

Food for Thought

Scripture: Psalm 95, Matthew 21:12-17

Questions to Reflect On:

1. What does healthy power look like to you?
2. Where can you use your power to further God's Kingdom?
3. Share a time in your life when someone relinquished their power to give you power.

If you are using this guide for your LIFE GROUP, here are some helpful tools:

Begin a group by sharing in a devotion

Suggested devotionals: <https://www.upperroom.org/devotionals>

Open the group in prayer

Dear Heavenly Father,
Quiet our minds, still our hearts, for Your living ways are all we seek. Strengthen our lives, inspire our spirits and be present with us in our conversation today. Amen.

Return to the scripture and questions to reflect on

Remember to...
Respect one another.
Allow each person to share.
Be an active listener and minimize distractions.
Practice confidentiality and avoid gossip.

Close the group in prayer together

Lord, we thank You for the blessing of gathering together. We ask that Your words of life, truth, and hope would continue to impact us in the week ahead.
May Your love and grace follow each of us as we return to our daily lives, refreshed and blessed by You.
We ask all this in the wonderful name of Jesus. Amen.

Notes: _____

March 15, 2020

Scripture: Psalm 95, Matthew 21:12-17

Today in the 8am Worship Service

Prelude: *If Thou Art Near* J.S. Bach, arr. David Paxton
Opening Songs: *Holy! Holy! Holy! Lord God Almighty* Hymn no. 64
Search Me, O God J. Edwin Orr
Offertory: *I Surrender All* Arr. Cindy Berry
Closing Hymn: *Have Thine Own Way* Hymn no. 382
Preaching: Rev. Brian Parcel **Assisting:** Rev. Phyllis Ashe & David Hall
Liturgist: Joshua Patterson
Communion Servers: Pastor Brian & Joshua Patterson (W), Pastor Phyllis & Marlene Wimberly (E)
Anointing Oil: Kay Merton
Assistant Music Director: Michiko Lohorn

Today in the 9:30am Worship Service

Prelude: *If Thou Art Near* J.S. Bach, arr. David Paxton
Opening Hymn: *A Mighty Fortress Is Our God* Hymn no. 110
Middle Hymn: *Were You There?* Hymn no. 288
Special Music: *A City Called Heaven* Arr. Paul Carey
Offertory: *I Surrender All* Arr. Cindy Berry
Closing Hymn: *God of Love and God of Power* Hymn no. 578
Preaching: Rev. Brian Parcel **Assisting:** Rev. John Schroeder
Liturgist: Traci Schuck
Acolyte: Annika Daghish
Director of Choral Ministries: Korrie Yamaoka **Assistant Music Director:** Michiko Lohorn

Today in The Crossing Worship Service

Preaching: Rev. Brian Parcel **Assisting:** Lani Pangilinan
Director of Modern Worship: Jason Yamaoka



Pastor's Bible Study

Today (March 15) 4:30 – 7:30 pm, Kidzone
Thursday March 19, 9-11 am, Library

Pastor Brian will be teaching a lesson on the four Gospels. The study will be comprised of an overview of the four, specific emphasis of each and places of agreement and divergence between the four. As a church we have been reading the

Gospels during January and February and now with the knowledge of what is on the page, come to the Bible Study to learn more about what is beneath and between all the words. In preparation you should read all four Gospels. Bring a Bible and note taking materials with you.

The two sessions will be the same content to provide opportunity for more participants. This afternoon's session will include a potluck meal 4:30 – 5:30 pm. with the study to begin promptly at 5:30 pm. The same class will be repeated this Thursday morning with class beginning promptly at 9:00 am. (no potluck, sorry).

Stations of the Cross

Once again this year we will have an extended prayer vigil in the Chapel for you to visit during the season of Lent. The vigil will consist of the Stations of the Cross, which is a historic way of remembering the last days of Jesus' life. This is a self guided vigil with reading and instruction at each station. The vigil will open today (March 15) and closes Easter Sunday. Times are listed below:

Sundays: 9:30 am. – 2:00 pm.

Mondays-Thursdays: 9:00am – 9:00pm.

Fridays & Saturdays: 9:00am - 12:00pm.



Lenten Soup Lunch: Sunday, March 22, 9am-12pm

The United Methodist Women are hosting a Lenten Soup Lunch to raise money for their missions efforts. In view of increasing measures to minimize the risks of the coronavirus, we will not be serving hot soup for the Luncheon. However, we will offer the same soups prepackaged in containers at source. There will also be cornbread, rolls and brownies also packaged. These will be available on the patio as already planned. We apologize for any inconvenience or disappointment, but we feel that it is in the best interests of our church. Suggested minimum donation is \$8 per person, or what you would normally pay for a Sunday Brunch. This simple lunch is an act of self-denial in order to help others. Proceeds will go to UMW budgeted missions: UMCOR, Good Neighbor Center, Neighborhood House, Christ Ministries of San Diego, and New Entra Casa



Spring Break Musical Theatre Camp

We are saddened to announce that our Spring Break Musical Theatre Camp has been canceled due to concerns over public health and safety. For questions or more information, contact Korrie Yamaoka.



Hillcrest Wind Ensemble Sunday, March 29 at 4pm

The Hillcrest Wind Ensemble is one of Southern California's finest adult musical organizations. Now celebrating its 33rd year, they are making a 5th appearance at FUMCCV. The ensemble brings standard wind band favorites along with some exciting new works and transcriptions for band.



We are looking for volunteers to join the new Sunday Morning Hospitality Team, a group of people that works together in rotation to make our campus a welcoming place on Sunday mornings. *Could this be you?* We need your help. Please contact Steve Castaneda at s.castaneda@cox.net or call the church office at 619.656.2525 for more information.



Younger Elementary: June 28-July 1 | Older Elementary: June 28 - July 3
Junior High: July 5-July 11 | Senior High: July 12-July 18