

# PILGRIM CONGREGATIONALIST



Sharing the Good News of Mission Hills United Church of Christ  
*An Open and Affirming Congregation*

June 2024

## Summer at Mission Hills

Thank you to everyone who participated in our six-week emphasis on deepening relationships. Many thanks to Jessica Ripper for her leadership. I neglected to keep track of names so I don't know how many total people participated but the first two weeks had 40 each followed by weeks with 25-30. Those who participated reported enjoying both the focus on practicing skills for listening as well as the chance to get to know people. We also engaged in these exercises at conveners meetings, the council retreat, and parents' night in. Even the youth group used these exercises at their overnight.

The next step will be gathering members who are willing to engage in one on one conversations with neighbors and leaders in Mission Hills as we continue to establish our presence as a community hub. In addition, at the summer concert series in the park, we are developing a questionnaire we can use to talk with parents while their children participate at our booth. We want to know their needs as we hope to establish a weekly after school club in the fall. Please talk with me if you are interested in knowing more and listen for your opportunity to participate.

### Activities in June:

- Sunday, June 2 – Note that worship will begin one hour late because of the Rock and Roll Marathon
- Sunday, June 9 – We will celebrate the extraordinary ministry of music at Mission Hills with a service full of music
- Monday-Friday June 10-14 – Vacation Bible School returns with an emphasis on cultures around the world
- Sunday, June 16 – We will show our appreciation for our dedicated group of Sunday School teachers
- Sunday, June 23 at 4 pm – Kris Abels has prepared a Sunday afternoon recital as we continue celebrating the centennial of our organ.
- Sunday-Thursday June 23-27 – Teens and chaperones from Mission Hills and our partnership churches will attend the Western Regional Youth Event in Long Beach. It is an opportunity for UCC youth from the western half of the UCC to meet together, worship, engage in workshops and service projects, and spend a day at Disneyland.

*(Continued on page 2)*

## Summer at Mission Hills (*continued*)

- Sunday, June 30 – Our annual Ecclesiastical meeting will follow worship at which we will elect new officers and Council members and say thank you to those who have completed their terms.

And July:

- Sunday, July 14 – Pride Sunday: we will celebrate our church's commitment to being an Open and Affirming congregation during worship. An interfaith service will be held at St. Paul's Cathedral that Wednesday, July 17
- Saturday, July 20 – join with our other UCC partnership churches to march in the LGBTQ Pride Parade and represent God's love at Mission Hills
- Sunday, July 21 – we will have a little fun by incorporating movie-themed music into worship in conjunction with Comic Con in town
- Sunday, July 28 – Church in the Park. Our regular worship service will be at Pioneer Park followed by a potluck.

We are also preparing some summer forums: one on Gaza and another on Immigrant Children. A Saturday morning spiritual retreat is in the works, mark Saturday, July 27 on your calendar. And much more. What a wonderful time to be Mission Hills.

*Blessings,  
Pastor David*

## Moderator's Message—Be Grateful, Say so, It's Good for You

This is the title of an article that appeared in the New York Times health section about a year ago. I'm always interested in ways to keep healthy, so it caught my eye. A landmark study two decades ago suggested that "gratitude may improve psychological well being". Additional studies suggest that "having a grateful outlook and expressing gratitude to others can have positive effects on our emotional health as well as on interpersonal and romantic relationships. "In fact" some studies have shown that gratitude can benefit physical health".

Expressing gratitude keeps us from spiraling through negative thoughts. Even witnessing others expressing gratitude can lift our spirits. Expressing gratitude can lower depression and even lead to better sleep.

I've kept this article close by as a reminder of the importance of gratitude in my life. It's yellowed by now but no less valuable. Some of the key points I've made a part of my life.

Make gratitude a daily habit,

Be specific in expressing your gratitude to others. Not just "Thank you" but "thank you for help with ....."

Express gratitude to strangers, clerks,

Find the good parts of each day and be grateful

Our church reminds us to express gratitude. Pastor David's gratitude session was a welcome spot in each week. The gratitude cards that are in the pews remind us to look for the blessings in our lives and be grateful. Our lives are surrounded by goodness, gifts, and glory. Give thanks.

As I conclude my year as moderator, I am so grateful for all the support from so many, the staff, the congregation, the Council and the moderator team. It's been a wonderful year because of you.

*Love and blessings,  
Jere*

## MHUCC Youth Group Upcoming Events

**June 23 – 28:** The UCC Western Regional Youth Event includes workshops, a day of service projects, an adventure day at Disneyland, and an opportunity to meet youth groups from all over the western USA. We are going with a group from our UCC Partnership Churches and will be staying at the California State University Long Beach. Contact Artcel Ruiz for details.



**Tuesday July 16:** School is out for summer: volunteer at the Feeding Mission Hills Food Distribution in our church parking lot from 9am – 11am.

**Saturday, July 20:** We will participate in the San Diego Pride Parade.

**Friday, August 9:** We have promised to provide volunteers for an afternoon shift, 1pm – 4pm, at the San Diego Food Bank Warehouse in Miramar.



**Friday, August 16:** 6pm – 9pm: Youth Group Meeting, board games and pizza!

**Sunday August 18:** An official welcome for our new 7th grade youth group members during the church service (youth are also serving as ushers and readers)



**Friday, September 20:** 6pm – 9pm: Youth Group Meeting: Learning about the Muslim faith and Islamic traditions.

**October 18-20:** Work party at Pilgrim Pines. A weekend in the mountains, with lots of opportunities to rebuild paths, renovate landscaping, etc.

Save the date:

**Saturday February 15 – Sunday February 16:** Home building trip to Mexico with Casas de Luz.

## Rock n Roll Marathon - June 2

The Rock and Roll Marathon will pass by our church again this year. Please make a note in your calendars, worship will begin one hour later at **11 am on JUNE 2**.

## MHUCC Scholarship



Now is the time to prepare your application for the Mission Hills United Church of Christ College Scholarship. Members of the church who are planning to attend college this fall are eligible to receive this scholarship. You may pick up a copy of the application at the church office, or [online](#). The church office must receive applications no later than **June 10, 2024**.

For more information, please contact, Suzanne Albrecht ([suz1127@cox.net](mailto:suz1127@cox.net)).

## Children & Families Ministry

### BOWLING NIGHT

On May 17th, Mission Hills UCC children, youth, and families had a blast bowling. It was a wonderful evening filled with laughter, fun, and quality time with family and friends. The event was made even better with delicious pizza, making it a night to remember for everyone!



### CELEBRITY SUNDAY

We were thrilled to welcome one of our parents Mark Guirguis, a set designer and professor at UCSD, as our "celebrity" for Celebrity Sunday. Mr. Mark shared his passion for creativity and collaboration with theater directors, and lighting, costume, and sound teams. During Sunday School, he engaged our kids in creating dioramas and storytelling, making it an inspiring and educational experience for the kids!

### A HUGE THANK YOU!

A huge thank you to Christopher Adler, who introduced our kids to the "khaen" instrument during the Children's Message. Khaen is a traditional instrument that originated in Thailand and Laos. It is a mouth organ made of bamboo pipes, about three feet long, with small openings where air is blown. Christopher also played traditional music for everyone to enjoy.



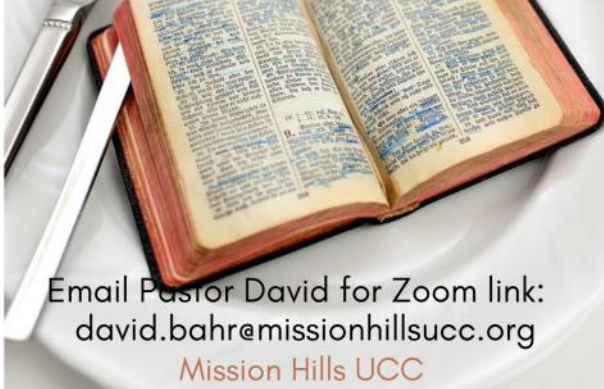
### PACIFIC ISLANDER & ASIAN AMERICAN HERITAGE LUNCHEON

Thank you to our Japanese, Chinese, Samoan, and Filipino members who brought their traditional cuisines for everyone to enjoy! Our congregation got to savor delicious dishes from these diverse cultures during the fellowship hour. The best part was there were no leftovers to take home!



# Lunch & Lectionary

THURSDAYS @ NOON VIA ZOOM



Email Pastor David for Zoom link:  
david.bahr@missionhillsucc.org

Mission Hills UCC

## Sunday 10 am Worship Service

Please join us for worship in person  
or watch our livestream on [Facebook](#)  
and our [YouTube](#) Channel.

A bulletin link is emailed at 6:00 p.m.  
on Saturdays and posted on [Face-  
book](#) Sunday morning if you wish to  
follow along.

On Mondays you can find closed cap-  
tion video on our [website](#) and  
[YouTube](#).

## June Birthdays

- June 7** David Jay  
Aida Haddad-Winkle
- June 9** Joan Rawlings
- June 10** Erin Brown  
Christopher Steeley
- June 12** Laura Hollis  
Allie Welch
- June 13** Teddy Ransom
- June 14** Sue Mayberry
- June 15** Betsy McIntyre  
Sharon Steeley  
Cas Hom
- June 17** Laurie Fisher
- June 21** Al Mazur
- June 23** Barbara Christensen
- June 28** Lynn Barnes-Wallace  
David Rickert
- June 29** Dori Cage  
Glenn Ward



Please contact the church office  
with corrections or additions to the  
birthday list.

# Happy Birthday!

## Meeting Minutes

In order to enhance communication with the Congregation,  
here is a link to the minutes of the April Church Council Meeting:

<https://missionhillsucc.org/wp-content/uploads/2024/05/AprilCouncil.pdf>

## History Corner

### ORGAN CELEBRATION CONTINUES

Join us on **Sunday, June 23, at 4:00 PM**, when Kris Abels will present a special celebratory concert - in recognition of the 100<sup>th</sup> anniversary of our church organ. We are so fortunate to have had Kris sharing his talents with us for 9 ½ years (and before that he was a regular substitute organist.) Organ, piano, keyboard, bells and chimes - he has grown the music program at our church in so many ways. Thank you, Kris!



## Mission Hills UCC - June Events

<b>June</b>	<b>Mission Partner: Strengthen the Church</b>
Saturday, 6/1	Gathering of Conveners, 9-12
Sunday, 6/2	Rock n Roll Marathon, Service delayed to 11 am
Friday, 6/7	Knitting 2 Give, 10 am - 12 pm, Commons
Sunday, 6/9	Music Appreciation Sunday
Mon, 6/10 - Fri. 6/14	Vacation Bible School
Sunday, 6/16	Sunday School Teacher Appreciation
Tuesday, 6/18	Feeding Mission Hills Food Distribution, 10:30 am
Thursday, 6/20	Knitting 2 Give, 2-4 pm, Commons
Sun. 6/23 - Fri. 6/28	UCC Youth Event, Long Beach
Sunday, 6/23	Organ Concert, 4 pm
Sunday, 6/30	Ecclesiastical Meeting, after worship

### Every Week:

Sundays -	ReExamining Our Faith Book Study - 9 am - Commons
	Choir Practice - 9 am - Sanctuary
Tuesdays -	Men's Group - 6:30 pm - Commons
Thursdays -	Lunch and Lectionary Bible Study - Noon - Zoom
	Choir Practice - 7 pm - Sanctuary

**For all events, visit our online calendar:** <https://missionhillsucc.org/calendar-of-events/>

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

### **STAFF DIRECTORY**

Position	Staff Member	Phone Ext.	Email
Pastor	Rev. Dr. David Bahr	ext. 302	David.Bahr@missionhillsucc.org
Director of Ministry with Children and Families	Artcel Ruiz		Artcel.Ruiz@missionhillsucc.org
Administrative Assistant	Elizabeth Quinones	ext. 301	Elizabeth.Quinones@missionhillsucc.org
Director of Instrumental Music	Kristopher Abels		Kris.Abels@missionhillsucc.org
Director of Vocal Music	Angelica Eclar		Angelica.Eclar@missionhillsucc.org
Director of Ministry with Youth	Fiona Case		Fiona.Case@missionhillsucc.org
Worship Technologies Coordinator	Saige Afalava		Saige.Afalava@missionhillsucc.org
Worship Technologies Assistant	Devin Buss & Trevor Norkowski		
Sexton	Gloria Schacht		
Sunday Nursery	Jianna Ruiz & Amelia Norkowski		

*General information*

*[info@missionhillsucc.org](mailto:info@missionhillsucc.org)*

*News subscriptions & submissions (due on the 20th)*

*[news@missionhillsucc.org](mailto:news@missionhillsucc.org)*

**Church Office Hours: Monday - Friday: 8:30 am - 3:30 pm**