

Mexican House Build, Nov. 17 More Volunteers Needed!

Consider living your gratitude by sharing your time and talent with others! If you are interested in going to Mexico for the day to build a home for a family of 4 (children ages 4 and 1 month), sign up in the church office. More details are available by emailing Eric Robinson at eric.robinson@omnisafe.net. The church office can provide you with a bio of the family, ideas for house warming gifts and a list of things to bring.

NOTICE: The Sanctuary will be tented for termites 11/19-11/24.



Imagine One Night a Week

... Where you simply enjoy your kids?

Families with children and teens are invited to our Family Advent Gatherings. Dinner is taken care of. Activities and engaging conversation starters are provided. Grounded in the Christian faith, open to all.

Refresh your spirit this holiday season with this four week series led by Rev. Lydia Sohn and Kris Nieder.

WHEN: Tuesdays, 6-7:30 pm,
Nov. 27- Dec. 18

WHERE: St. Mark's UMC Social Hall

COST: \$40 per family for the entire series

RSVP: kris@stmarksumcsd.org

Here Ye! Here Ye! St. Mark's is a Polling Place for the November 6 Gubernatorial General Election!



Alternative Christmas Market

You can get most of your Christmas shopping done November 11th at the Alternative Christmas Market with the Guatemala and Heifer projects, CCSA, and much more.

CCSA Christmas Gift Baskets

The Community Christian Service Agency has issued their annual request for gift baskets and bags. Packets with details are available in the church office or on-line at www.ccsasandiego.org. Please note the following deadlines: **SIGN-UP by November 30** and **BASKETS DELIVERED TO ST. MARK'S by December 12.**

Veteran's Day Special Offering

On Sunday, Nov. 11 we will take a special offering for VA members and their families. The offering will support the San Diego VA program "From Warrior to Soul Mate".

"From Warrior to Soul Mate" started at the San Diego VA hospital when Rev. Dick Millsbaugh, a United Methodist minister and Veterans Affairs chaplain recognized caring for the nation's wounded also means helping them repair crumbling intimate relations through lengthy deployment separation, financial stress, role changes, and injuries. By providing relationship roadmaps to military couples they are able to better negotiate spiritual, emotional and physical injuries that challenge couples' ability to bond and deal with conflict.

More information on this program can be at [https://www.sandiego.va.gov/services/Warrior to Soul Mate.asp](https://www.sandiego.va.gov/services/Warrior%20to%20Soul%20Mate.asp)

Annual Thanksgiving Potluck

Again this year UMW is sponsoring the annual Thanksgiving meal. On **Tuesday, November 20 at noon** we will gather in the Social Hall.

United Methodist Women will provide the turkey, mashed potatoes and gravy as usual. To complete the meal, you can provide dessert, a vegetable, a salad or perhaps Grandma's famous dressing.

Please prepare your dish at home to serve 6-8 people and bring your dish ready to be served. The serving table will be ready for you. The kitchen will be reserved for the carving of turkeys, potato and gravy prep.

SIGN UP BEGINS Sunday, November 4 on the patio after service and will continue until Sunday, November 18th. The sign up will be in the church office during the week. Questions can be directed to Joan Williams at 858-274-3716.



PLAY at Belmont! Youth Activity

Eat: St. Mark's annual Thanksgiving potluck lunch is free and open to all (see above). Drop off your kids or come as a family!

Play: By 2:00pm we'll head to Belmont Park for unlimited Laser tag, climbing wall, ropes course, and their 7D ride. Potluck attendance not required.

Cost: \$20, includes a sandwich dinner. Sorry, no refunds. (You can pass on your ticket to a friend.)

RSVP: ASAP-this great price is a limited time offer. Want to bring a friend? Fantastic! Friends are welcome as long as they turn in our release forms. Email kris@stmarksumcsd.org

Ambiguity of Aging

There are numerous booklets on how to bring up children, what to expect and how to prepare for each stage of their development. No such book exists for aging.



The issue is that as we age we observe greater and greater diversity. Some people age quicker than others while each person expresses aging in different ways. This ambiguity presents some problems when it comes to understanding the process of aging. This discussion will focus on some of these ambiguities and highlights what seems to be emerging as common themes from research on aging.

Unexpected results point to spirituality and a sense of belonging as a common theme among longer lived healthy people.

Mario Garrett has a PhD in psychology and since 2004 has been a professor of gerontology at San Diego State University. He has written/edited six books, with an additional two being published this year (one on dementia and one on how films portray aging). His most recently published research is on dementia and Alzheimer's disease. Previously he was working with United Nations Institute on Aging and he continues to lecture in Japan, Turkey, Canada and Malta. His 2013 talk on dementia at the UCSD TV was viewed more than 1.7 million times.

Dr. Garrett will be presenting at St. Mark's on **Sunday, November 18 at 11:00AM** in the Social Hall.

All are welcome! Mark your calendars!

In Our Prayers

- ♥ Forrest Sedgwick
- ♥ Rose Marie Pierce
- ♥ Phyllis Drewett
- ♥ Sherry Forrest
- ♥ Vera Morrison
- ♥ Al Johannesen
- ♥ Hope Coleman
- ♥ Brad Cannon

Our military personnel:

- ♥ Kris Brendal, Army
- ♥ Robert S. Chisholm, Navy
- ♥ Craig Clemans, Marines
- ♥ Paul Clemans, Air Force
- ♥ Blake Cross, Navy
- ♥ Samuel England, Navy
- ♥ Lenny Hezelett, Navy
- ♥ Amanda Hoadley, Navy
- ♥ Michael Hunter, Navy
- ♥ Brady Jackson, Army
- ♥ Jeremy Munson, Navy
- ♥ Milo Riegle, Marines
- ♥ Casper Stalnaker, Navy
- ♥ Nathan Streeter, Army
- ♥ Robert Tarango, Navy



You are invited to participate in the St Mark's prayer chain via email. Prayer requests will be sent to you via an email account you provide; you will not be asked to do anything other than offer your private prayers for requests you receive. To participate, please email Donna Newby at donewby@san.rr.com.

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Never Miss a Sermon

Missed Sunday's sermon? You can watch Sunday morning sermons on video at: stmarksumcsd.org/sermons. They can also be found on the St. Mark's Facebook page.



Office Volunteer Needed

Do you have some free time during the week? If so, please consider becoming an office volunteer. We currently need help on Monday mornings from 9:00 AM to 12:00 PM. For more information contact the office at 858-273-1480.

Pastor's Sunday School

In Pastor's Sunday School we study the lectionary texts which follow the church calendar. For Sunday, November 4:

- Ruth 1:1-18
- Psalm 146:1-10
- Hebrews 9:11-14
- Mark 12:28-34

It's an informal study, **always open to all**, at 8:30 AM in the New Room.

Next Week @ A Glance

Sunday, November 4, 2018

8:30AM Pastor's Sunday School/NR
9:30AM Service & Communion/Sanc
12:00PM Tongan Fellowship/Sanc

Monday, November 5, 2018

6:00PM Carillon Bells/SH
6:45PM AA Meeting-Wmn/RM 9

Tuesday, November 6, 2018

GENERAL ELECTION/ SH
7:00AM Men's B'fast-Waffle House
6:30PM Grief Share/NR
6:30PM CCSA Advisory Mtg/CR
7:15PM AA Meeting/RM 9
7:30PM Coffee & Contemplation

Wednesday, November 7, 2018

10:00AM Care Corps/NR
5:00PM Peace Ringers/SH
5:30PM Bible Study/NR
6:00PM Glory Ringers/SH

Thursday, November 8, 2018

4:15PM Cherub Choir/NR
5:20PM Hallelujah Chimes/SH
7:00PM Boy Scouts/SH
7:00PM Choir Rehearsal/CR
7:15PM AA Meeting-Wmn/RM 9

Friday, November 9, 2018

7:00PM Koniseti Misinale/SH

Saturday, November 10, 2018

10:00AM UMW District Off Mtg/Lib

Sunday, November 11, 2018

7:30AM Pancake Breakfast/SH
8:30AM Pastor's Sunday School/NR
9:30AM Service /Sanc
10:30AM Alt Christmas Mkt/SH
12:00PM Tongan Fellowship/Sanc

CR=Choir Room Sanc=Sanctuary
Lib=Library SH=Social Hall
NR=New Room

***If you have any questions about or would like to add an event to the church calendar, please contact the church office at 858-273-1480 or by email at office@stmarksumcsd.org.**

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St. Mark's Messenger

October 30, 2018

3502 CLAIREMONT DRIVE, SAN DIEGO, CA 92117

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Keeping In Touch

Dear friends,

My husband and I returned home this past Sunday from a week-long vacation. Like a good traveler, before we left home we made all the necessary preparations for our houseguests and dog, we checked the weather for our destination, and packed accordingly. After church on Oct. 21, leaving all our cares to God, we called for a ride downtown. When we arrived at our launch point we grabbed the luggage but lost a cell phone. We called and reported the mishap in hopes the phone would be waiting for us when we arrive home. As for the trip, oh well, no need for phones where we are going.

As we walked to our check-in point we heard faint rumblings and then the confirmation message – our destination had been changed that morning due to a hurricane off the coast of Mexico. We were heading north, not south. Oh no! Did we pack appropriately? No matter, we could buy sweatshirts if we needed them. We boarded our ship, found our cabin, and met our cabin stewards. They offered support to us as we began this journey. The whole crew was there if we needed anything. Personal assurance is wonderful when headed to destinations unplanned.

Rarely does life turn out as we expect it to. We make plans and then something happens. Maybe it's a diagnosis, a financial upheaval, the loss of a family member or partner. Many of you personally know what I'm talking about. I've talked with you about the losses and changes you have experienced. Your plans, your expectations, your pain... Nothing can prepare you for these events, but scripture tells us that Jesus offers support as you make your journeys. God and the priesthood of all believers are there if you need anything. Personal assurance is wonderful as you head to destinations unplanned.

This next Sunday we, like many others, will remember those who are absent from the body and present with the Lord as we observe *All Saints Day*. We will read names, say prayers, celebrate the Sacrament of Holy Communion, and light candles remembering those who shared their faith with us. I invite you to come and remember their faith as they faced life and all its reorientation. I invite you to come and give thanks for those who have touched your life in assuring ways. I invite you to come and be with those who, like you, feel God's presence in the lives of others. Together we will move forward in Jesus' name.

I hope to see you in church,

Jeri



Rev. Jeri Newell-Davis
Associate Minister

Sunday, November 4, 2018
9:30 AM Service
Rev. Jeri Newell-Davis

Child Care, Room 1

Sunday School
Rooms 6, 8 & 10



WORSHIP ATTENDANCE
SUNDAY, OCTOBER 28:
155


St. Mark's
UNITED METHODIST CHURCH
858-273-1480