

EVERY WEDNESDAY

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
Fall 2019: *EXODUS* with Rev. John Fanestil

11:45 AM

MIDDAY GATHERING, Linder 4

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

1st WEDNESDAY

Lunch & Speaker

11:45 AM–1:15 PM, Linder 4

\$8 hot lunch with speaker on a topic of public interest

2nd WEDNESDAY

Midday Pipes

11:45 AM–12:30 PM, Sanctuary

Carpool with friends to a local eatery after the organ concert

3rd WEDNESDAY

Lunch & Speaker

11:45 AM–1:15 PM, Linder 4

\$8 hot lunch with speaker on a topic of healthy aging

4th WEDNESDAY

Getting to Know You

11:45 AM–1:15 PM, Linder 4

\$8 sandwich lunch, hear the life story of a First Church friend

SEPTEMBER

- 4 SPEAKER:** Commander Jeffrey Milligan
Building Mental Fitness & Resilience
- 11 MIDDAY PIPES CONCERT:** Ty Woodward,
First United Methodist Church,
Santa Monica
- 18 SPEAKER:** Lia Smith
Aging With Dignity
- 25 SPEAKER:** Dr. Bill Stephenson
Love Letters From The War

OCTOBER

- 2 SPEAKER:** Jim Jackson
Praising God in Song for 150 Years
- 9 MIDDAY PIPES CONCERT:**
Gabriel Arregui, St. Paul's Episcopal
Cathedral, San Diego
- 16 SPEAKER:** Lynlee Austell-Slayter, MBA,
UCCE Master Gardener and Sustainable
Landscape Expert,
Gardening The Sustainable Way
- 23 SPEAKER:** Cynthia Robertson
Where You See Forever
- 30 FIELD TRIP!** *Mission Trails Regional Park*

NOVEMBER

- 6 SPEAKER:** Guillermo Navarrete
The Border Church In Mexico
- 13 MIDDAY PIPES CONCERT:** David Ball,
Christ Cathedral, Garden Grove
- 20 SPEAKER:** Dorothy Howard
Falls Are Preventible!
- 27 NO GATHERING PROGRAM**

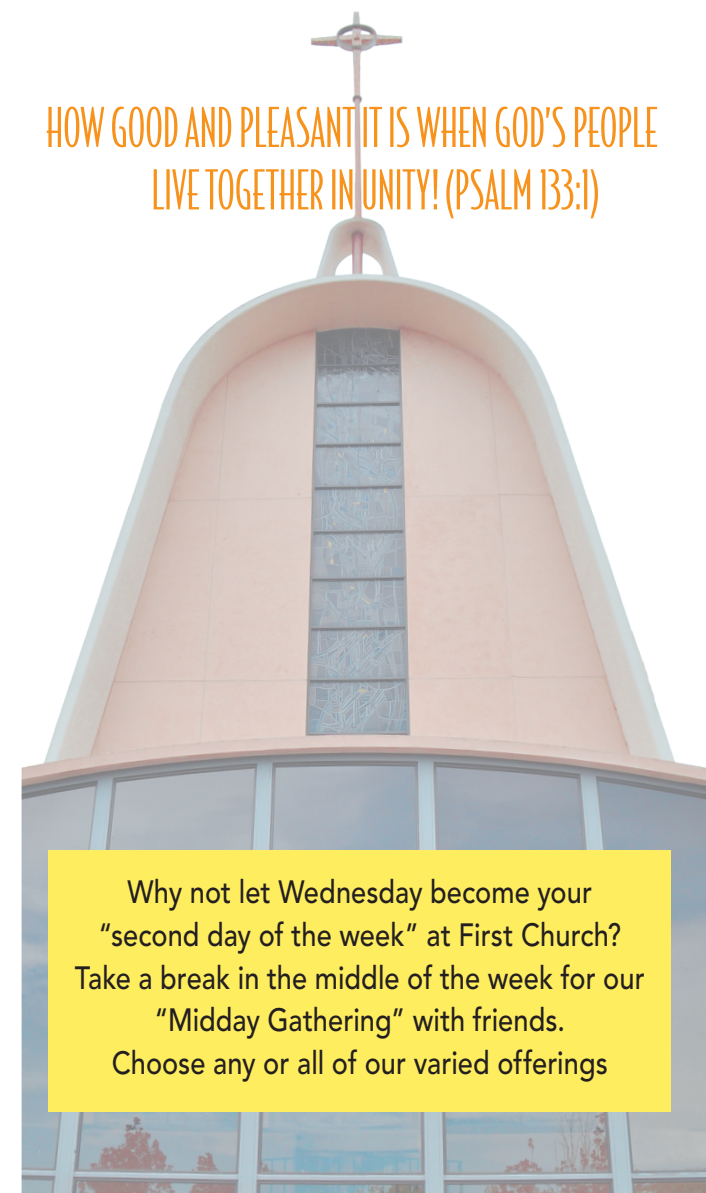
DECEMBER

- 4 SPEAKER:** Pastor Melissa Spence
The Personal Spirituality of Discipleship
- 11 MIDDAY PIPES CONCERT:**
Jaebon Hwang, First United Methodist
Church, San Diego
- 18 SPEAKER:** David Higgins
Lessons On Patient Advocacy
- 27 NO GATHERING PROGRAM**



MIDDAY GATHERING

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



FIRST CHURCH
FIRST UNITED METHODIST CHURCH
of SAN DIEGO

2111 Camino del Rio South, San Diego, CA 92108
619-297-4366 • www.fumcsd.org/gatheringSD

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

BUILDING MENTAL FITNESS & RESILIENCE
SEPTEMBER 4



Commander Jeffrey Milligan is the head of the Naval Center for Combat and Operational Stress Control and will be discussing his work building mental fitness and psychological resilience in the Navy and Marine Corps.

AGING WITH DIGNITY **SEPTEMBER 18**

Lia Smith is the CEO and Founder of the ABS Home Office and Franchise Systems. With 35 years of experience in home care, Lia understood early that senior care was going to be a big issue nationally and globally. Lia is the author of *Aging with Dignity*, a touching homage to our seniors and a blueprint for seniors and their family members in planning the golden years. Lia's vision is to create a legacy where seniors throughout the country are being looked after with dignity and the highest quality of care.



LOVE LETTERS FROM THE WAR
SEPTEMBER 25



Dr. Bill Stephenson was in private practice in Seattle for more than 20 years with a primary emphasis in counseling children, youth and young adults who were diagnosed with a life-threatening disease. He has written three books, two of them specifically related to his work with the terminally ill. He and his wife, Carol, are part of the Water's Edge community in Ocean Beach, where Dr. Stephenson teaches the adult Sunday school class. He will soon publish his fourth book, *Love Letters from the War*.

PRAISING GOD IN SONG FOR 150 YEARS
OCTOBER 2

Jim Jackson is a retired educator who has unearthed treasures from First Church's musical archives. The history of FUMC is much more than lists of pastors and building projects. It is a 150-year celebration of God's grace through preaching and sacred music, striving always to be relevant in an ever-changing city.



GARDENING THE SUSTAINABLE WAY
OCTOBER 16



Lynlee Austell-Slayter, MBA, UCCE Master Gardener and Sustainable Landscape Expert, inherited her love of plants and nature from her parents and grandparents. Her mother was a botanist and science teacher. Her grandfather collected state fair ribbons for his horticultural talents, and her father worked as a florist for some time. When Lynlee described what she wanted to do with her life as a college student, someone told her she was naive. Yet she now lives that intention by working to preserve our natural environment and helping others to see the joy in nature.

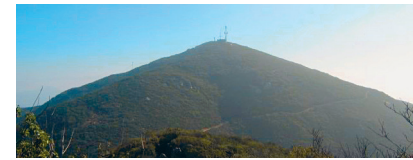
WHERE YOU SEE FOREVER **OCTOBER 23**

Cynthia Robertson joined FUMC in 2013, having attended the church regularly for several years. After taking a Spiritual Autobiography class at church, she began thinking about writing her own. Instead of an autobiography, however, she wrote a novel, *Where You See Forever*, about the power of family and forgiveness. A writer and journalist for more than 30 years, Cynthia is also the author of a blog, "Shutterbug Angel", a unique visual devotional attesting to the everyday miracles and beauty she sees in nature. For more, see: www.cynthiarobertson.com.



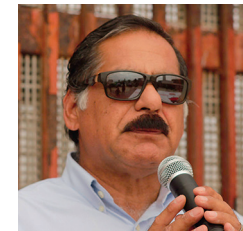
FIELD TRIP! MISSION TRAILS REGIONAL PARK
OCTOBER 30

Meet at **Mission Trails Regional Park** for a 30 to 45-minute talk with a Park Ranger! We will hear about this City Regional Park and all it has to offer visitors. Bring a sack lunch to enjoy at this event. Plan to meet the Park Ranger in the reception area of the visitors' center. (1 Father Junipero Serra Trail, San Diego, CA 92119)



Public Domain, <https://en.wikipedia.org/w/index.php?curid=2909133>

THE BORDER CHURCH IN MEXICO
NOVEMBER 6



Guillermo Navarrete has led the Border Church team in Mexico for the past five years, working closely with Rev. John Fanestil. Under Guillermo's leadership, the Border Church has grown to include a free meal after worship on Sundays at Friendship Park, and midweek programs offering "holistic" care to deportees and migrants in Tijuana. Guillermo will be joined by Yabes Manokaran and Eric Agron, on assignment in Tijuana through the General Board of Global Ministries of the United Methodist Church.

FALLS ARE PREVENTIBLE! **NOVEMBER 20**

Dorothy Howard was Parish Nurse at First Church from 2005-2015. While in that position she became a member of the San Diego Fall Prevention Task Force and took classes to become a member of the speaker's bureau. Since falls (especially for those who are 65 and older) can drastically change lives, Dorothy wanted to know what she could do to help reduce the incidence of falls. Falls are preventable; how one reduces the risk of falling will be the focus of her talk.



THE PERSONAL SPIRITUALITY OF DISCIPLESHIP **DECEMBER 4**

Pastor Melissa Spence will lead us through a reflection on the personal spirituality of discipleship. Connect with the Sacred Source that sustains you and learn to extend compassion to yourself and others through activities that affirm your sacred reality. Rev. Spence is a facilitator of "The Compassion Practice" designed by Drs. Frank Rogers, Andrew Dreitcer and Mark Yaconelli through the Center for Engaged Compassion.



LESSONS ON PATIENT ADVOCACY
DECEMBER 18



David Higgins leads 10 support groups for people with Parkinson's disease and their care partners throughout S.D. County. This includes a flagship group that meets on the first Wednesday of each month at First Church in Mission Valley. Thanks to our hospitality, David and his team serve between 50 and 70 people at each of these monthly meetings. David will talk about "patient advocacy", drawing on his experience in the Parkinson's world, but with general relevance for medicine today.

