 for dinner (pot luck) on March 10 and view the film followed by discussion at 5:30. Join us for an inspiring evening as we watch a lovely film.

Dance Workshops

- ◇ **Salsa Workshop** will be held on Monday, March 12, from 7 to 8:15 p.m. in the Fellowship Hall.
- ◇ **Nightclub Two-step Workshop** will be held on Monday, March 19, from 7 to 8:15 p.m. in the Fellowship Hall. The Nightclub Two-step is a great to dance with many kinds of music.

Cost is \$20 for each workshop. You may come for one or both. We hope you can join us for both. Both workshops will be taught by Christian McCullen, a professional dance instructor.

March Birthdays

- Mar 2** Martin Case
- Mar 3** Karen Huntington
- Mar 6** Dewey Roach
Ted Sommer
- Mar 10** Sharon Peterson
- Mar 11** Jennifer Conrard
Baden Rosales
- Mar 13** Stephanie Lewis
- Mar 15** Jane Ahern
- Mar 16** Jacob Hanna
James Roth
Raydene St. Clair
Aaron Willard
- Mar 17** Chris Everist
George Waller
- Mar 21** Dale Kelly
- Mar 22** James Ewing
- Mar 26** Joan Berry
Larry Brunton
- Mar 27** Seve Constance
- Mar 29** Karen Norkowski
- Mar 30** George Abernathy
Meg Conrard
- Mar 31** Willie Freiheit



One Great Hour of Sharing

Through our sharing, we get a taste of the Generosity of God, who does **“immeasurably more than all we ask or imagine.”** When we look at suffering in the world, we can become discouraged. Without burdens or struggle, communities have more time for creativity, learning and possibilities for life in greater fullness. Offering for One Great Hour of Sharing will be taken on **March 11th**.

Mission Hills United Church of Christ March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Every Sunday: Adult Bible Study - 9:00am Worship - 10:00am Contemplative Service – 7:15pm</p> <p>For the most up-to-date calendar listings, visit: www.missionhillsucc.org/calendar</p>						
<p>4</p> <p>9:00 AM Rethinking Our Faith (Adult Bible Study) 10:00 AM Worship 11:00 AM Baked Potato Lunch 11:45 AM Prayer Partners 3:30 PM SDWC Reh. 7:15 PM Contemplative Service</p>	<p>5</p> <p>10:30 AM ♡space Reserved 11:30 AM Chapel Reserved 7:00 PM Herstory Book Club (Commons)</p>	<p>6</p> <p>9:30 AM Diabetes Support Group 11:00 AM Lectionary Bible Study 7:00 PM Desert Spirituality Lenten Series 7:00 PM Step Study</p>	<p>7</p> <p>11:00 AM Chapel Reserved 12:00 PM Contemplative Outreach (♡space) 6:45 PM Ministry Meeting Night</p>	<p>8</p> <p>12:30 PM Communities of Practice 4:00 PM Centering Prayer 4:00 PM SA Ministry 7:00 PM Recovery Int. 7:30 PM Choir Rehearsal</p>	<p>9</p> <p>1:00 PM Yoga - Preschool (Music Room) 7:00 PM CSCT Performance</p>	<p>10</p> <p>9:00 AM "JIT" My First Home Shopping Day 10:00 AM Sangha (♡space) 5:00 PM Theology & Cinema 7:00 PM CSCT Performance</p>
<p>11</p> <p>Ministry Sunday: PAT 9:00 AM Rethinking Our Faith (Adult Bible Study) 10:00 AM Worship 2:00 PM CSCT Performance 3:30 PM SDWC Reh. 7:15 PM Contemplative Service</p>	<p>12</p> <p>10:00 AM Material Aid</p>	<p>13</p> <p>8:00 AM ♡space Reserved 9:30 AM Diabetes Support Group 11:00 AM Lectionary Bible Study (Commons) 7:00 PM Step Study</p>	<p>14</p> <p>4:30 PM CSCT Rehearsal</p>	<p>15</p> <p>7:00 AM CSCT School Performance 10:00 AM ♡space Res. 3:00 PM Knitting 4 Peace 4:00 PM Centering Prayer 7:00 PM Recovery Int. 7:30 PM Choir Rehearsal</p>	<p>16</p> <p>1:00 PM Yoga - Preschool (Music Room) 4:30 PM CSCT Performance</p>	<p>17</p> <p>Saint Patrick's Day 10:00 AM Sangha (♡space) 7:00 PM CSCT Performance</p>
<p>18</p> <p>BirthDay Sunday 9:00 AM Rethinking Our Faith (Adult Bible Study) 10:00 AM Worship 2:00 PM CSCT Performance 3:30 PM SDWC Reh. 7:15 PM Contemplative Service</p>	<p>19</p> <p>1:00 PM Peer Group (♡space)</p>	<p>20</p> <p>9:30 AM Diabetes Support Group 11:00 AM Lectionary Bible Study (Commons) 12:00 PM Feeding America 7:00 PM Desert Spirituality Lenten Series 7:00 PM Step Study</p>	<p>21</p> <p>11:30 AM ♡space Reserved 1:00 PM ♡space Reserved 6:30 PM Church Council</p>	<p>22</p> <p>4:00 PM Centering Prayer 7:00 PM Recovery International 7:30 PM Choir Rehearsal (Chapel)</p>	<p>23</p> <p>11:00 AM ♡space Reserved 1:00 PM Yoga - Preschool (Music Room) 2:30 PM Grant Kinder Show (Fellowship Hall)</p>	<p>24</p> <p>10:00 AM Sangha (♡space) 7:15 PM Singing Bowl Service</p>
<p>25</p> <p>9:00 AM Rethinking Our Faith (Adult Bible Study) 10:00 AM Worship 11:30 AM Maundy Thursday Rehearsal 7:15 PM Contemplative Service</p>	<p>26</p> <p>8:00 AM Open Minds Camp</p>	<p>27</p> <p>8:00 AM Open Minds Camp 9:30 AM Diabetes Support Group 11:00 AM Lectionary Bible Study (Commons) 7:00 PM Step Study</p>	<p>28</p> <p>8:00 AM Open Minds Camp 3:00 PM Maundy Thursday Rehearsal 7:30 PM Choir Rehearsal (Chapel)</p>	<p>29</p> <p>Maundy Thursday 8:00 AM Open Minds Camp 4:00 PM Centering Prayer 6:30 PM Storefront (PAT Ministry) 7:00 PM Recovery Int. 7:30 PM Maundy Thursday Service</p>	<p>30</p> <p>Good Friday 8:00 AM Open Minds Camp 1:00 PM Yoga - Preschool (Music Room) 3:00 PM Good Friday Service</p>	<p>31</p> <p>10:00 AM Sangha (♡space)</p>
<p>Stage Reserved – Maundy Thursday Setup/Rehearsals</p>						
<p>Stage Reserved – stage will be painted</p>						
<p>April PC articles due</p>						

GROUPS

RETHINKING OUR FAITH is a group-selected, group-discussion of Scripture or book study.

Sundays, 9am, Commons. Contact: Marybeth Holliday, mb92103@gmail.com

Note new time! HERSTORY (Women's Book Group) is reading and will discuss the novel by Kate Southwood, FALLING TO EARTH.

Monday, March 12th, 1pm, Commons.

Contact: Sharon Peterson, shar.pete@yahoo.com

LECTIONARY BIBLE STUDY is a group discussion of upcoming sermon themes and text.

Tuesdays, 11am, Commons. Contact: Pastor Scott, Scott.Landis@missionhillsucc.org

CENTERING PRAYER is a gathering of those interested in group contemplative prayer.

Thursdays, 4pm, ♥space . Contact: Pastor Scott, Scott.Landis@missionhillsucc.org

COURSES

Ongoing! LENTEN SERIES: "The Desert in Word, Image and Meditation"

As we journey through the days of Lent to Easter, join us as we continue gaining insights from the desert mothers and fathers. Using meditation and discussion, desert spirituality will be viewed through different prisms: the desert in light of relevant environmental and socio-economic issues; the use of desert imagery in various forms, physically and spiritually; the desert as place of both serenity and aridity and how modern life intrudes into both our serenity and can aggravate aridity we find in our culture.

Each evening is an independent unit, so come for one or all of remaining sessions.

Suggested text and Lenten devotional: Chittister, IN GOD'S HOLY LIGHT: Wisdom from the Desert Monastic. Available in a variety of formats on Amazon.

Tuesdays, 2/27---3/20. 7pm, Chapel, Free.

Contact: Richard Bonacci, r.bonacci@sbcglobal.net, (510) 495-4760

RETREAT and PILGRIMAGE

Coming this Fall! NEW MEXICO DESERT PILGRIMAGE. Join fellow MHUCC pilgrims and friends as we journey to the deserts of New Mexico. We will experience being present at holy sites, participate in the Daily Office at a Benedictine Monastery, enjoy the Grand Silence, and recognize the metaphors of desert in our spiritual life.

Tentative dates are October 28-November 4th. And tentative cost is \$1,500 or less.

Contact: Pat Wahlen, Al Mazur, Gail Rutherford, or Pastor Scott, all members of the Pathways Pilgrimage Committee.

OTHER OPPORTUNITIES

SHALEM INSTITUTE FOR SPIRITUAL FORMATION PILGRIMAGES:

"In the Footsteps of St Francis and St Clare: a Pilgrimage to Assisi," April 4-14th, 2018

"Iona: Pilgrimage in Image and Word." May 31-June 10, 2018

Contact: Shalem.org, then click "programs," drop down menu, click "pilgrimages."

Contemplative Singing Bowl Ceremony

Be Still and Know that the Spirit is Within, A Contemplative Sound Healing Ceremony
Saturday, March 24, 2018 at 7:15 p.m.

Please join us for a contemplative crystal bowl meditation inspired by the seasonal rhythms of Celtic spirituality.

The service will be led by Rev. Maria Theresa Larsen, minister in the Shamanic tradition and Rev. Mary Byrne Hoffmann, a minister in the Celtic Christian tradition.

All are welcome.

Please bring pillows and blankets and/or mats so that you can best experience the ceremony lying on the floor.
Chairs will also be provided.

Suggested Donation: UCC Congregation: \$10
General Public: \$20

For more info, please contact:

Mary Byrne Hoffmann

marybyrneh@yahoo.com 609-558-6677



Baked Potato Luncheon - March 4

Please join us on Sunday, March 4th for our Baked Potato Luncheon sponsored by Fellowship Ministry. The baked potatoes and toppings will be provided. We are seeking contributions of homemade or store-bought cookies or bars. If you would like to help us on that day, volunteers are appreciated. Contact Rebecca McKenney, rjmckenney@aol.com or Elizabeth in the Church Office.

Remember Our Homebound Friends

Our "Homebound Members" are our church members and friends who are not able to get to church very often, but who are still an important part of our congregation. Keep them in your thoughts and prayers. **Our Homebound Members are:**

♥ *George Abernathy*

386 Sandy Street, El Cajon, CA 92020

♥ *Peggy Boyce*

3420 Kite St., San Diego, CA 92103

♥ *Roger Goodson*

2093 Northwestern Pike #320
Winchester, VA 22603

♥ *Helen Juarez*

Magnolia Post Acute Care
635 S. Magnolia, El Cajon, CA 92020

♥ *Jean Neill*

St. Paul's Manor,
2635 Second Ave #408
San Diego, CA 92103

♥ *Barb & Dale Kelly*

148 W. Upas St.
San Diego, CA 92103

♥ *Jeanne Watson*

2394 Juan Street,
San Diego, CA 92103



4070 Jackdaw Street
San Diego, CA 92103
(619) 296-2169
www.missionhillsucc.org

A Traditional Church With A Progressive Theology
Proclaiming God's Extravagant Welcome!
An Open and Affirming (ONA) Congregation

If you wish to be removed from this mailing,
please contact the church office.

Open and Affirming (ONA)



United Church of Christ

***No Matter Who You Are
Or Where You Are On Life's Journey
You Are Welcome Here!***

ALL ARE WELCOME AT MISSION HILLS UNITED CHURCH OF CHRIST

Our Church is a church without dogma where people are free to explore and deepen their faith in an environment open to questioning in the richness of our strong Christian heritage.

The United Church of Christ (UCC) is a progressive, inclusive Protestant denomination that celebrates diversity and community action.

UCC churches seek to unite people from all ethnic, racial and social backgrounds. Our churches and ministries are active worldwide, working in communities to promote social justice and better living standards.

Don't Miss a Minute!

Mission Minutes are weekly emails in addition to the monthly newsletter to keep you informed of current Mission Hills UCC news.

To subscribe for *Mission Minutes* you must first subscribe to our monthly newsletter. Visit us online and select "Newsletter" from the left Quick Links. Make sure the "Mission Minute" box is checked at the bottom of your registration form to receive **weekly emails!**