

First Friday Book Club - May 3 at 10 a.m.

at the home of Joy Lewis, 4904 Mt Hay Drive. We will be discussing our April book Song of the Morning, a compilation of Easter stories and poems. Our book selection for May is 7 Women by Eric Metaxas. All are welcome for fellowship even if you haven't read the book.

Celebrating the Life of Frank Campilongo Saturday, May 4 at 11:00 a.m.

Frank passed away on March 1. Please join Frank's family and friends on Saturday, May 4 for a Celebration of Life at St. Mark's with a service at 11:00 a.m. in the Sanctuary followed by a reception in the Social Hall.

Memorial contributions may be made to the St. Mark's Memorial Fund or Alzheimer's San Diego, 6632 Convoy Court, San Diego, CA 92111.

Men's Breakfast Gathering Tues, May 7 at 7 a.m.

No set agenda, just sharing a meal and experiences at the Country Waffles on Balboa. It is a great way to start the day, even on your way to work! All men welcome. Join us!



GriefShare Support Group Offered in May

Grief caused by death is something everyone experiences in their life. It may be hard for you to feel optimistic about the future right now if you've lost a spouse, child, family member, or friend.

You've probably found there are few people who understand the deep hurt you feel. This can be a confusing time when you feel isolated and have many questions about things you've never faced before.

GriefShare groups meet weekly for 13-weeks to help you face these challenges and move toward rebuilding your life. Each GriefShare session has three distinct elements: videos with experts, support group discussion with focus, and personal study and reflection.

Lindsey Van Gorder, Clinical Social Worker at Scripps Health, will lead this 13-week series on Tuesdays, beginning May 7 from 6:30 – 8:30 p.m. Contact the St. Mark's Office at 858-273-1480 to sign up.

New Book Study It's OK That You're Not OK

Grief may be the hardest thing we have to deal with in this life, especially for those suffering loss but also for those who love them. If we have a friend or family member who is in grief, how can we really help? What can we do?

Counseling Psychologist Megan Divine lost her partner in a sudden, tragic accident in 2009. In her work and personal life in the years that



followed, she learned that our culture just doesn't understand or accept grief and loss. Her experience led her to write an excellent book that offers a new and deeper approach to grief, entitled *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That*

Doesn't Understand.

Rev. Craig will lead a three-week conversation about the book, on Mondays May 6, 13, and 20th, from 1 to 2:15 in the New Room. All are invited to participate. Sign up by emailing office@stmarksumcsd.org or calling 858-273-1480. Books are available for \$13 at the front desk or directly from Amazon.

One Room Sunday School

One Room Sunday School runs June 2 to August 18. The Education Team is looking for adults to teach Sunday School during the summer. Look for our table on the patio after church beginning on **Sunday, May 5** and sign up for one or more days. The lesson plans are provided and include games, songs, and music to customize the instructions to the teacher and student needs.

Just one class will help us keep the program going during the summer. See what a wonderful impact you will make!

Further questions can be addressed to the Education Team member at the table on Sunday or contact Renee Anderson at: the.renee.anderson@gmail.com

Understanding Islam

Do you have questions about Ramadan? Are you curious about the five pillars of faith? Join Rev. Jeri **Wednesday, May 8 at 1 p.m. or**

Thursday, May 9 at 6 p.m. in the New Room for conversation based on the video *Understanding Islam* by Michael Bogart. This 30-minute video gives a concise, user-friendly overview of the religion of Islam, including its origins, early expansion, teachings and divisions, as well as suggestions for how non-Muslim people can relate to the Muslim people around them. Sign up in the office or call (858) 273-1480.



LGBTQIA Questions?

Join Dr. Colette Lord and Rev. Jeri

Who? Anyone wanting to understand the LGBTQIA community.

What? Dr. Colette Lord will answer questions about gender identity and what it means to be transgender or non-binary.

When? Third Monday of each month, 6-7 PM January 21 – June 17

NEXT MEETING: MAY 20

Why? To increase the understanding, compassion, and empathy for LGBTQIA folks so our community is loving for all.

Where? Room 10



Spring Ring to Feature Bell Choirs

Music from our bell choirs at St. Mark's will fill the air during the Spring Ring on Sunday, May 19, 2019 at 4:30 p.m.

Invite your family and friends to hear a variety of sacred and secular music for bells. A reception will be held in the Social Hall to visit with members of the bell choirs following the concert.



Storefront

Storefront is a Christian-based safe haven for on-the-street teens. There they are fed, counseled, and find a safe place to sleep. St. Mark's has given support for many years by providing their evening meal on the 4th Monday of each month.

We invite you to participate by providing a meal for 6 to 8 persons. **There are three dates still available this year: June 24, July 22 and Aug. 26.** Summer meals are easy since the kids love to barbeque and will do some of the cooking for you on their grill. All you need to do is provide the food to be cooked, a side dish and dessert.

There is a chart in the church office where you can sign up to provide a meal and get further information. Thank you for helping us meet our commitment to Storefront!

Rev. Craig's Retirement

With our dear Senior Pastor retiring, you are probably wondering if we are going to give him a proper sendoff. The answer is a resounding "YES!" It's early yet, so stay tuned for more information.

In the meantime, if you want to contribute toward the event or to a gift for his retirement, you can pass it to one of our PPRC members, place it in the Sunday offering plate or send it to the Church office marked "Pastor's Gift".

Thanks! Andy Guevara, PPRC Chair

Quilt for Rev. Craig

As many of you know, Rev. Craig will be retiring at the end of June. To help him remember us we are putting together a signature quilt. Please stop by the tables in the patio area after church beginning Easter Sunday through May 19 to sign or draw a picture on a quilt block wishing him well and thanking him for his time with us. I look forward to seeing everyone during this time. — Christina Peer

Pride!

St. Mark's UMW will be marching in San Diego's 2019 Pride Parade on **Saturday, July 13.** If you'd like to help plan this event, contact Rev. Jeri. Let's show our pride and support our neighbors!



In Our Prayers

Please keep all those in prayer who are experiencing grief, chronic illness, addiction, loss of direction and disenfranchisement. In Jesus' name, Amen.



Volunteer Opportunities

Front Desk Help Needed:

Monday mornings from 9:00 a.m. to 12:00 p.m. and every other Wednesday from 12:00 p.m.-3:00 p.m. For more information contact Michelle in the office at 858-273-1480.

Join the Pew Crew! If you have 1.5 hours to give once every 8 weeks, time of your choosing, to prepare one half of the pews for services, please contact Martha Hilker at 858-273-4393.

Pastor's Sunday School

In Pastor's Sunday School we study the lectionary texts which follow the church calendar. For Sunday, May 5:

- Acts 9:1-6
- Psalm 30
- Revelations 5:11-14
- John 21:1-19

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



Next Week @ A Glance

Saturday, May 4, 2019

11:00AM Frank Campilongo Memorial

Sunday, May 5, 2019

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

Monday, May 6, 2019

8:00AM TOPS/SH
1:00PM It's OK Book Study/NR
6:00PM Carillon Bells/SH
6:45PM AA Meeting-Wmn/RM 9

Tuesday, May 7, 2019

7:00AM Men's B'fast/Country Waffles
10:00AM Yoga with Renee/SH
4:00PM IWE Mtg/Lib
6:30PM GriefShare/NR
6:30PM CCSA Advisory Mtg/CR
7:15PM AA Meeting/RM 9

Wednesday, May 8, 2019

9:00AM Chapel Time w. Rev. Jeri/Sanc
9:30AM Friendship Circle/NR
1:00PM Understanding Islam/NR
5:30PM Bible Study/NR
6:00PM Glory Ringers/SH

Thursday, May 9, 2019

9:00AM Chapel Time w. Rev. Jeri/Sanc
10:00AM Yoga w/ Renee/SH
12:00PM Midday Mindfulness/NR
4:15PM Cherub Choir/CR
5:20PM Hallelujah Chimes/SH
6:00PM Understanding Islam/NR
7:00PM Boy Scouts/SH
7:00PM Choir Rehearsal/CR
7:15PM AA Meeting-Wmn/RM 9

Sunday, May 12, 2019

7:45PM Pancake Breakfast/SH
8:30AM Pastor's Sunday School/NR
9:30AM Church Service/Sanc
12:00PM Tongan Fellowship/Sanc

CR=Choir Room Sanc=Sanctuary

Lib=Library SH=Social Hall

NR=New Room

***If 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.**

St. Mark's Messenger

3502 CLAIREMONT DRIVE, SAN DIEGO, CA 92117

April 30, 2019



Rev. Craig Dorval
Senior Minister

Sunday, May 5, 2019
9:30 AM
Rev. Craig

Child Care, Room 1

Sunday School
Rooms 6, 8 & 10



WORSHIP ATTENDANCE
APRIL 28, 2019
142



Keeping In Touch

Vol. 46: Issue 18

This has been an extraordinary season in California. Last fall and winter, so much of our state got so much rain—in some areas it was the most in 20 years. There were floods in some places, and some people lost their homes or sustained significant damage to their property.

In March it was announced that we are officially free of drought, after more than seven consecutive years of not enough water. It's been so dry for so long, it's a little hard to adjust. I still have the buckets I bought to capture water from our very short showers so I could water plants. I can't seem to escape the memory flushing the toilets every third time we used them!

A few weeks ago I was in central California driving through the Santa Lucia Mountains near the coast. I stopped at a turnout that was about 2,500 feet above sea level. It's hard to describe the view west from that spot on that day. It was clear, and there were miles of bright-green mountain ridges and canyons leading down to the sea. It looked liked pictures I've seen of Ireland. So many shades of green. And there were blooms in waves everywhere I looked—yellow, orange, and some purple.

I had seen these mountains before from this same spot, and it had never looked like this before. The normal colors are variants of brown.

For so long I was used to seeing brown or (in the spring) greenish-brown, it's almost like I was in a different place. But I was reminded that there is so much new life in what looks almost dead. All it needs is some water.

One of the biggest challenges of this life is to accept the reality that, if you have love in your life, you will also have grief. It's not a problem to be solved or a disease to be healed. It is part of the package when we love someone. Whether we like it or not, all of us who seek love in our lives will face grief.

For three weeks starting Monday, May 6, I'll be leading a conversation based on Megan Devine's book *It's OK That You're Not OK*. In it she says, "The reality of grief is far different from what others see from the outside. There is pain in this world you can't be cheered out of.... Some things cannot be fixed. They can only be carried."

When someone you love is grieving, how can you help them? If I am grieving, how can I understand the help I need? As I ask myself these questions, I find that in addition to coming up with ways to help others and myself, I find that life becomes a little richer and more-fulfilled. It's only natural, because if I'm more attentive to my grief I am likewise more attentive to the love in my life.

By the way, the Monday conversations will be from 1 to 2:15 p.m. in the New Room. All are invited. Books are available through the office, or directly from Amazon. For the first meeting, please read the introduction and part one of the book.

See you in church!
Craig

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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