



# Joys & Concerns

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**God is Still Speaking** 9

## *They Didn't Get the E-Mail... Thank God!*

*ONA Reflections by Ken Noltie*

“And you shall burn in hell like a faggot.”

“God hates fags.”

Surprisingly, Christians throw these phrases at me and millions of others in the LGBT community as a warm and welcoming invitation to come into their midst to experience God's love. But good intentioned Christians can be some of the most hate-filled people you'll ever come across. And those good intentioned Christians will quote those two Bible verses as easily as they let John 3:16 fall off their lips. Just one problem though. They are not scripture and those hate filled words never appear in the Bible.

It was because of those warm invitations that I walked away from all churches for a very long time. I never lost my faith in God; I lost my faith in the people who professed to be Christians. During my version of wandering for 40 years in the desert I always knew God was close by. Every time life kicked me in the butt, He gave me a pillow to sit on. Just to remind me he was still keeping track of me and letting me know when I was ready, he would be there.

When I finally started seriously thinking about finding a church again, God started dropping hints. First came the TV show, “Touched by an Angel,” which always ended with Della Reese saying “God loves you baby.” It was the first time I heard those words being spoken without any qualifiers attached to them. It got to the point that I was clearing my schedule so that I would be home every Sunday night just so I could hear those words spoken out loud. I had never heard the words “God loves you” without them being quickly followed by a long list of exceptions.

When I finally got to the point where I was seriously considering checking out churches, God put a newspaper on the table in the lunch room at work. There on the table, face up for the entire world to see, was an article about 3 progressive preachers who many thought were preaching heresy. One of them was a female rabbi in a reform congregation, one was Rev. Donna Eubanks, and I've forgotten who the third one was, but I do know it wasn't Félix! I knew going to visit the synagogue wasn't an option. I knew the third one wasn't an option because it was high church, so that left Rev. Donna of New Creation UCC. I had no idea that UCC was a denomination. But I recognized the Church of Christ part of United Church of Christ. I decided to give that church a try because, even though I knew what I was in for by going to a Church of Christ church, my need to be in a church environment was greater than any negative experience I might encounter. Imagine my surprise when I saw this woman, small in stature, completely unable to contain her ability to express God's unconditional love! I have been told I'm not welcome in God's house because I am gay yet here was this minister telling me God loved me as is. Apparently she had tripped over her robe and hit her head on the pulpit!

For many years all churches told gay people flat out that we were not welcome into the building they called God's house. I was always taught that God's house is a sanctuary so why was it that I was not able to find refuge in a sanctuary? And then Christians seemed to become just a little more enlightened. It was either that or they needed money because they decided that gay people could come into the sanctuary as long as we lied. I didn't

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**STAFF AND MINISTRY COORDINATORS**

- Senior Pastor**  
Rev. Félix C. Villanueva
- Associate Pastor**  
Rev. Mary Sue Brookshire
- Pastor Emeritus**  
Rev. Curtis Clare
- Sharp Hospice Chaplain**  
Rev. John Tastad
- Moderator**  
Colleen Link
- Administrative Assistant**  
John Hansen-Tarbox
- Minister of Music**  
Joanne Skinner
- Organist/Pianist**  
Valerie Victor
- Charley Brown Children's Center**  
Elizabeth Cortese
- Nursery Attendants**  
Michelle Adams  
Azure Okimoto
- Treasurer**  
Barbara Thiss
- Joys & Concerns**  
Mary Domb Mikkelson  
John Hansen-Tarbox  
Kristil Sahlin



**COMINGS AND GOINGS**

In the last few months, our UCCLM youth have been busy! In addition to having some fun together ice skating at the Kroc Center, they have participated in various forms of service, including a trip to our Conference's "Youth Uniting in Mission" event in San Bernardino and preparing breakfast for our congregation on Easter morning. On April 17, we made our second annual trip to Pilgrim UCC in Carlsbad to do a joint service project with their youth. We had lunch together, played a few games and took on, not one, but two projects: bagging food for Pilgrim's food distribution program and making tags for Pioneer Ocean View UCC's Tag Project. The Tag Project is the work of Wendy Maruyama, an artist whose parents are members at Pioneer Ocean View. The Tag Project is her latest endeavor, an exhibit that commemorates the 120,000 Japanese Americans who were placed in internment camps during World War II. To symbolize the lives that were affected by Executive Order 9066, Maruyama has enlisted the help of church members and friends to re-create the tags that were worn by Japanese-Americans, listing their names, ID numbers and camps to which they were assigned. Our youth helped make some of these tags. Why don't I let one of them tell you more about our day at Pilgrim? Here's a report from Maddie Amos, a 6th grader at De Portola Middle School:

"When I went to the Mission Trip at Pilgrim Church up in Carlsbad, I didn't know what to expect. On the last mission trip I did we made lunch bags for children who didn't have food waiting at home. The children were coming in on Monday and fainting from lack of nourishment. It felt so good helping that I had to do it again. I enjoyed all of it. Little did I know what we were going to be doing this time. The first activity was making food bags for the Food Bank. This was for people who could not afford food for their families. After 25 or so bags we had run out of food. The woman in charge applauded us and thanked us for our hard work. That part was kind of what I expected but with 2 hours left either we would play games or do another activity. The latter of the two happened.

"What we did was create tags that represent about a thousand Japanese Americans from the Internment movement after Pearl Harbor was bombed. We made the tags that the people wore. At first, I was a little disgusted at what our country had done. Doesn't it disagree with the Pledge of Allegiance? 'One nation, with liberty and justice for all,' right? Well, collecting 120,000 people and forcing them to move to camps doesn't sound like liberty or justice for everyone. Then I saw it from America's perspective. We were bombed before 8:00 in the morning, when our country least expected it. Nothing like this had ever happened before, who wouldn't be a little suspicious of the people with Japanese ancestry? But I have to say, rounding all of those people up was a bit extreme.

"As I was writing about the 20th 'Nakamura' I thought about the person whose name I was writing, Tomoyoshi. Was it a girl? Was she my age? Did she have a pet? Was she forced to leave it behind? Did she survive the camp? To me, these weren't just names; they were, and are, a link to the past. I had an amazing experience there. Never (I think) has my mom or dad had a chance to do what I did on that Saturday. I am glad that I did this and I will never forget it."

Mary Sue

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## From One Servant to Many...

*We know love by this, that he laid down his life for us -- and we ought to lay down our lives for one another. How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses help? Little children, let us love, not in word or speech, but in truth and action. And by this we will know that we are from the truth and will reassure our hearts before him whenever our hearts condemn us; for God is greater than our hearts, and he knows everything. (1 John 3:16-20)*

The author of First John defines love for one another as the foundational concept of his community. The Greek word used here is *agape*, which could be translated as “active goodwill.” The author associates love with taking action to meet physical need. How many times have we said, “Don’t tell me that you love me. Show me!” to someone?

The author of First John goes a bit further to suggest that it is inconceivable that someone with an abundance of physical possessions could say that he or she loves those who are less fortunate and not share his or her possessions with them.

In addition, the text associates the act of love with a willingness to sacrifice oneself for the object of love. The author uses Jesus’ sacrifice as the ultimate example of this type of love. The writer expects that the true

believers in his community will sacrifice themselves for the good of the world, even at the risk of losing their lives in the process.

As the church, we are called to demonstrate *agape* love through our actions as we meet the physical and spiritual needs of others. Through our faith, we have been given the opportunity to go that “extra mile,” to extend a loving hand to those around us. And we are called to show *agape* love to everyone, not just those who share our nationality, skin color, sexual preference or religion. We must manifest love if we seek to follow Christ’s example. If we claim we are followers of Christ and do not demonstrate *agape* love, we deny the foundation of our faith.

I pray that you discover this issue of *Joys and Concerns* to be exciting and promising as we continue working together to bring God’s realm into fruition.

*Felix*

## UCCLM Nostalgia: Sunday School Question Cards from the 1960s

- (Q) Though I am not without historical meaning, I certainly lead into a salty trap. I am a long and slender body dividing Palestine. My substance comes from the Sea of Galilee and ends with the Black Sea. John the Baptist used me for the baptism of our Lord Jesus. What am I?  
 (A) **Jordan River** (Deuteronomy 1:5; Joshua 22; Numbers 34:12; Matthew 3:13)
- (Q) I go where I want to go. In Proverbs it is said that my northern relative drives away rain. I rough the waters, shake the reeds, chase the clouds and come from heaven with a sound called mighty. When Jesus rebuked me, I stopped blowing and scaring His disciples. What am I?  
 (A) **The Wind** (John 3:8; Proverbs 25:23; Acts 2:2; Revelation 6:13; Matthew 8:26,27)
- (Q) Though I am useful and necessary, I am often referred to as holy. The Psalmist promised that God would prepare me before you. With His disciples, Jesus sat around me and thereon ate a meal. Dogs eat of the crumbs which fall from me in the master’s house. What am I?  
 (A) **Table** (Exodus 25:23-31; Psalm 23; Luke 22; Matthew 15)
- (Q) There was always one person appointed to oversee me, and he generally had guards under him. Peter was entrusted to my care once, but during the night he walked out of me. Paul was in my several times. Once he spoke of being chained, and he was made fast in the stocks in me. John the Baptist lost his head in me. What am I?  
 (A) **Prison, Jail** (Acts 12:4; 16:23; Mark 6:25-27)

*(Continued from page 1)*

lie when I enlisted and I'm not about to do it in God's house. We were welcomed to sit in the back row as long as we didn't touch anything; we were not *that* welcome. They would have preferred it if we had just added our names to the rolls. If we could also have just mailed in our checks, they would have liked that even more.

And as time passed and Christians progressed even more and became more enlightened, the attitude changed. We were now invited all the way. No longer did we have to sit in the back row. We were now allowed to sing in the choir and decorate the chapel for Christmas as long as we still lied but we were still not allowed to have any role in any type of ministry or lay ministry.

UCCLM's congregation apparently never read that email. Here we were allowed to sit in the front row, be on boards, be on the fruit-cutting committee, teach the kids, and, most importantly, Lee got a chance to use her power tools. Life was good! The question was never, "Who do you date?" but "What are your talents?" I'm not sure, but I don't think I had a chance to fully warm up my spot on the pew before Joanne was sizing me up for a choir robe!

My intention when I first came into this building was to sit in the back row, give up an amen when Mary Sue said something profound and a "tut-tut looks like rain" when Félix said something that was way over the top. So far I have never had the opportunity to pass along those words of encouragement to the ministers because you guys put me to work. The first Sunday I was sitting proudly in the front row and the second Sunday there I was back in the back row...of the choir section. And this time sitting in the back row was a good thing.

I have the same fears and misgivings some of you have about what will happen if we publicly announce that we are an Open and Affirming house of God. There are some subcultures in my world that make me cringe and, I have to admit, I'm not sure I'm ready to watch an Easter parade coming down the aisle every Sunday. I also have well-founded reservations about vandalism of our property since I have been on the receiving end of a bashing. I am also painfully aware that there were people here the day I showed up who are no longer here because I stayed around. I wish I knew how to fix that but I don't have an answer. Time and patience will have to fix that one.

I have always held the belief that churches should be in the business of offering hope...to everyone. In 1985 a friend of mine who had been rejected by his family for being gay found out that he was HIV positive. He was in the Navy and went to the chaplain looking for words of encouragement. The chaplain told him there was nothing

he could do for him and that there was no hope for him because of his lifestyle. That night he jumped off the Bay Bridge. He jumped to his death knowing that his family wanted nothing to do with him and believing that God hated him and that he had no social redeeming value. The one place that was in the business of offering him hope denied him. Even on the cross Jesus offered hope to the thief.

I love Shelly's ideal that we shouldn't have to target a specific group to let them know they are welcome in this room in every house of God. Unfortunately, the reality is today is not that day. But I hope I get to stand beside her the day that ideal comes to fruition and cheer her on for helping make it happen. But until then, we need to let everyone know that there is a place of hope for them because there are still people out there who just don't know that God loves them just as they are. You can change the world one person at a time and what better place to start than here?

### Charley Brown Report by Patty Bender

The Charley Brown Board will be updating their link on our UCCLM web page to include some pictures of children and the center. We are also going to explore setting up our own website. The installation of new double pane windows in the downstairs education building has been completed. We will be painting them soon to complete the job. The UCCLM flyers have been placed in the center's office. On June 14 in Friendship Hall there will be a "graduation" ceremony for the preschoolers going into Kindergarten this fall. This is also a fun event for the children and their families.

### Looking Ahead

**June 5**

Frosted Flakes: Oasis Camel Dairy

**June 11 & 12**

SCNCUCC Annual Gathering

**June 27**

UCCLM Church Picnic, Jackson Park

**August 15**

Partnership Picnic, Emerald Hills Park

**October 2**

Uptown Walk for the Homeless

**October 23**

Partnership Women's Retreat

**October 29**

Fall/Halloween Carnival

## UCCLM Nominates Carmen Samuels for San Diego Habitat for Humanity's "Groundbreaking" Award



San Diego Habitat for Humanity's "Hats Off to Women" program celebrates women leaders in business and the community. A highlight of the annual program is the presentation of the "Groundbreaking Award" to one of these leaders.

Nominated by UCCLM this year is Carmen Samuels, whose qualifications were described as follows:

### Why nominee is a groundbreaker

*Carmen Samuels has long been a groundbreaker as a Nurse Practitioner/Educator/Community Health Nurse. Now retired, her professional experiences include assignments in hospitals, schools, communities and universities in the United States, Jamaica, China, Malawi, Botswana and Lesotho. She was instrumental in establishing the nursing program at Imperial Valley College and vastly improved nursing and health education in three developing countries. Volunteering and advocacy for children, the poor, the homeless, the mentally and physically ill, have long been significant in her life's story.*

*Carmen's current venture is the Village of Promise (VOP) Health Outreach Program, a San Diego community based organization which she co-founded and serves as coordinator. VOP focuses on mental health and social issues. She is also a member of the South East San Diego Coalition, the Pan-Ethnic Health Network, The Center on Policy Initiatives, and is co-chair of the Uptown Faith Community Service Center Advisory Committee. Uptown is a program of the Alpha Project with the mission "...to help the homeless and needy."*

### How nominee made a difference in her industry, organization and/or community

*Viewing "retirement" not as a time to rest but break new ground, Carmen joined the Peace Corps and helped create Community Healthcare units in Malawi and Lesotho through their university Schools of Health Science and Nursing.*

*One of her other stellar achievements was to take a failing nursing education program in Jamaica,*

*threatened by foreclosure, and bring it to full accreditation in eighteen months.*

### Examples of nominee's mentoring, guidance or inspiration of others.

*In 2002, Carmen was featured on KPBS Public Television's Full Focus program as a mentor, in San Diego, for the Lost Boys of Sudan. She is now the "Village Mom" for the VOP Collective Mentoring Project that works with middle school children whose parents are incarcerated.*

*Healthcare workers from around the world, who have benefited from Carmen's teaching and consulting and from programs she helped create, are now leaders in their own communities. Many stay in touch with their mentor, contacting Carmen by phone and internet to seek her advice and counsel.*

*Accompanying the nomination was a testimonial from Dr. Fred Johnson, Chair of the Board, Village of Promise. Describing eight years of working with Carmen, he commented, "I had already known Carmen through dealings at our church and thought she was a strong woman of faith and commitment. Little did I realize at that time how strong those qualities were. I must say at first I thought if this late seventies year old woman could be this active then I have to keep up; call it competition. But as the years have gone by I realized Carmen is the embodiment of what God's work on earth should be! Her work with the Village of Promise Project, a program for children of incarcerated parents, is truly exemplary for someone of any age. She has taught me, through her actions and undying perseverance, that we must care for the least of us and awaken those more fortunate to work, work, work!!! We can't always honor those who work silently among us, but in this case Carmen is not a silent soldier for Christ but a cannon for the rights, needs and dignity of all who are less fortunate!!!! One paragraph can't describe her!"*

Doug Brunson



## Process Theology for Simpletons (Like Me) Part III - God is Love, Unconditional and Universal by Kirk Wood

**Living a Life in Process, within a Universe in Process, in Partnership with God/Love in Process**

Okay, so Process Thought is a pretty interesting intellectual exercise, and Process Theology shows us how God = Love in a process-relational model of the universe, but what does it mean to my life here and now? What are the practical applications of Process Theology? To answer this we must first take a look at Christian Ethics because Ethics is the field of philosophy and theology that addresses how we act out our systems of belief in the world. And because Process Theology blazes a new trail through Christian Ethics, one that insists Love is the ultimate power in the universe and therefore acting through love leads us to taking ethical action.

Holding Love up as an important, or the most important, guide to right action is not a new idea in Christian Ethics. All Christian theologies hold Jesus as the ultimate expression of God's love in the world. And all Christian Ethics teach us that following the example of Jesus, or living a Christ-like life, is the ideal path for learning to live an ethical life. The differences lie in interpretation and emphasis. Throughout history, living a Christ-like life has meant different things to different people. Sometimes it meant selling all of one's individual possessions and living communally with other Christians. Sometimes it meant doing everything one could to become a martyr killed for one's faith by an oppressive regime. Sometimes it meant living and working with the poor or marginalized members of society. Sometimes it meant marching off to war to defend the faith from dangerous heathens. And so on and so forth, you get the idea. Probably the biggest difference in current Christian views of this topic is whether the emphasis lies on modeling one's life on the life and teachings of Jesus or on trusting in the eternal rewards (and punishments) granted by the resurrected savior Christ. These two ideals are not mutually exclusive and most Christian theologies have a place for both. The difference is which is more often emphasized (and what interpretation this emphasis reveals).

Process Theology emphasizes the life and teachings of Jesus through a social justice interpretation of the Gospels. Jesus, as the highest example of a free-willed individual so attuned to God's lure that every action taken is an expression of God's Love, lived a life that every Christian can aspire to emulate. Jesus' preaching on God's love (esp. the greatest commandment - Love the Lord God with all your heart and soul, and love your

neighbor as yourself, and the parable of the Good Samaritan) and loving actions in the community: healing the sick, feeding the hungry, reaching out to the poor and marginalized members of society, are the basis of this interpretation and emphasis. Therefore, the Process model of living a Christ-like life is all about spreading God's Love to everyone and everything, especially seeking out the forgotten or oppressed.

There are moments in all our lives when we are, in fact, the forgotten or oppressed. As someone who suffers from clinical depression, I know this to be true. I also know how amazing it feels when friends or family, or perfect strangers find a way to reach me in the depths of depression, and let me know I am loved. So take this moment, in the many moments that make up the process of your life, to know you are loved. You are God's child and every part of you - every cell, every heartbeat, every stray thought that is you is known and loved by God. This is the starting point for any practical application of Christian Ethics. Knowing you are loved puts you on the path to showing others the love of God. Now, here are three ways you can live like the process-relational Christ:

Standup for equality and inclusiveness at every opportunity. We UCC members trace our commitment to this form of social action back to our Congregationalist forbearers, who helped the Mende people imprisoned and intended for sale as slaves aboard the *Amistad*, in their legal battle to regain their freedom. Today our congregation is going through the process to officially declare ourselves to be an Open and Affirming congregation. It is God's love which compels us in this moment to let our LGBT sisters and brothers know that we love, accept and welcome them just as they are. And we want to very publicly take a stand and say that we recognize them as God's children and fellow members in the body of Christ. By so doing, we also offer a loving but adamant rebuke to our brothers and sisters in Christ of other theological convictions who insist on denying our LGBT brothers and sisters a place in the Kingdom of God.

Care for the poor wherever you find them. In his ministry, Jesus consistently and intentionally sought out the poor and needy, in material and

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spiritual matters, brought food to the hungry, brought healing to the sick in mind, body, or spirit, and brought dignity to all who, for whatever reason, could not meet their own needs in that particular moment. And in this way, he let each one know she was loved. We have many opportunities, individually and as a congregation, to give donations and volunteer time to those who are hungry and in need. For details on some of these opportunities, contact the Mission and Outreach Board (which is in need of two more members, if you feel so led).

Care for the environment; be a good steward. In this moment, and for the anticipated moments

in the near future, this is the only planet we've got. I (as a loyal reader of science fiction) eagerly await the time when human civilization will fill up this solar system and find its way beyond the stars to new galaxies. But for now, this Earth is all we've got and each of us is a steward of all the plants, animals, and other resources that exist here. So plant a tree, join the Sierra Club, become an eco-warrior, however far the lure leads you, go there.

We all, every one of us, are intricately connected in the process-relational universe. And God knows and loves and incorporates into herself each one, moment by moment. Therefore, helping the least of these truly is helping God and enriching the whole universe.

### Mission and Outreach Action Plan 2010

**Goal:** To maintain our current mission commitments and look for new outreach opportunities.

**Core Values Addressed:** Mission and Outreach to the Community.

**Support We Already Have in Place:** Board members, vibrant congregation, volunteers for big events.

**Challenges:** Several new members learning the ropes, still one board member position open, no point of contact w/Palomar Cedars, logistics more complicated with two service schedule.

**Resources We Have:** Monies available, mission commitments already in place.

**Resources We Need:** A ninth board member.

**Five Bold Steps:**

1. Recruit a ninth board member.
2. Identify annual commitments and events, and ask former board members and previous year's volunteers to help new members learn what needs to be done to maintain them.
3. Compile a Directory of Ministries offered by Church, include which Board is responsible, and what opportunities exist for people to help.
4. Create a system of sub-committees to help run annual events, and maintain mission commitments. One board member in charge of each sub-committee, with 2-4 congregational volunteers to fill out sub-committees. (If system works, share idea with other committees.)
5. Look for new Mission & Outreach opportunities.

**How Do We Measure Effectiveness:** Meeting to assess what is effective or see if better response is available.

**Person(s) Responsible:** M&O board members.



Photos by Nick Hernandez



### Easter Sunday 2010 at UCCLM



## *Potholes, Detours and Tollbooths: Stepping-Stones on the Road to Faith*

*...a monthly column of poetry, prose and personal perspective*

*by Mary Domb Mikkelson*

### **Let the (Puzzle) Pieces Fall Where They May**

I thought of Clarice during Félix's 12/20/09 sermon. Sister Clarice, the AstroNun, that is. She passed away recently and both I and the world lost a dear friend. I remembered the day we – Clarice, my then 17-year-old daughter, Karen, and I – went fossil hunting on a beach near Cape Canaveral. We were in Florida as witnesses to the Apollo-Soyuz launch and were passing a few pleasant hours looking back into history before going on base to view the future. Among our finds were vertebrate relics dating back to the Eocene Period, some 56+ million years earlier. I also remembered Clarice's tailored white shorts - and thinking she looked great in them – and how she enjoyed drinking bourbon and 7 later that evening during our German poker game.

What brought Clarice to mind that morning was Félix's tale of escorting Mother Teresa through the streets of Mae-Sae-Sae, the "Sin City" of the Philippines (why does it not surprise me that he was the one assigned?) and of her reaching out (with love and a rose) to offer hope to a young prostitute.

Clarice...fossils...Mother Teresa...a rose...what was the connection? And why did my thoughts keep straying to the previous Wednesday's spirited Bible Study discussion which, in turn, strayed far from Abram, Sarai and Lot, spiraling into animated dialog about whether Jesus was/is God Incarnate or the human son of God.

All of the puzzle pieces, it seemed, were now on the table but how did they fit together? Were there any "corners" with which to start a frame? Any straight-edged ones to give it shape?

Well, for starters, neither Clarice nor Mother Teresa fit "traditional" convent-centered patterns of sisterhood: Clarice worked for NASA, teaching students throughout America about the wonders of the Space Program; Mother Teresa, who believed in the spiritual goodness of poverty, spent much of her life ministering to the poor, sick, orphaned and dying in the sordid streets of Calcutta. And, as the stories above testify, neither was afraid to think – or step – outside the box. While I suspect that neither would go as far as my thoughts were now taking me, where they had been leading me for

many a year, I think they might well have understood - perhaps in the manner of my friend Gretchen's encounter with a Monsignor. Learning she taught in a Catholic school, he asked where she lived then tried to guess her home parish. When she "confessed" to not only being Protestant, but Southern Baptist to boot, he replied, "Protestant, are you? Well, that's okay. Some of them have souls, too!"

Back to those thoughts. Asked whether he believed Jesus was God, Félix replied he believed him to be the Son of God, the 100% human selected by God to, through his life and teachings, show us God's love and what God wants of us.

The puzzle pieces began to fall into place. A line from "O Come, All Ye Faithful" - "Word of the Father, now in flesh appearing" - came to mind with new clarity and meaning: not God but God's word in human flesh.

Jesus...Rabbi...Teacher...Son of God...Messiah. These I believe. Including "Messiah" - no stumbling block there. According to Jewish tradition, the word referred to a coming King of Israel (from the line of David) who would rule the tribes of Israel and usher in an age of global peace.

Félix spoke next of the one **essential** belief in Christianity. Not the birth, virgin or otherwise, of Jesus, not the crucifixion, not even, I would add, the divinity of the Babe of Bethlehem, but the Resurrection Event. Whatever those who encountered Jesus after his death saw, it was soul-stretching enough to change them, powerful enough to change the world. It was immediate, personal, God-given and real. Historical details aside, it blazed with truth. Christianity was born.

(That truth, by the way, is what Wednesday night Bible Study offers me as we think outside the box and dig into the Scriptures, peeling and paring them until the vital central core of living, blazing truth is revealed.)

The jigsaw was complete. There are many paths to God, many ways to look up, reach out and serve. Nothing wrong with thinking outside the box - with believing outside it.

May it ever be so.

## “Getting to Know You, Getting to Know All About You” by Marcia Redelings



At 13 1/2 Carol lost her only child status but gained a brother. She grew up with three-generational friends in a caring community in Brooklyn and is still close to former Brownies, Girl Scouts and neighborhood buddies as well as members of the Nazarene Congregational UCC where she grew up.



Carol recalls with fondness the quarterly “Church Family Nights” when the members gathered for a fish fry and fellowship. The planning committee fried enough fish for 100 people and served it with mac & cheese, green beans, cornbread and cake. They sang, played games and had balloon relay races in which each contestant tried to pop a blown up balloon by racing to a chair and sitting on it. The team that finished first won. Everyone played - young and old alike. Their antic provided much hilarity.

Her education included attendance at The Brooklyn Ethical Cultural School with only about 100 students, K-8. She next enrolled in a

high school with 5000 students, only 1% of whom were black. “I knew only one person in the freshman class.”

“My father,” she reports, “was very strict and expected nothing less than an ‘A.’ Once I received an 85 on a science test and knew (after the lecture I got) I had better raise my grade. I did!”

After high school she enrolled in Brooklyn College. She married a week after graduating and taught third grade for 2 1/2 years before taking an extended (5 year) maternity leave, during which time she had three daughters and obtained her Masters as a reading specialist. When she returned to work she taught reading to children in special education programs in a variety of non-public schools and later wrote a training manual on toilet training and activities of daily living which was used at more than fifty sites in the five boroughs of New York City. In New York Carol was licensed and certified as a teacher of elementary school (K-6), reading, assistant principal for elementary, intermediate and junior high school and elementary school principal. She then became Assistant

Principal at an inner city elementary school in Brooklyn. Being in charge of lunch duty and discipline were her biggest challenges.

“I taught the teachers how to discipline students without bullying them,” she relates. “One later told me I saved his career.”

Eleven years ago Carol married David Phillips, who plays bass and guitar, writes poetry and acts. After taking an early retirement in 1996, she moved to San Diego. She was Principal of All Saints Episcopal School for four years (2000-2004). After that, Common Ground Theatre (the premier African-American theatre and - at 48 - one of the oldest arts organizations in San Diego) has played an important part in Carol’s life. She has sung with the Martin Luther King, Jr. Community Choir of San Diego for more than ten years. But at the top of her list of joys is being grandma to six wonderful kids.

“I am happy to be a member of my neighborhood church. UCCLM seems so right for my goals of continuing to grow in my faith, expanding my horizons and celebrating oneness through diversity.”

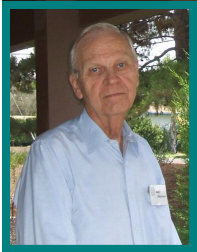
## The Link...Message from the Moderator

There is a line from a song that goes “wherever two or more are gathered there is love;” alternately, in real life, sometimes where two or more are gathered there is conflict. As members of UCCLM, we can always hope that we get along and love each other but it is inevitable, as in any group, we will have differences. The only way we can manage our differences is to come together and appreciate that we won’t always agree. We need to own our differences and be free to express our thoughts and ideas. Please know that you are always welcome to attend a Council meeting to find out what Council is deciding or the recommendations that come to Council so that you can have your say. In the next few weeks we will be scheduling a time for us to discuss issues that have caused conflict within our church. I hope you will attend this important meeting. We want all members to attend, bring their ideas and thoughts, provide input and listen to what others have to say so we can resolve our conflicts. We can agree to disagree but first let’s talk.

*Colleen*

## To Your Health!

by Carmen K. Samuels, MSN  
Retired RN, Nurse Practitioner  
and Nurse Educator



Guest columnist Ken Shipstead, long a member of UCCLM, is a retired dentist. Following is the second of two articles he prepared for you.

### 80% of Our Population Have Experienced Dental Decay...

...so it is beneficial to know more about dental decay or caries.

Caries is caused by bacteria that makes a home in the thin sticky film, called plaque, that forms on your teeth.

10% of the population has poor hygiene but no caries. How can this be? Well, we have found that there is good plaque and bad plaque.

Unfortunately, most of us have the bad one. Dental scientists are trying to find ways to give us all good plaque but it is a complex problem. Researchers have bred mice with soft teeth, given them lots of sugar - no decay. They eliminated their saliva, gave them lots of sugar - no decay. They then gave them bacteria and sugar - decay. As long as they don't get bacteria, they will never get decay. Therefore bacteria is the main consideration.

What are we to do? Early humans had no decay. The alteration of the diet, i.e. the inclusion of refined sugar, led an environmental change within the human

body, selectively potentiating the growth of certain bacteria in the mouth, specifically Streptococcus mutants which are acid producing bacteria.

To have dental decay we need:

1. a susceptible tooth surface
2. dietary carbohydrates
3. an adequate number of cariogenic bacteria

Babies are born with sterile mouths. Mother's first kiss takes care of that. When infants are exposed to sugars, this immediately takes them into having a high level of S. mutants.

So, first of all, we have to do our best to manage the plaque filled with bacteria that coats our teeth. Here we have good brushing and flossing. If you can do it after every meal, so much the better. Most of the damage is done in the first 20 minutes after eating a carbohydrate. There is nothing S. mutants love better than the slow supply of sugar provided by sucking on hard candy.

There is something we can do to the surface of the tooth. Fluoride makes enamel more resistant to the acid from S. mutants. It can be applied through drinking water or toothpaste or painted on by your dentist. The drinking water route is by far the most cost effective. It has been found that giving children fluoride tablets or drops is the least effective. The deep groves in teeth can be made safe with sealants applied by your dentist.

Diet is very important. Normal people have about 500K S. mutants per ml of saliva. However, too much sugar and that can quickly climb to 10 million per ml.

In summary: use flouride, good oral hygiene and low carbohydrate diet to fight tooth decay. Keep alert for tests and treatments.

### Time and Talent Needed from All Members

Sometimes at "giving" time we forget the church not only needs our tithes and offerings, but also needs US! UCCLM operates on a congregational model, with the congregation in charge of the church via its boards and the Council. UCCLM simply cannot function without the time and talents of its members.

According to our nomination list for 2010, we need board volunteers for:

1. Trustees (1 one-year position and 1 two-year position) - Tom Buchenau, Chair.
2. Stewardship and Finance (1 position for 1, 2 and 3 year slots) - Al James, Chair
3. Mission and Outreach (1 one-year position) - David Johns, Chair

Please contact the Chair of the board on which you are interested in serving.  
Thanks for giving of yourself!

**Ron Young**

### Graduation Time!

If you have someone in your family who is graduating this Summer, please take a moment and contact Mary Mikkelson to include their names in our list of Graduates, 2010.

publicity  
@ucclm.sdcoxmail.com

or (619) 265-2698

## Intention or Intending: A Time for “Greater Works than These?”

by Rev. Donna Eubanks

“I meant to call!”

“I intended to start my diet last weekend but...”

Sound familiar?

How many times has each of us uttered such comments?

According to the dictionary “intent” means “showing great determination to do something.” Seems to me there is a disconnect between definition and outcome. The old expression, “where there is a will, there is a way,” comes to mind. If one wants IT enough, IT is a done deal! But intending, willing, determining or even wishing as a last resort often fails us.

Beloved, there is a spiritual piece missing.

I found a part of this piece when I studied and began using Healing Touch. Time after time my teachers said that centering and setting my intention was at least 90% of the work. Starting from a spiritual base and holding the intention for my own or another’s “highest good” has produced comfort, emotional peace and physical healings. Changing “my will” to “thy will” brought a

sense of peace no amount of “determination” could conjure or equal.

So, what if more of us practiced “centering” and “setting our intention?” The good news is that more and more people are, among them author Lynne McTaggart, who is studying the practice. In her book, *The Intention Experiment* she cites research studies which demonstrate the effects of intention and suggests ways to set up personal or group experiments and to use intention effectively in our lives.

In one, the “Love Study,” the researchers were interested in how intention affects a recipient physically. They found that “when you send an intention, every major physiological system in your body is mirrored in the body of the receiver. Intention is the perfect manifestation of love” (p. 47).

I also recommend another resource, one that came my way long before Healing Touch - the accounts of Jesus the Healer. Like many others, I once saw these stories as the simple wishes of the people of his

time or, simply, just a way to get people to come to his preaching events. One of my favorites is the woman who suffered from hemorrhages. I now believe that standing in his love-filled energy field corrected her physiological malfunction.

These stories might have remained **just** stories for me were it not for a few words found in Luke 9 and John 14. Calling The Twelve together, he sent them out to proclaim the kingdom of God and to heal. Preparing them for his departure from them, he said that those who would be his followers would do the same works he did and, “in fact, will do greater works than these.”

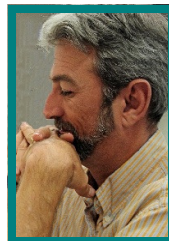
McTaggart notes that “a body of research also suggests that the power of an intention multiplies, depending upon how many people are thinking the same thought at the same time” (Introduction, p. 29).

Might not each of our churches, for example, form an “Intention Group,” one which from the comfort of the members’ individual homes, would “think” healing thoughts for designated people at a pre-determined date and time?

The time for doing “greater works” is NOW; the possibilities, endless - and staggering.

## Good Morning, God...Prayers by Ken Noltie

God, I was wondering when forgiveness is really forgiveness. Is it enough to just let the anger go, because you can’t love and hate at the same time? Is it enough to wish them well, send them on their way and then take their names off the Christmas card list? Do I have to invite them over to dinner with the rest of the group? And if I can’t really get to the point of forgiveness, will you give me the gift of patience and tolerance until I get there? Amen.



## CHURCH HUMOR

Ole and Lena are talking after church.

Lena: "Did you see Margaret's new shoes?"

Ole: "No, I didn't notice."

Lena: "Did you see Mildred's new dress?"

Ole: "No."

Lena: "Did you see Mary's new hat?"

Ole: "No, I didn't."

Lena: "A lot of good it does you to go to church."

Shared by Ken Shipstead

## Our Favorite Church Music

by Ann Johns

Music is central to worship in our church for both of our services. In order to explore various members' musical tastes, our roving reporter moved through both services asking these two questions:

What's your favorite church music?

Why have you made this choice?

Answers included the following:

"I really like 'Onward Christian Soldiers.' I love the march tempo and the happiness that this music conveys." (Mary Blue)

"'Amazing Grace' would be my choice," said Bob Bourne. "It is uplifting and has an important message."

"'Morning Has Broken'" is my favorite," responded Sam Buchenau. "When it appeared on the scene, I was an impressionable teenager, and I liked the message, particularly as sung by Cat."

Ron Hendee mentioned 'Bless This House' for "it blesses our house of worship."

Both Stephany McGrath and Chuck Suko selected "For Those Tears I Died," Stephany "because it moves me," and Chuck because he knows the person who wrote the song - "and the difficulties which she was experiencing when she wrote it."

Like some others who were interviewed, Mary Mikkelsen wanted to name more than one favorite. "'One Day at a Time' tells me what my faith offers me each day and 'I Come to the Garden Alone' brings peace... and reminds me of my childhood."

Carol Rainey selected "Soon and Very Soon" "because of its syncopation and promise of hope." (She was pleased that Valerie played this gospel tune as an introtit in February.) Carol also loves "His Eye is on the Sparrow" "because no matter where we are, God is protecting us."

David Richert can't remember the exact name of the hymn he likes, but he selected it "because it gives a fresh view of God, that is not easily defined."

John Sahlin chose "Spirit in the Sky." "It's upbeat and makes people feel happy. It exudes a spirit of celebration."

"The Great Amen" was selected by Barbara Thiss for "It gets people moving and dancing. It's a seal of approval on life."

Estelle Voelker spoke of "Holy, Holy, Holy," "since the choir used to march in to this hymn every Sunday." She also likes "Dear God, Embracing Human-

kind," preferring the new, inclusive words to the old hymn language [*Dear Lord and Father of Mankind*].

For Dorothy Wood, the choice is "Oh God, Our Help in Ages Past" ("Our help for years to come...") because she sang it to herself every day when she and her family were going through a crisis.

As he commented on his favorite, Chuck Suko pointed out that each of us may select a song or hymn for very different reasons. These may be personal and immediate, theological or faith-based or the music may conjure up memories from our youth.

What's your favorite---and why? Send your answers to Ann Johns ([ajohns@cox.net](mailto:ajohns@cox.net)).

## Other People's Favorite Hymns

Shared by Carol Rainey

Dentist - *Crown Him with Many Crowns*  
 Weatherman - *There Shall Be Showers of Blessings*  
 Contractor - *The Church's One Foundation*  
 Tailor - *Holy, Holy, Holy*  
 Golfer - *There's a Green Hill Far Away*  
 Politician - *Standing on the Promises*  
 Optometrist - *Open My Eyes That I Might See*  
 IRS Agent - *I Surrender All*  
 Gossip - *Pass It On*  
 Electrician - *Send The Light*  
 Shopper - *Sweet Bye and Bye*  
 Realtor - *I've Got a Mansion*  
 Massage Therapist - *He Touched Me*  
 Doctor - *The Great Physician*

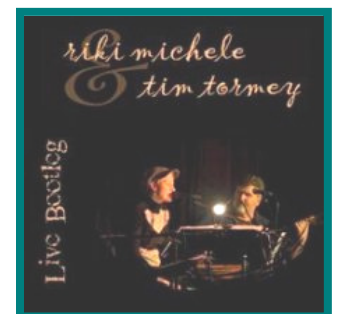
### AND for those who speed on the highway:

45mph - *God Will Take Care of You*  
 65mph - *Nearer My God To Thee*  
 85mph - *This World Is Not My Home*  
 95mph - *Lord, I'm Coming Home*

## Music News from Tim Tormey

Michele and I have a CD out! It's a 6-song EP called "Live Bootleg." For details and to purchase - <http://rmandtt.com/tunes.php>.

Check website in April for upcoming gigs.



### Summer Camp 2010

Pilgrim Pines is now accepting registrations for summer campers. Space may be limited, so sign up early. This year campers will consider the ways in which living with God takes courage and bravery, requiring us to step out in faith and take risks for the sake of others. The camp experience offers low and 40-foot high rope and challenge courses, arts and crafts, 40-foot climbing wall, spiritual programming, brand new archery course, talent show, swimming pool, hiking, campfires & s'mores, theme dinner; "Out of this World!" (space travelers, angels, aliens, etc.), guitars, pianos & many voices. Youth entering 1<sup>st</sup> grade through 2010 graduates are welcome to attend. Pastor Mary Sue will be our 'Minister in Residence' the week of July 11 along with many of our youth so plan on attending that week if you are able. Counselors-in-Training ages 16 and 17 are placed in the cabins with an adult counselor after completing a weeklong special training session. Scholarship assistance is available thanks to the generous support of our congregation through the annual Mission and Outreach BBQ Auction. For more information go to [www.pilgrimpinescamp.org](http://www.pilgrimpinescamp.org) or contact Linda Newton at 619 582-0752 or [lindamn@cox.net](mailto:lindamn@cox.net).



### In Memoriam

**Helga K. Lampman**  
5/7/18 - 4/2/10

### First Quarter Financial Secretary's Report

Pledged receipts received during the 1st quarter totaled \$46,626, which came to only 21% of the yearly amount, so we are already behind. The plate total was \$4,080, which is 29% of the budgeted amount but doesn't make up for the lack of pledged funds. By this time you should have received your 1st quarter statement. Please check it carefully and report any discrepancies to Estelle. And, if you are behind in your pledge, consider bringing it up to date.

Our bank is kind of picky and will not take checks written in pencil. So, in the future when you write a check to UCCLM be sure to use a pen.

The special funds for the first quarter of 2010 are as follows:

Contemporary Service Music and Nursery .....	\$2,350.00
Christmas Fund .....	225.00
Easter Offering (more of this in the 2nd quarter).....	187.00
El Nido Easter Baskets.....	635.00
Music Fund (from recycling bottles and cans).....	263.45
One Great Hour of Sharing .....	1,901.00
Orphanage .....	3,145.00
Palomar Cedars .....	340.00
Souper Bowl.....	485.43
Youth Activities .....	2,125.00

Thank you for your generosity.  
*Estelle Voelker*, Financial Secretary

### Strengthen the Church Offering

On Pentecost Sunday, May 23, UCC La Mesa will be taking a special offering, "Strengthen the Church". This offering grows the UCC's future by funding The Stillspeaking Ministry, new and renewing churches, youth and young adult ministries, and lay and pastoral leadership formation. This offering is administered by your church's Conference, Local Church Ministries, and The Stillspeaking Ministry.

Part of Our Church's Wider Mission, this offering is one of the "5 for 5" special mission offerings presented during the year by the Mission and Outreach Board of UCCLM. These offerings sponsor vital ministries that bring hope to people in the U.S. and around the world. There will be special envelopes placed in the pews for this offering on Pentecost Sunday, May 23.

**Mission & Outreach Board**

**MAY VOLUNTEERS** - Volunteers needed! Sign up on the Communication Room bulletin board or call or e-mail Tom Atchison (619-461-2688, tatchison2@cox.net).

DATE	ALTAR FLOWERS (Delivered before 9:00am)	LAY READER 11:00am	USHER 11:00am		GREETER
MAY 2	Maria Sonia Sanchez	Jack Gillespie <b>Jan Gilbert</b>	Lassaline	9:00am 11:00am	Mary Margaret James Jacobsen - Furr
MAY 9	Gillespie	Carmen Samuels	Kent	9:00am 11:00am	Dave Palmer Hargis - Harris
MAY 16	Colleen Link	Phyllis Brunson	Sue Taylor Bill Brennan	9:00am 11:00am	Melissa Devine Minga - Rau
MAY 23		Ray Newton	Oates	9:00am 11:00am	Anthony Devine Bothel - Gilbert
MAY 30	Brunson	Casey Hernandez	Colleen Link Chuck Suko	9:00am 11:00am	Jack Gillespie Brunsons

**DEADLINE**

**June Joys & Concerns  
May 20**

Submissions welcome! Send to:  
**Mary Domb Mikkelson**  
[publicity@ucclm.sdcoxmail.com](mailto:publicity@ucclm.sdcoxmail.com)

**Material may be edited.**

**Join *Connecting Voices***

*Connecting Voices*, the SCNC's new e-Magazine is now on-line - and UCCLMers are well represented in it. Check it out at <http://www.scncucc.org/voices>. We invite you to share your stories of what God is doing in, through and around you, you will, in turn, inspire others. Send articles to Keith Clark, [clark@scncucc.org](mailto:clark@scncucc.org) or Mary Mikkelson, [publicity@ucclm.sdcoxmail.org](mailto:publicity@ucclm.sdcoxmail.org)

**MAY**  
**BIRTHDAYS**

- 2 Maya Makin
- 3 Idalia Colvin
- 4 Helen Jackson
- 10 Larry Brunson
- 12 Regina Binder-Trimble
- 13 Becky Mahumed
- 15 Dave Richert
- 19 Ada Cicalo
- 20 Kristin Amos
- 22 Pamela Miller
- 23 Sam Buchenau
- 24 Max Altstadt
- 25 Candis Compton
- 25 Bob Bourne
- 26 Marietta Lassaline
- 30 Carl Davis
- 30 Michele Towne
- 31 Bonnie Fago
- 31 Michael Klass

**MAY**  
**ANNIVERSARIES**

- 2 Linda & Ray Newton
- 8 Mary Sue Brookshire & Mark LeMay

**No Matter Where You Begin**

by John Perkins

No matter where you begin with God's Word, if you follow it to its deepest, most radical implications, it will lead you to other people and finally to becoming the church...I am excited about being a part of what God is doing in this world to bring faith and works together. Because it seems like, as I look back, what is happening in my lifetime, and especially in the last ten years, is that God is giving us a New Testament meaning of the church. It seems like the Spirit today is giving us an understanding of the church as the Body of Christ, the replacement of Christ's physical body in a local neighborhood.

Source: *A Quiet Revolution*  
From the Collection of Fred Cicalo

## May '10 Happenings

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### MAY 1, SATURDAY

8:30 am CBCCC Board meeting  
5:30 pm Mission & Outreach: Annual Dinner Auction

### MAY 2, SUNDAY

8:15 am *Sunday Morning Live!*  
9:00 am Contemporary Worship Service  
10:00 am Friendship Time  
11:00 am Traditional Worship Service

### MAY 3, MONDAY

10:30 am Visitation Team  
7:00 pm Bone-A-fieD Brass

### MAY 4, TUESDAY

8:00 am Sharp Hospice Care  
9:30 am BYOT (Trustees)  
12:30 pm Staff Meeting  
7:30 pm Broken Strings @ Clares'

### MAY 5, WEDNESDAY

6:30 pm Bible Study

### MAY 6, THURSDAY

7:00 pm Choir Rehearsal  
8:00 pm Worship Team Rehearsal

### MAY 9, SUNDAY, MOTHER'S DAY

8:15 am *Sunday Morning Live!*  
9:00 am Contemporary Worship Service  
9:30 am Membership & Fellowship  
10:00 am Friendship Time  
11:00 am Traditional Worship Service

### MAY 10, MONDAY

10:30 am Visitation Team  
7:00 pm Bone-A-fieD Brass

### MAY 11, TUESDAY

9:30 am BYOT (Trustees)  
12:30 pm Staff Meeting  
7:30 pm Broken Strings @ Clares'

### MAY 12, WEDNESDAY

6:30 pm Bible Study  
7:30 pm Church Council

### MAY 13, THURSDAY

7:00 pm Choir Rehearsal  
8:00 pm Worship Team Rehearsal

### MAY 14, FRIDAY

6:30 pm CBCC Graduation

### MAY 15, SATURDAY, YOUTH ROUNDTABLE

### MAY 16, SUNDAY, YOUTH SUNDAY & YOUTH ROUNDTABLE

8:15 am *Sunday Morning Live!*  
9:00 am Contemporary Worship Service  
10:00 am Friendship Time  
11:00 am Traditional Worship Service

### MAY 17, MONDAY

10:30 am Visitation Team  
7:00 pm Bone-A-fieD Brass

### MAY 18, TUESDAY

9:30 am BYOT (Trustees)  
12:30 pm Staff Meeting  
7:30 pm Broken Strings @ Clares'

### MAY 19, WEDNESDAY

6:30 pm Bible Study

### MAY 20, THURSDAY

7:00 pm Choir Rehearsal  
8:00 pm Worship Team Rehearsal

### MAY 21, FRIDAY

5:30 pm SDYCS Movie Night

### MAY 23, SUNDAY, PENTECOST SUNDAY

8:15 am *Sunday Morning Live!*  
9:00 am Contemporary Worship Service  
10:00 am Friendship Time  
11:00 am Traditional Worship Service  
12:15 pm Sunday School Teacher's Meeting

### MAY 24, MONDAY

10:30 am Visitation Team  
7:00 pm Bone-A-fieD Brass

### MAY 25, TUESDAY

9:30 am BYOT (Trustees)  
12:30 pm Staff Meeting  
7:30 pm Broken Strings @ Clares'

### MAY 26, WEDNESDAY

6:30 pm Bible Study  
7:30 pm Diaconate

### MAY 27, THURSDAY

7:00 pm Choir Rehearsal  
8:00 pm Worship Team Rehearsal

### MAY 30, SUNDAY

8:15 am *Sunday Morning Live!*  
9:00 am Contemporary Worship Service  
10:00 am Friendship Time  
11:00 am Traditional Worship Service  
5:00 pm Last Sunday Funday, Youth

### MAY 31, MONDAY, MEMORIAL DAY (OFFICE CLOSED)

7:00 pm Bone-A-fieD Brass

### AA Meetings - Room Below Friendship Hall

<u>Monday</u>	6:00 pm	Smoke Free LM Women's
<u>Tuesday</u>	7:30 pm	Cowles Mt. Smokeless Disc.
<u>Wednesday</u>	6:00 pm	Kelton Ave. Big Book Study
	7:30 pm	Wednesday Night Men's AA
<u>Thursday</u>	6:30 pm	A New Way of Life
<u>Friday</u>	6:00 pm	Free on Friday
<u>Saturday</u>	9:00 am	Saturday AM Live
	6:00 pm	How It Is Today
<u>Sunday</u>	6:00 pm	Sunday Serenity

May Newsletter for the  
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OF LA MESA**  
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E-mail: [office@ucclm.sdcxmail.com](mailto:office@ucclm.sdcxmail.com)  
Fax: (619) 741-1372

Charley Brown Children's Center  
(A Community Service of UCC La Mesa)  
5921 Jackson Drive  
La Mesa, CA 91942-2620  
Office: (619) 463-5126

Palomar Cedars Wilderness Camp  
Web: [www.palomarcedars.com](http://www.palomarcedars.com)  
Reservations: (619) 561-7608

**“Doing together what  
we cannot do alone.”**

### **Mission Statement**

As the United Church of Christ of La Mesa we strive to:

1. Love and understand the spirit of God as communicated through the life and teachings of Jesus Christ.
2. Grow with one another by accepting, supporting and loving through worship, service and fellowship.
3. Demonstrate our faith through active involvement in our community and the world in all its diversity.