

PILGRIM CONGREGATIONALIST



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

March 2025

The Lenten season in the Christian Church is a 40-day period preceding Easter. Starting on Ash Wednesday and concluding on Holy Saturday, Lent is characterized by prayer and reflection to prepare us for the celebration of Easter Sunday by fostering deeper spiritual connections.

This Lenten season we invite you to a series of five Monday sessions from 6:30-7:30pm offering a variety of spiritual experiences designed to engage your senses in body, mind, and spirit for greater spiritual growth and connection.

- **March 5, Ash Wednesday**

- ◊ **Imposition of Ashes and Service in MHUCC Chapel at Noon**

- ◊ **A UCC Partnership Worship Service**

Soup at 5:30pm, Service at 6:30pm

University City United Church, 2877 Governor Drive, San Diego, CA 92122

- **March 10 Lenten Monday #1 — Sound Healing with Melissa Nolan
6:30-7:30pm, cost \$15, In The Chapel**

Sound healing is an ancient wellness practice for healing, relaxation, and self-care. For thousands of years sound has been used to heal and balance many aspects of our lives. In fact, research demonstrates that sounds consist of vibrations that affect us on a cellular level, impacting multi-dimensional brain, nerve, muscle, and organ function to improve our well-being and reduce stress.

Melissa Nolan, Licensed Acupuncturist, Herbalist, Certified Sound Healing Therapist, and martial artist will be leading us through a Sound Healing session in the coziness our Chapel space. While chairs will be set up, feel free to bring your own yoga mat, pillow, and blanket to lie on the floor for a more relaxing experience.

- **March 17 Lenten Monday #2 —Lenten Healing Through Art and Color
6:30-7:30pm, In The Commons**

In Epiphany we chose words to meditate upon for the season. During this Lenten season we have new words for you to chose, to ponder, and to explore through art. As Divine co-creators, we don't have to be an artist or even "artsy" to make art. Everyone is creative. Working individually or with another, you may explore different styles of color, expression, doodling, or abstract designs. We invite you to break out your creative wild-child and let your spirit soar in ways that you perhaps may not have engaged in a while (all for the purposes of your Lenten journey).

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2025 Lenten Season (*continued*)

- **March 24 Lenten Monday #3 — Healing Touch with Lisa Goodman
6:30-7:30pm, In The Chapel**

Healing Touch is a holistic approach to health and wellness that focuses on balancing and optimizing the flow of energy within the body to facilitate the natural self-healing process. Healing Touch is a credentialed Energy Medicine modality proven to be so effective that it is now integrated into our western medicine health care models. In this class you will learn two techniques for self-care that support one's physical, mental, emotional and spiritual health.

Lisa Goodman is certified in Healing Touch as a practitioner and instructor with over 30 years of experience dedicated to patient care and wellness. She blends traditional healthcare expertise with integrative therapies to support physical, emotional, and spiritual well-being. She has 20 years of experience specializing in integrative therapies, including Healing Touch, sound healing, journaling, and aromatherapy to promote holistic wellness through personalized care and education. Lisa works as an integrative healing therapist, instructor and program coordinator at a local San Diego hospital system.

- **March 31 Lenten Monday #4 — The History of Prayer & Anointing in the Christian Church with Rev. Courtney Mys, 6:30-7:30pm, In The Chapel**

Exploring the roots of Divine healing in the early Christian church is a journey back to a time where faith and miracles intertwined seamlessly. Early believers embraced the power of prayer, laying on of hands, and the anointing of oil, believing firmly in the healing promises of God.

Experiencing her own personal healing experience with anointing and prayer that led her to go to seminary and become a pastor, Rev. Courtney Mys will share the history of the Christian healing service, the scriptural basis, and lead a discussion in how this early church practice continues to influence our contemporary practices today. This discussion will prepare us to experience a full healing and anointing service as a conclusion to our last week of Lent.

- **April 7 Lenten Monday #5 — A Service of Prayer and Anointing with Rev. Courtney Mys & Harpist, 6:30-7:30pm, In The Chapel**

Based on the scripture of James 5:14-15, "Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord" all are invited to a Christian Service of Prayer and Anointing. Whether you or someone you know may be in need of healing and strengthening in body, mind, and spirit we invite you this reflective time in remembering "where two or more are gathered in my name, I am with you" (Matthew 18:20). Surrounded and infilled with the power of the Holy Spirit and the healing vibrations of harp music, it is a time of centering, healing, and community connection.

Moderator's Message

Have you ever wondered how the sanctuary is always ready for worship, there are always greeters at the door, and snacks following the service. Somehow our church runs beautifully: the bills get paid, the money gets collected and invested. The building and landscaping are wonderfully kept. Spare spaces are rented and so on. Of course, we have a hard working and devoted staff that does much of this but there is also a small army of volunteers that keeps us running so smoothly. These people are our unsung heroes -- I gratefully acknowledge and heartily thank them. If you would like to be a member of the small band, please let me know and we will find a place for you.

~ Pat Wahlen



March Second Saturday Speaker Series

March 8: The Rev. Dr. John Koenig: “The Artistry and Faith of J.S. Bach—Why They Matter Today” featuring short talks and live performances of Bach’s works, plus time for questions. Dr. Koenig, a retired professor of New Testament studies at Princeton and the General Seminary in NYC, has been a devoted student of the interplay between J.S. Bach’s music and his religious convictions, with special attention to their biblical origins. He became hooked on Bach at the age of 8 when he first heard “Jesu Joy” on the car radio.

Volunteer at San Diego Food Bank

**We need your help - church friends - please register today
(deadline for registration is Friday, March 7)**

The MHUCC youth group has volunteered many times at the Jacobs & Cushman San Diego Food Bank Warehouse, located at 9850 Distribution Avenue, San Diego CA, 92121. It’s fun, and really worthwhile. We usually bring 10-15 volunteers. But on **Saturday, March 15**, we have agreed to bring 40 people and completely staff their **12:30 -- 2:30pm** volunteer shift. We hope the adults in our church will join us!

How to register:

1. Visit <http://sdfb.volunteerhub.com/account/signin> and click “create an account”
2. Create a username and password, and click next
3. Enter join code “**milhiucy**” (join code is case sensitive), click next
4. Fill out account information and click “next”.
5. Scroll to the event date **3/15** and register for **MIRAMAR Warehouse Volunteer Saturday Afternoon Shift 12:30-2:30pm** by clicking on the green “sign up” icon.

History Corner - One Great Hour of Sharing



Many denominations participate in the annual One Great Hour of Sharing, connecting all of us to disaster relief, refugee assistance, and development efforts around the globe. When disasters strike, or when individuals are displaced due to violence or poverty, OGHS ensures immediate response and ongoing recovery. OGHS was begun in 1946 in response to the great needs facing many countries after WWII.

Looking back at our church’s mission activities in the early ‘50’s, we find that we too were focused on needs around the world. We sponsored “another fine family of refugees from behind the iron curtain, making possible their haven in America and their permanent establishment in San Diego.” Also, “the church school collected 77 pounds of soap to be sent to Italy,” and “more than 150 pairs of socks were sent to Korea.”

Our monthly Mission Partner for March is the One Great Hour of Sharing. Please give generously.

CHILDREN & FAMILIES MINISTRY

Chef's Academy

The kids had an incredible time preparing a variety of delicious meals, including vegetable soup, quesadillas with pico de gallo and guacamole, spaghetti with meatballs, and ramen, all accompanied by delightful desserts. This exciting experience not only sparked their culinary creativity but also helped them develop essential kitchen skills through hands-on learning. The highlight of Chef's Academy was the grand finale, where they joyfully cooked and served a delicious meal—complete with a sweet treat—for their families.



Family Night In

Join us on **February 28th** from 6:30 PM to 8:30 PM as our children and families learn how to make Spam Musubi and enjoy a delicious dinner with miso soup! Cooking and eating together is a wonderful way to connect, strengthen family bonds, and create lasting memories.

Chef's Academy: Sweet Creations

In *Chef's Academy: Sweet Creations*, kids will discover the joy of baking while creating mouthwatering desserts alongside friends. Through hands-on learning, they'll develop essential baking skills, teamwork, and creativity in the kitchen. Best of all, they'll get to enjoy the sweet rewards of their own homemade treats!



the Tweens



Tween's Book Club

Our Tweens (5th–6th graders) have launched a book club! They're diving into *The Greenglass House* by Kate Milford and exploring its mysteries together during Sunday school. This shared reading experience sparks critical thinking and strengthens friendships along the way.

Mental Health and Wellness for Parents/Caregivers

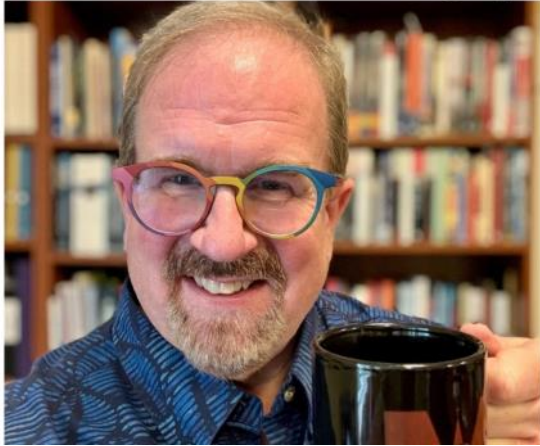
Join us every Sunday in March from 4:30 PM to 6:00 PM for an insightful speaker series focused on parenting, mental health, and wellness. Each week, experts in their fields will share their knowledge and practical tools to support parents in raising happy, healthy children. Plus, enjoy delicious snacks while connecting with other families in a supportive community. We look forward to seeing you there!



**For more information please contact:
Artcel Ruiz, Director of Ministry with Children and Families**



Brown Bag Lunch with Pastor David
Second Wednesday of the month @ 12pm



Sunday 10 am Worship Service

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

A bulletin link is emailed at 6:00 p.m. on Saturdays if you wish to follow along.

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

Meeting Minutes

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

<https://missionhillsucc.org/wp-content/uploads/2025/02/JanuaryCouncil.pdf>

everything [in] between
Meeting God in the midst of extremes

LENTEN GROUPS

San Diego Partnership Churches
All of our partnership churches will be studying the same scriptures throughout the Lenten season and you are invited to join in the group that works for you!

MONDAY	TUESDAY	WEDNESDAY
11:00 AM UCUC Bible Study In Person 6:30 PM Mission Hills Lenten Healing Group In Person 6:30 PM Pioneer Ocean View Bible Study Zoom	4:15 PM The Table Bible Study Zoom	12:00 PM Kensington Bible Study Hybrid - In Person & Zoom 6:00 PM Christian Fellowship Bible Study Zoom

Contact each Church for Zoom links

March Birthdays

- Mar 2** Lisa Striebing
Martin Case
- Mar 3** Karen Huntington
- Mar 11** Jennifer Conrard
- Mar 14** Christopher Antos
- Mar 16** James Roth
- Mar 17** George Waller
- Mar 18** Kenneth Jensen
- Mar 23** Luca Carlin
- Mar 26** Joan Berry
Larry Brunton
- Mar 29** Karen Norkowski
- Mar 30** Meg Conrard



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



Second Saturday Series - April 12

MISSION HILLS UNITED CHURCH OF CHRIST
LIFE STAGES TEAM

10 AM - 12 PM
APRIL 12TH

SECOND SATURDAY SPEAKER Series

DR. SELDEN DEE KELLEY III

"Adventures in Spiritual Imagination"

This is a story of one of the Pastor's efforts to invite a "broader view of inclusion and the consequences."

4070 BACKDAW ST, SAN DIEGO INFO@MISSIONHILLSUCC.ORG

Dr. Selden Dee Kelley was the Senior Pastor of San Diego First Church of the Nazarene, 2006-2024. He will share the story of his efforts to invite a broader view of inclusion in his denomination and the consequences he faced - including termination. Dr. Kelley has A BS in psychology and three Masters covering religion, psychology in organizational design and business administration as well as Ph.D. in Industrial/Organizational Psychology.

Mission Hills UCC - Upcoming Events

March	Mission Partner: One Great Hour of Sharing
Sunday, 3/2	Women's History Sunday
Wednesday, 3/5	Ash Wednesday Service, 12 pm, Chapel Ash Wednesday A UCC Partnership Worship Service, 5:30 pm, UCUC
Friday, 3/7	Knitting 2 Give, 10 am - 12 pm, Commons
Saturday, 3/8	Second Saturday Speaker Series, Fellowship Hall, 10 am - 12 pm
Monday, 3/10	Lenten Monday #1 - Sound Healing with Melissa Nolan, 6:30 pm - Chapel
Saturday, 3/15	All Church Volunteering SD Food Bank, 12:30-2:30 pm
Monday, 3/17	Lenten Monday #2 - Lenten Healing Through Art and Color, 6:30 pm - Commons
Tuesday, 3/18	Feeding Mission Hills Food Distribution, 10:30 am
Thursday, 3/20	Knitting 2 Give, 2-4 pm, Commons
Monday, 3/24	Lenten Monday #3 - Healing Touch with Lisa Goodman, 6:30 pm - Chapel
Monday, 3/31	Lenten Monday #4 - History of Prayer and Anointing, 6:30 pm - Chapel

Every Week:

Sundays -	ReExamining Our Faith Book Study - 9 am - Commons
Tuesdays -	Men's Group - 6:30 pm - Commons
Thursdays -	Choir Rehearsal - 7 pm, Chapel
Saturdays -	Gentle Yoga - 9 am, Chapel

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

STAFF DIRECTORY

Position	Staff Member	Phone Ext.	Email
Pastor	Rev. Dr. David Bahr	ext. 302	David.Bahr@missionhillsucc.org
Minister for Congregational Care	Rev. Courtney Mys		Courtney.Mys@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 Technical Assistants	Devin Buss & Trevor Norkowski		
Sexton	Gloria Schacht		
Sunday Nursery	Jianna Ruiz & Amelia Norkowski		

<i>General information</i>	info@missionhillsucc.org
<i>News subscriptions & submissions (due on the 20th)</i>	news@missionhillsucc.org

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