

# Food for Thought

Scripture: Deuteronomy 28:1-7, 15-20, John 8:1-11

## Questions to Reflect On:

1. Looking back on your childhood can you identify a time when you felt like life was not fair.
2. Share about a time you witnessed someone receive a level of mercy that was surprising to you?
3. How does receiving God's mercy shape the person you become?



### Join us for the Worship/Discipleship Series in January

**Becoming**.....every moment you, and everybody else, are becoming something different than they were just a moment ago. This is God's design and this is just the facts of science and how the world works – you are different now than when you began reading this sentence. Of course, you are different in microscopic ways; what if we extrapolated this idea into larger ideas and expected that God was constantly changing us for the good in every single way. Imagine that God is helping us to become more whole and holy in a variety of ways: intellectually, physically, emotionally, mentally, and more. Join us for this Sermon Series and discover more about who you are Becoming.

### Resource for digging deeper:

1. **The Order of Time** by Carlo Rovelli is a wonderful but challenging book that will certainly expand your mind about time and how we move through God's creation. Pick up a used copy for less than \$5 on Amazon.
2. **Becoming** by Michelle Obama is a wonderful, thoughtful, easy to read book detailing some of her story and thoughts about becoming something she never imagined, the First Lady. You can pick up a copy at Amazon for about \$10.

Make sure you pick up a January Prayer Calendar next time you are on campus or visit [www.fumccv.org/prayer/](http://www.fumccv.org/prayer/)

### January Potluck - Sunday January 29th, 5-7 pm.

We will gather at 5:00 pm for food and fellowship and then from 6-7 pm receive testimony in word, photo and video from our Mexico Mission Team. We are eager to hear what God helped them BECOME through their work and service. All potluck contributions are welcome but a special thank you to any who prepare a Mexican food dish for this meal.

# January 22, 2023

Scripture: Deuteronomy 28:1-7, 15-20, John 8:1-11

## Today in the 9:30am Worship Service

<b>Prelude:</b>	<i>Meditation on a Folk Song</i>	Joseph M. Martin
<b>Opening Hymn:</b>	<i>Great is Thy Faithfulness</i>	Hymn no.140
<b>Middle Hymn:</b>	<i>There's a Wideness in God's Mercy</i>	Hymn no.121
<b>Choir Anthem:</b>	<i>We Will Praise You</i> Sanctuary Choir	Douglas E. Wagner
<b>Hymn of Illumination:</b>	<i>Sanctuary</i>	Hymn no.2164
<b>Offertory:</b>	<i>Simple Gifts</i>	Mark Hayes
<b>Closing Hymn:</b>	<i>Depth of Mercy</i> Sanctuary Choir	Hymn no.355
<b>Congregational Benediction:</b>	<i>Go Forth for God</i>	Hymn no.670
<b>Postlude:</b>	<i>The Master Hath Come</i>	Harold DeCou
<b>Preaching:</b> Rev. Dr. Brian T. Parcel		
<b>Assisting:</b> Gus Malave <b>Liturgist:</b> Glenda McKibben, Cheryl Jones		
<b>Worship Coordinator:</b> Alan Hay <b>Acolyte:</b> Emma Schmitz, Nolan Bumatay		
<b>Director Music Ministries:</b> Korrie Yamaoka		

## Today in The Crossing Worship Service

<i>Grace Alone</i>	Dustin Kensrue
<i>Save Me From Myself</i>	Carpark North
<i>We Will Run</i>	Gungor
<i>From the Inside Out</i>	Joel Houston
<i>Cast My Cares</i>	Alli Rogers, Tim Timmons
<b>Preaching:</b> Rev. Dr. Brian T. Parcel	
<b>Assisting:</b> Heather Naegele <b>Worship Coordinator:</b> David Balk	
<b>Music Team:</b> Rob Lohorn, Bethany Gilbert, Steve Scott, Korrie Yamaoka	

### Register your attendance here!

Scan the QR Code using your smartphone camera, click the link, and then fill out the form. You can update your information, share prayer requests, and more!



## Staff Announcement



We have recently received a letter of resignation from Korrie Yamaoka as the Director of Music Ministries. Korrie first joined the FUMCCV staff in April of 2014 as the Director of Children's Choirs and has served in a number of part time and full time roles since. During these years she has led every one of our music groups at some point and was the founding Director of our Youth Choir, Polyphnix.

We have witnessed Korrie get married, become a mom and become a homeowner — she has so generously shared her life and her gifts with us and we are stronger in faith because of it. Prior to her time serving on our staff Korrie was a musician, Director and educator in the musical theatre world throughout San Diego and Los Angeles. With Noah a little older and their family roots being planted in North County she now turns back to that form of work. Korrie's last Sunday will be February 26th. Announcements for a variety of ways we will celebrate Korrie's time on the FUMCCV staff are forthcoming.

# January

## Service Opportunities

**MISSION OF THE MONTH**




FRESH FOOD DRIVE

Mission of the Month  
Jan. 22nd: Drop off fresh fruits & veggies or a \$20 Ralphs card in the office for the Normal Heights community fridge as part of our mission of the month drive! (9a-12p @ mission corners)

Saint Paul's UMC - Food Bank Volunteers  
Help out Saint Paul UMC while the Nestor Good Neighbor Center is going through construction!

Volunteers are needed on the 1st & 4th Thursday of the month from 12pm to 3pm.

For more info, E-mail Aries  
aries.ramirez@fumccv.org



## Mark your calendars!

FUMCCV is partnering with the San Diego Blood Bank to host community blood drives. Go to [MYSDBB.org/schedule](https://mysdbb.org/schedule) to make an appointment.

**Blood Drive Dates 2023:**

- February 19
- August 6
- April 16
- October 1
- June 11
- November 26

## Weekly South District Prayer

South District Superintendent, the Rev. Sandra Olewine, has invited us to pray for two churches/ministries in our district every week.

Join us in prayer this week for:

Murrieta, *Pastor Melissa Rusler*

National City First, *Pastor Nelson Castorillo*

## Tifereth Israel Community Orchestra

**SUNDAY, FEBRUARY 5 AT 4 PM**



The Tifereth Israel Community Orchestra returns to our concert series for a wonderful afternoon of music. This orchestra, under the direction of Maestro David Amos, has been performing for 47 years including more than thirty appearances at FUMCCV. This performance will be full orchestra and will include:

Brahms: Variations on a Theme by Haydn  
Bizet: Suite from the opera Carmen  
Saint-Saens: Cello Concerto No. 3 in A Minor  
Our Guest soloist: Sophie Weber (Distinguished cellist from England)

For more information, please visit their website at [tiferethisrael.com/community/tico/theorchestra](https://tiferethisrael.com/community/tico/theorchestra).



## STAFF CARE TEAM

The **Staff Care Team** invites the congregation to celebrate our church staff. On **Sunday, January 22**, there will be cards that can be signed and dropped off as you leave church .....and again on **Sunday, January 29**, the Team will have a table on the quad where you can stop by and add a personal message to a card. If you would like to do this at home, feel free to do so if you have the appropriate card.

For anyone that is not attending church in person and would like to sign a card, please get in touch with the church office, and arrangements will be made.