

# The Christian Visitor

VISTA LA MESA CHRISTIAN CHURCH ~ JULY 2023

## Leadership Retreat – 7/21-22

All Board Members, Elders, and Deacons are asked to be present for our 2023 Leadership Retreat on Friday & Saturday, July 21-22. (Note date change due to scheduling conflicts.)

On Friday, we will begin at 5:30 with gathering and a potluck meal, and then spend some time in conversation and worship till 8:00. On Saturday, we will go from 9:30 am till 1:00, with various activities designed to open our hearts and our minds to discernment of where God is calling our congregation. Please plan to bring a dish to the potluck, and watch for the sign-up for the snacks that will sustain us through our time on Saturday.

## General Assembly!

The Christian Church (Disciples of Christ) in the United States & Canada will hold its first in-person General Assembly since the pandemic in Louisville, KY, July 29th through August 1st. Pastor Rebecca & Pastor Tesa will be attending, along with Renee & Steve Bridwell and Brian McCreanor.

There is much important business that will be addressed at this Assembly, including major revisions to the structure of the General Assembly and the resolution Opposing Christian Nationalism that our congregation is co-sponsoring. You can learn more at [www.ga.disciples.org](http://www.ga.disciples.org).

Pastor Rebecca is also co-leading a workshop about Christian Nationalism and what congregations can do to address it.

## Hymn Sing – 7/30

Our pastors will be attending General Assembly at the end of the month, so we are going to have an All-Request Hymn Sing in worship on July 30th.

Watch for the request slips, which will be in your bulletins on July 9 & 16. You can request favorites from the Chalice Hymnal and beyond, and we'll do all we can. Deborah Wilson and Karen & Tim Cliffe will be leading the singing, and Rev. Julie Germain will be leading the rest of the service.

Any hymns we don't cover that day will be added to the "favorites list" which will be consulted throughout the year.

## Party Preparations!

Our next 75th Anniversary event is a big weekend at the end of August. On Saturday, 8/26, we will be having a big party in the parking lot with all our friends. And on Sunday, we will welcome Rev. Dr. Rick Lowery as our guest preacher.

"Our friends" includes District 8 churches, La Mesa churches, Welcome Saturday guest, 12-step group members, the upstairs church, and more. We'll have a band but also some DJ time. Watch for the request list, so you can suggest your favorites for the band and for the DJ. There will be food and other activities.

We will need lots of helpers to make the day go smoothly, so watch for more information about the various roles you can help out with!

## From My View at the Table

Dear Church,

Over the next couple months, we have a few opportunities to reflect on the relationship music has to our faith. You are being asked to submit favorite hymns & songs you'd like to sing at our Hymn Sing Sunday on July 30. And you're also being asked to make requests for the band and the DJ at our party on August 26.

For those of us who love to sing, it's very clear that music is an integral part of our faith. But even for those who don't love singing, music can offer deep lessons.

In many ways, music bypasses our brains. That's why we can feel attached to a song, even if we don't really like the words. But the best songs are the ones that align our hearts, bodies and minds as one. Because music gets our bodies more involved, it helps us bring our whole selves into worship. For some of us, it's not just about breathing more deeply; depending on the song, the music may lead us from singing to dancing, involving even more of our body! There is a reason that "singing and dancing" are so closely associated with joy. These are some of the purest forms of worship!

And about those deep breaths... Though it's true that we use our breath when we speak, singing pushes that to a point where we notice it. If we stop and reflect, we realize that these are moments of intimacy with God. The Spirit – the very Breath that gives us life – is moving through our bodies. What a beautiful blessing!

grace & peace,

*Pastor Rebecca*

### Pastor Rebecca's Schedule

Pastor Rebecca is heading to General Assembly on 7/28 and will be visiting her mom in Illinois after that, returning home on 8/7.

## Tesa's Take

What are some foundational scriptures, books, songs, movies, or art that help ground you when life is hard? What are some that bring you joy and help bring back those beautiful memories or memories that were hard but impactful? Who do you call or look at pictures of to help remind you of who you are or who has journeyed and stood by you through this life? In the mix of my remembering are a variety of Psalms, and after our last Bible Study session, it will probably include Ecclesiastes. I hope you can go back and view the sessions on our YouTube page to listen and learn from the discussions about the scriptures and life. Our Bible Study is on break for the summer, but most sessions can be found online.

It's beautiful to be a part of a community where you can discuss scripture and the parts of life that were hard and meaningful and even come away with a new perspective. I know people seek those moments in other areas and forms, ultimately searching for connection. I am thankful for Vista La Mesa, where those connections can and have been made, lasting years and spanning generations. Ask those questions, connect about the mundane parts of life like books, movies, or songs, and find that there can be more. The Spirit is always at work.

Vaya con Dios,  
*Pastor Tesa*

## OUR MISSION

To share the joy of God's love.

To nurture one another to wholeness.

To motivate each other to Christian witness.

To effect healing in a hurting world.

**SAVE THE DATE!**

**REGIONAL GATHERING**

**OCTOBER 14, 2023**

Offering envelopes for 2023-2024 are here! If you still need yours, contact Pastor Rebecca for pick-up or delivery. If you'd like personalized ones for next year, contact Cathy Mullican to get added to the list.

## Novels Tea

Novels Tea will be discussing "Go Tell It on the Mountain" by James Baldwin, on Sunday, July 9 at 3 pm on Zoom.

## COMING SOON!

The new and improved

[www.vlmcc.org](http://www.vlmcc.org)!!!

Watch for the launch date!

## Lunch Bunch

Wednesday,  
July 19, 12 pm  
at Filippi's in  
Jamul  
Van Winkles  
hosting

## Welcome Saturday

It's been over a year now that we've been welcoming Helix High School students as volunteers at Welcome Saturday. Many of them have returned over and over because they're enjoying themselves. Come by some Second Saturday soon and check it out! Thank you for your generous donations to our WS Fund that makes it all possible!

## Be a Camp Pen Pal!

Al Flores will be at CYF Camp, July 16-21. You can send him mail at Al Flores/CYF, Loch Leven Camp, 36910 Mill Creek Road, Mentone, CA 92359.

Edward Gurling will be attending All Peoples Christian Center's camp at Loch Leven, July 23-28. We will be collecting mail to send to him. Please bring your cards in by July 16 for inclusion in that package. (No stamps.)

## Happy Birthday!

- July 6 ~ Mary Alynn Fallon
- July 9 ~ Teaghan Townsend
- July 10 ~ Cheryl Davis-Plotts
- July 13 ~ Lisa Martin
- July 17 ~ Nancy Knight
- July 18 ~ Marques Gurling
- July 21 ~ Adrian Morey
- July 22 ~ Karen Cliffe
- July 31 ~ Michael Martin

## In Our Prayers...

JOYS & CONCERNS ~ Please contact Pastor Rebecca for prayers and concerns.

## Happy Anniversary!

- July 18 ~ Christi & Jaime  
Neely-Carlson

## A LOVE LETTER TO VLM

BY MARY ALLEN FALLON

She may not remember, but it was probably 1980 or 1981 when my high school friend, Karen Morgan, invited me to her church on the corner (VLMCC). While I did not sing in the choir, I did help with Joyseekers. Does anyone else remember Joyseekers? A few years later, 1985, I was at Karen's wedding when she married Tim Cliffe! That summer I moved to central California for the next few years.

When I moved back to San Diego in 1990, I found myself at VLMCC once again. I soon met Jim, in the choir loft, during a Thanksgiving Ecumenical service. We married, had our daughters, got baptized and became members. Jim was an Elder; I was a Deacon. I was also Worship Committee Chairperson, and we both sang in the Choir. Wow! Among many other memories, I fondly remember Lavina's carrot cake, Ed's macadamia nut pancakes, family camp, Easter at the Van Winkle Tree Farm, the first ever Christmas Choir Dinner Concert, and New Wine gatherings. Life took us in different directions for awhile, but look, VLMCC found me again! Singing in the choir, serving as a Deacon, and back on the Worship Committee as Chairperson!

Is VLMCC the perfect place for me? Maybe not – I doubt I would find that. But, given my history, I'm fairly convinced that we might not always choose our church. Perhaps, sometimes, our church chooses us. For some reason VLMCC chose me! I'm thankful & blessed!

## General Board 2023-2024

The General Board for 2023-2024 will have its first meeting on Wednesday, July 19 at 6:00 pm on Zoom and/or in Room 4. Reports are due to Pastor Rebecca on Friday, July 7. The Administrative Committee will meet on Tuesday, July 11 at 6:00 pm, also on Zoom/Room 4.

The Board this year consists of Chair Karen Cliffe, Vice-Chair Tracy Stockdall, Secretary Jenny Angione, Treasurer/Stewardship & Finance Chair Larry Knight, Trustee Susan Peterson, Personnel Chair Amy Cliffe, Elders Chair Steve Bridwell, Deacons Chair Daphne Flores, Worship Chair Mary Alynn Fallon, Christian Education Chair Hélène Sisneros, Outreach Chair Julie Germain, Fellowship Chair Jennefer Lehton, Property Chair John Lehton, Pastor Rebecca, and the chair of the Memorial Endowment Committee yet to be named.

Because of an ongoing scheduling conflict, meetings after this month will not be held on Wednesday evenings. The schedule for this fall will be worked out at the meeting this month.

At this month's meeting, the Board will review the fiscal situation as of the end of the ministry year June 30th and vote on appointments to the Memorial Endowment Committee and our pastoral support committees. See Pastor Rebecca or Karen Cliffe if you have any questions.

## Volunteers Needed!

There are a few volunteer rotations that could really use a couple more people. Contact Pastor Rebecca if you'd be up for any of these roles. Thanks for considering how you could help out!

**Worship Greeter** – hands out bulletins & welcome packets 10-10:30 on Sunday mornings, usually serves one particular Sunday each month

**AV Tech** – wakes up the AV system on Sunday mornings (9:45 or so) and gets everything ready, flips the slides during worship, and then puts everything away; currently once or twice a month.

**Zoom Tech** – hosts our Zoom congregation, including letting people in, recording the service, monitoring the chat box, sharing prayer concerns, and shifting the camera angles; currently once or twice a month.

**Offering Counter** – work with a partner to log and count the Sunday offering; once a month (must be approved).

# July 2023 Worship Participants

	July 2	July 9	July 16	July 23	July 30
<b>Worship Leader</b>	Karen Cliffe	Ray Adsit	Cheryl Davis-Plotts	Mary Jane Fay	Mandy Dohring
<b>Lay Reader</b>	Cheryl Davis-Plotts	Brenda Rorie-Baety	Al Flores	Jerry Bailey	Ilene Kiser
<b>Offering Invitation</b>	Rebecca Littlejohn	Michael Lewis	Rebecca Littlejohn	Tesa Hauser	Marianna Kirwan
<b>Elders</b>	Mandy Dohring Michael Lewis	Tim Cliffe Marianna Kirwan	Mary Jane Fay Brenda Rorie-Baety	Julie Germain Brian McCreanor	Larry Knight Ray Adsit
<b>Deacons</b>	Mary Alynn Fallon Patrice Hill Ilene Kiser Susan Peterson	Jennefer Lehton John Lehton Helene Sisneros	Jenny Angione Claudette Toland Lyn Van Winkle	Al Flores Daphne Flores Tracy Stockdall Michelle Tolvo-Chan	John Lehton Tracy Stockdall Lyn Van Winkle
<b>Comm Prep</b>	Ilene Kiser	Mary Alynn F. Susan Peterson	Susan Peterson	Mary Alynn Fallon	Ilene Kiser
<b>Greeters</b>	Jerry & Norma Bailey	John Lehton Ray Adsit	Daphne Flores Michael Lewis	Mary Jane Fay	John Lehton Ray Adsit
<b>AV Tech Zoom Tech</b>	Mary Alynn Fallon Julie Germain	Karen Cliffe Tesa Hauser	Karen Cliffe Julie Germain	Mary Alynn Fallon Tesa Hauser	Karen Cliffe Mary Alynn F.
<b>Counters</b>	Lyn Van Winkle John Lehton	Jerry Bailey Tracy Stockdall	Mary Alynn Fallon Ilene Kiser	Lyn Van Winkle John Lehton	Jerry Bailey Tracy Stockdall
<b>Flowers</b>	A Grateful Member	Glenda Cliffe	Lyn and Grace Van Winkle	Deborah Wilson	OPEN

**Coffee Hour Hosts:** Al Flores, Daphne Flores, Tracy Stockdall, Michelle Tolvo-Chan

## WHO AND WHERE WE ARE

We are a congregation of the Christian Church (Disciples of Christ). We are part of the Christian Church in the Pacific Southwest Region.

We are located at 4210 Massachusetts Ave. (at Boulevard Dr.), one block South of University Ave. in La Mesa, between Interstate 8 and the 94 Freeway, and very near the #852 bus line.

**Sundays: Bible Study @ 9:00 – Worship @ 10:30**

**Secretary's Hours:** Tues/Thur/Fri 9-12 pm

## CHURCH STAFF

Senior Pastor: **Rev. Rebecca Littlejohn**

Associate Pastor: **Rev. Tesa Hauser**

Secretary: **Krista Trimlett**

Music Director: **Deborah Wilson**

Nursery: **Stephanie Cadiero**

Custodian: **Scott Tiemann**

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