

WEDNESDAYS

9:45 - 10:15 AM

PRAYERS OF THE PEOPLE, Linder 4

Join with Pastor Tamara and friends as we pray our way through the prayer requests received by the church.

10:30 - 11:30 AM

PASTOR'S BIBLE STUDY, Linder Hall

Study the scriptures with First Church pastors. *Topics to be announced.*

11:45 AM

MIDDAY GATHERING, Linder 4

Gather with friends for a varied program—sign up or call 619-297-4366 for lunch reservations.

1st WEDNESDAY of each month

Lunch & Speaker

11:45 AM–1:15 PM, Linder 4

\$8 hot lunch with an engaging speaker to follow.

2nd WEDNESDAY

Midday Pipes

11:45 AM–12:30 PM, Sanctuary

3rd WEDNESDAY

Lunch & Speaker

11:45 AM–1:15 PM, Linder 4

\$8 hot lunch with an engaging speaker to follow.

JANUARY

- 8 MIDDAY PIPES CONCERT:** Linda Brown, *Red Hill Lutheran Church, Tustin*
- 15 SPEAKER:** Rev. Dr. Eugenio D. Raphael *Why Gandhi & Dr. King Still Matter Today*

FEBRUARY

- 5 SPEAKER:** Rev. Greg LaDue, LMFT *Understanding Scripture Through a Psychological Lens*
- 12 MIDDAY PIPES CONCERT:** Tom Mueller, *Associate Professor of Church Music, Concordia University, Irvine*
- 19 SPEAKER:** Kenton Reaves Hundley, *Young People Today... What's their Problem, Anyway?*

MARCH

- 4 SPEAKER:** Rev. Mary Allman-Boyle *Fresh Expressions of Church*
- 11 MIDDAY PIPES CONCERT:** Robert Plimpton, *San Diego Civic Organist Emeritus*
- 18 SPEAKER:** Anne Minter *Who is Jesus?*

APRIL

- 1 SPEAKER:** William Stephenson, PhD *Let me know if you need anything*
- 8 MIDDAY PIPES CONCERT:** Michael Munson, *First United Methodist Church of Escondido*
- 15 SPEAKER:** Elisabeth Mack, RN, BSN, MBA *Using Cannabis as a Medicine*

MAY

- 6 SPEAKER:** Lia Smith *Aging with Dignity, Part 2*
- 13 MIDDAY PIPES CONCERT:** Rodney Girvin, *Organist, First Presbyterian Church, San Diego*
- 20 SPEAKER:** Rev. Trudy Robinson *A Vision for Faith in the 21st Century*



FIRST CHURCH

FIRST UNITED METHODIST CHURCH
of SAN DIEGO

Growing in Grace, Reaching Out with Love

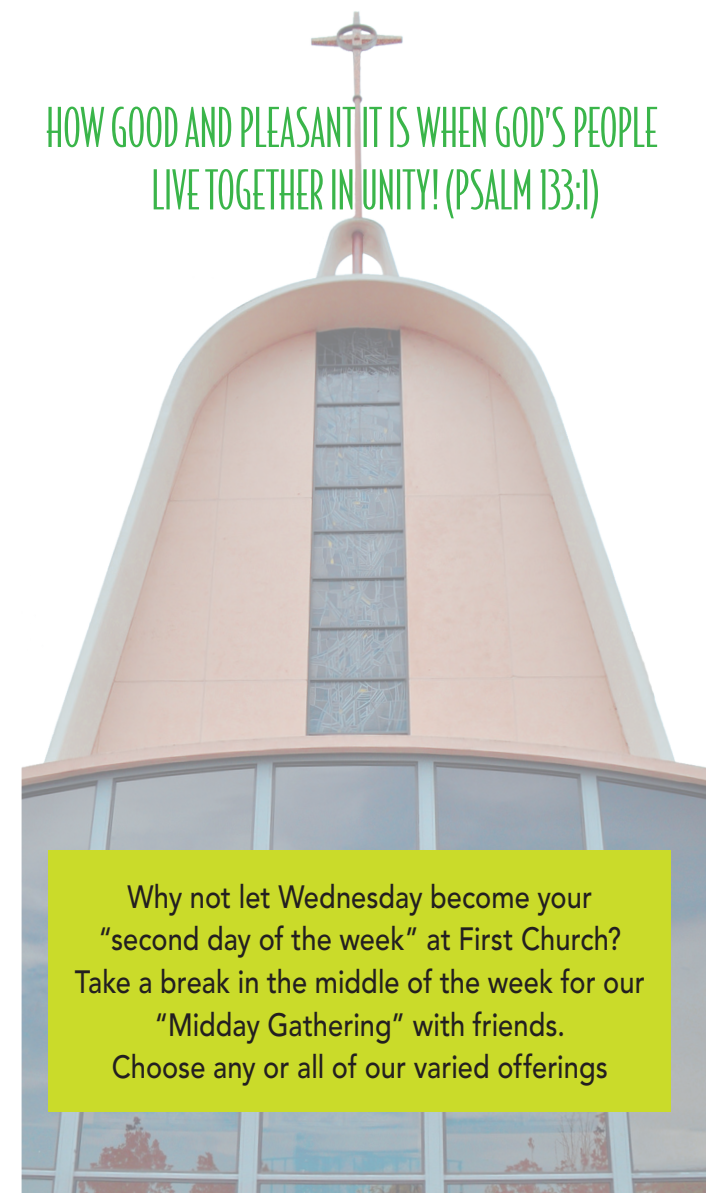
2111 Camino del Rio South, San Diego, CA 92108

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A Reconciling Congregation

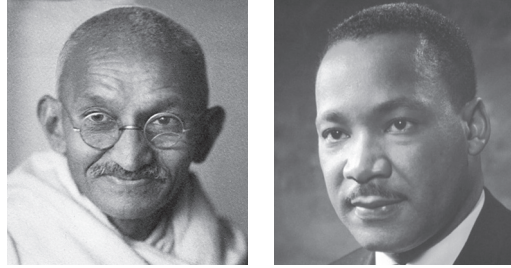


HOW GOOD AND PLEASANT IT IS WHEN GOD'S PEOPLE
LIVE TOGETHER IN UNITY! (PSALM 133:1)



Why not let Wednesday become your "second day of the week" at First Church? Take a break in the middle of the week for our "Midday Gathering" with friends. Choose any or all of our varied offerings

**WHY GANDHI AND DR. KING
STILL MATTER TODAY**
JANUARY 15



Rev. Dr. Eugenio D. Raphael is the senior Pastor at St. Paul's United Methodist Church of San Diego and Chollas View United Methodist Church of San Diego. Dr. King recognized the spiritual power in Gandhi's approach to confronting oppression with "truth-force," or "love-force." Inspired by Gandhi's principle of nonviolence, King connected Christianity to Gandhi's teachings in the civil rights movement.

**UNDERSTANDING SCRIPTURE
THROUGH A PSYCHOLOGICAL LENS**
FEBRUARY 5



Rev. Greg LaDue, LMFT
Rev. LaDue is a Licensed Marriage and Family Therapist and is an associate pastor at San Carlos UMC. He was the Director of the New Life Center for 16 years and a pastor at FUMCSD for 8 years. "Psyche" is a Greek word meaning "soul." Scripture seeks to speak to our soul. Ancient language used image and symbol to convey deep sacred truths and we will examine one or two well known parables with this language.

**YOUNG PEOPLE TODAY...
WHAT'S THEIR PROBLEM, ANYWAY?**
FEBRUARY 19



Kenton Reaves Hundley, Director of Discipleship for Children & Youth. Kenton has served First Church for over a year now, his background as an educator in a "non-traditional" classroom gives him a unique perspective on how to we can build bridges to unite multiple generations for the greater good. Younger generations today face a unique set of problems that their (grand)parents may be unaware of, or simply do not understand. What can you do to find common ground, and work together to make better, God's creation?

FRESH EXPRESSIONS OF CHURCH
MARCH 4



Rev. Mary Allman-Boyle, V.P. DCG Strategies; and Church Consultant
Mary Allman-Boyle was a Pastor at First United Methodist Church of San Diego for 10 years. For the last 4 years she has served in Extension Ministry consulting with churches on mergers, property, vision and Fresh Expressions. "Fresh Expressions is an international movement of missionary disciples cultivating new kinds of church alongside existing congregations to more effectively engage our growing post-Christian Society". Rev. Mary has completed a 9-month Pioneer Learning Community and is launching Fresh Expressions with FUMC of Chula Vista.

WHO IS JESUS?
MARCH 18



Anne Minter is a guide and educator at the San Diego Museum of Art, working with both youth and adult visitors. She has attended First Church for over 25 years. We will explore how Jesus, the Holy Family and other religious figures have been portrayed in art throughout the centuries and discuss how these representations changed due to historical and cultural influences.

LET ME KNOW IF YOU NEED ANYTHING.
APRIL 1



William Stephenson, PhD.
Bill attends the Water's Edge Church. He was in private practice for 27 years, specializing in counseling the terminally ill and their families. For nine years he was a clinical investigator for a large insurance company. He was assigned to investigate suicides or attempted suicides all over the United States. The Do's and Don'ts when visiting someone who is sick or hospitalized.

USING CANNABIS AS A MEDICINE
APRIL 15



Elisabeth Mack, RN, BSN, MBA is the Founder of Holistic Caring, Medical Cannabis Counseling and Educational Services. She attends the 10:30am service. Cannabinoids have the potential to reduce pain, soothe anxiety, reduce inflammation, and promote better sleep. But with 100 years of prohibition against this plant, people don't know how to properly use it medicinally and for wellness. Elisabeth will explain how to approach modern cannabis medicines, and how to safely add them to your treatment plan.

AGING WITH DIGNITY, PART 2
MAY 6



Lia Smith is the founder of A Better Solution Home Care & Nursing, a Caregiving and Medicare Certified Home Health, the author of 4 books including *Aging With Dignity*. Providing senior resources and options for aging safely at home or in a community. Veteran's Assistance Program information, Medicare enrollment, assisted and independent living options, and what to do if you or a loved one is hospitalized.

A VISION FOR FAITH IN THE 21ST CENTURY
MAY 20



Rev. Trudy Robinson, Lead Pastor. How shall we reconcile the deep traditions of our faith with the changing world of 2020 and beyond? How do we live as people of faith in a world that is increasingly secularized and polarized? How might we experience God in these days? Explore these questions and see how they influence faith and the role of the church in the 21st Century.