

The Christian Visitor

OCTOBER 2025 – VISTA LA MESA CHRISTIAN CHURCH

World Communion Sunday

Every year on the first Sunday of October, Christians around the world celebrate our unity at the Table of Christ with special World Communion Sunday services. At VLMCC, we join in the festivities, remembering our fellow Christians all over the world, often using a variety of languages or breads in worship.

This year, we will be welcoming a guest preacher, Jess Kim, M.Div., Managing Director at Disciples Seminary Foundation.

We are also inviting your global experience! If you have an object – dish, scarf, trinket, etc. – that you got in another country or someone gave you from another country, please bring it to add to our worship-scape, so we can see all the connections we have amongst us to our siblings in Christ all around the world!

Trunk-or-Treat Saturday, 10/25, 3-6 pm

Trunk-or-Treat is coming, and we need your help to make it a success again this year! Our neighbors look forward to this event every year; it's an important part of our ministry of hospitality!

We need folks to decorate your trunks and pass out candy in “trunk-or-treat” row. (Please park your car by 2:30.) We also need people to volunteer with the games, food, and more. The sign-up sheets are out now, or you can [sign up online by clicking here!](#)

Futures Retreat

All Board Members, Elders & Deacons are asked to attend our Futures Retreat on Saturday, October 4. Others are welcome to attend as well! We will begin at 9 AM and conclude by 2 PM. The day will include a potluck lunch, so please bring a dish to share, if you can.

This is an important opportunity for us to re-group in our Futures Process, figure out where we are a year later, and consider together where God is leading us now. We have explored a variety of possibilities, while continuing to be and do church together. Join us while we think and pray about what is next!

Saturday Forum

Our second Saturday Forum: Exploring Disciples in Canada, with special guest Rev. Jean-Daniel Ó Donnada was really interesting! Thanks to everyone who joined us! Click [here](#) and [here](#) to read the GA resolutions we discussed.

Our third (and probably final) Saturday Forum will explore [GA-2512](#) concerning Silver Chalice Congregations, on Saturday, November 1st, at 10 AM on Zoom. This is a new title given to congregations who are intentional in their commitment to ministry to and with older adults. We hope to have a special guest from the PSWR Older Adults Ministries Committee with us. We hope you will join us too!

From My View at the Table

Dear Church,

As we enter into October, anticipating World Communion Sunday, I'm thinking about all the ways our worship service connects us to God's people all around the world. Many churches do not do prayer time the way we do it at VLM; not everyone thinks "open mic" is the way to go. But here we cherish the gift of sharing in one another's lives by lifting up the things that really matter.

Once we've heard from one another though, we don't stop there. One way of thinking about the problems of the world is to assume they are complicated and political and let our eyes glaze over. But when we bring those issues into worship – lifting them up to God in prayer – the political tensions & blame games fall away as we are reminded that we are praying for fellow children of God. When we lift up those who suffer – regardless of their location or the cause or guilty party – we are reminding ourselves that they are our brothers and sisters and siblings, and that their suffering could just as easily be ours.

We are one with all Christians at the feast table of Christ. But we are one with all humanity in our need for God's grace and protection and healing. When we bring our prayers for one another together with our prayers for people suffering all around the world – people we'll likely never meet – our worship becomes a testimony to the compassion of the God of all creation.

grace & peace,

Pastor Rebecca

Pastor's Schedule

Pastor Rebecca will be attending the Regional Clergy Summit & Regional Gathering in Fullerton, October 16-18.

Regional Gathering

The Pacific Southwest Region of the Christian Church (Disciples of Christ) will meet for our Regional Gathering Saturday, October 18, at the Disciples Ministry Center in Fullerton, CA. All Disciples and friends are welcome!

The theme this year is "Unbreakable Hope: God's Power in Clay Jars" from 2 Corinthians 4:7-9.

Special guests will include Rev. Dr. David Anderson Hooker of the Church Narrative Project and Rev. Yvonne Teresa Gilmore of the Office of the General Minister & President. The worship services at 9:15 AM and 2:30 PM will be live-streamed.

There will be invigorating worship sessions, which will be live-streamed, and numerous workshops. You can register and learn more about how to participate virtually at:

<https://www.disciplespswr.org/rg2025>.

The Region is holding a Clergy Summit Oct. 16-17 prior to the Gathering, which Pastor Rebecca will be attending.

In other Regional News, VLM's Outreach Committee will be submitting our report to the PSWR's Church in Society Committee soon, reflecting on how their grant support of Welcome Saturday helped stabilize this ministry. If you would like to share a thought for that, let Mary Jane Fay know soon!

Vista La Mesa Christian Church

Sharing the Joy of
Christ's Welcome!

www.vlmcc.org

Daylight Saving Time ends
at 2:00 AM on Sunday,
November 2nd.
Enjoy your extra hour!

Cooking with Chef Claudette

Kids of all ages are invited to Cook with Chef Claudette on Sunday, October 12, when they will be continuing the celebration of World Communion Sunday, with bread boards and yeast farming.

We are so grateful to Chef Claudette and all her helpers who make these special Sundays happen for our youngest Disciples! Feel free to bring friends! If you can give Pastor Rebecca a heads-up the week before about how many kids you're bringing, that is helpful.

Novels Tea

Novels Tea will discuss James McBride's "Deacon King Kong," the 2025 One Book One San Diego selection, on Sunday, November 16, at 2:30 on Zoom. All are welcome!

Food Drive

Our monthly Food Drive will be held on Sunday, October 19. Thank you for the non-perishable food items that you bring so faithfully each month! All items are taken to the food pantry at St. Martin of Tours Catholic Church here in La Mesa.

Pray for Peace

You are invited to join us for a time of quiet prayer, each Thursday at 12:15 in the sanctuary. This service is open to everyone, so please tell your friends about it. It includes quiet music, scripture, and candles.

**Lunch Bunch
Wednesday
10/15 at noon
at Press Box in
Rancho San Diego
hosted by
Karen Cliffe**

Disciples Class – Sundays @ 9 am

Did you know that you're invited to Disciples Class? It is a great way to develop your relationship with scripture and with other folks at VLM. We meet in Bailey Hall and on Zoom each Sunday at 9 AM. We pray together and then explore scripture, using different translations, study Bibles, and commentaries. Right now, we're working our way through the gospel according to Matthew, which is full of favorite passages. Join us!

Happy Birthday!

- Oct. 1 - Cher Flores
- Oct. 4 - Jerry Bailey, Haylee Hanna
- Oct. 5 - Jenny Angione
- Oct. 9 - Josie Hahn
- Oct. 10 - Betty Sullivan
- Oct. 11 - Sara Gurling
- Oct. 17 - Mark Reagles
- Oct. 22 - Bob Neely
- Oct. 31 - Alexander Reagles

In Our Prayers...

JOYS & CONCERNS ~ Please contact Pastor Rebecca for prayers.

**We received \$565,
exceeding our \$500
goal for the
Reconciliation
Special Offering!
Thank you!**

PASTORAL RELATIONS COMMITTEE

The Pastoral Relations Committee for the 2025-2026 ministry year was appointed at the September Board meeting. The Committee includes Jenny Angione, Renee Bridwell, Cheryl Davis-Plotts, Mary Alynn Fallon, Michael Lewis, and Gary Wilhite. The first meeting of the year will be held on Tuesday, October 7 at 4:30 PM, on Zoom and in Room 4.

The Pastoral Relations Committee is tasked with tending to the pastor's relationship with the congregation, by listening to the pastor's concerns and helping her navigate any issues that arise with members or ministries within the congregation.

If you have an issue with Pastor Rebecca, your best bet is to make an appointment to talk with her about it directly. If you are not comfortable doing that, you are encouraged to reach out to a member of the this Committee and have them meet with you with the pastor. The Committee does not entertain anonymous complaints, as they are very destructive to the health of the congregation.

News from the Board

The General Board met on 9/17 for their second meeting of the ministry year. Pastor Rebecca was not present, as she was recuperating from oral surgery. Reports were received from various committees, indicating that things are going well: Welcome Saturday is financially stable; a productive work day was held; many improvements have been made to the property. Worship and Christian education continue to offer enriching spiritual formation for all ages.

The Stewardship & Finance report offered a positive picture, as offerings for July-August were within \$700 of projections (unusual), and expenses were under-budget. We ended the two-month period with a surplus of almost \$6K, but that is primarily due to an extra withdrawal that was made after the July Board meeting, to offset a number of years in a row of declining equity. We give thanks for all our generous donors and our healthy endowment fund!

Mark Your Calendars!

Futures Retreat – Saturday, Oct. 4, 9 AM – 2 PM
World Communion Sunday – Sunday, Oct. 5
Welcome Saturday – Saturday, Oct. 11
Pastor at Clergy Summit – Oct. 16-17
Regional Gathering – October 18
Trunk-or-Treat – Saturday, Oct. 25, 3-6 PM
Saturday Forum – Saturday, Nov. 1, 10 AM
All Saints Memorial Service – Sunday, Nov. 2
Welcome Saturday – Saturday, Nov. 8
First Sunday of Advent – November 30
Christmas Concert & Party – Sun., Dec. 7, 5:30 PM
Welcome Saturday w/ Waffles – Saturday, Dec. 13
Lunch Bunch Xmas @ VLM – Wed., Dec. 17, 12 PM
Caroling Party – Saturday, Dec. 20, 2 PM
Christmas Eve Service – Tuesday, Dec. 24 6 PM
Carol Sing Sunday – Sunday, Dec. 28

Book Recommendations

There are some great new books you'll want to check out! All titles are links.

“Staying at the Table” by our GMP Terri Hord Owens

“The Bible According to Christian Nationalists: Exploiting Scripture for Political Power” by Brian Kaylor

“Thriving Church: What We Can Learn from Faithful Congregations” by Erin Cash and Kory Wilcoxson

“Blessed Minds: Breaking the Silence about Neurodiversity” by Sarah Lund

“Awakened: A 52-Week Progressive Christian Devotional” by local pastor Caleb Lines

“Trans Biblical: New Approaches to Interpretation and Embodiment in Scripture, edited by Joseph Marchal, Melissa Harl Sellev & Katy Valentine

October 2025 Worship Participants

	October 5	October 12	October 19	October 26
Worship Leader	Tim Cliffe	Renee Bridwell	Mary Jane Fay	Karen Cliffe
Lay Reader	Cheryl Davis-Plotts	Jerry Bailey	Jennefer Lehton	Michelle Tolvo-Chan
Offering Invitation	Rebecca Littlejohn	Steve Bridwell	Rebecca Littlejohn	Rebecca Littlejohn
Elders	Tim Cliffe Gary Wilhite	Renee Bridwell Jennefer Lehton	Mary Jane Fay Michael Lewis	Karen Cliffe Steve Bridwell
Deacons	Mary Alynn Fallon Ilene Kiser Tracy Stockdall	Daphne Flores John Lehton Lyn Van Winkle	Susan Peterson Michaela Stockdall Claudette Toland	Jenny Angione Vicky Wilhite
Comm Prep & Clean up	WCS – Worship Comm	Ilene Kiser	Ilene Kiser	Jenny Angione
AV Tech Zoom Tech	Tracy Stockdall Vicky Wilhite	Tracy Stockdall Karen Cliffe	Jenny Angione Tesa Hauser	Mary Alynn Fallon Michaela Stockdall
Greeters	Vicky and Gary Wilhite	Michael Lewis Daphne Flores	Marianna Kirwan John Lehton	Ilene Kiser Michael Lewis
Counters	John Lehton Ilene Kiser	Tracy Stockdall Steve Bridwell	John Lehton Mary Alynn Fallon	Ilene Kiser Renee Bridwell

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 8:30-11:30 am

CHURCH STAFF

Senior Pastor: **Rev. Rebecca Littlejohn**

Office Admin: **Krista Trimlett**

Music Director: **Deborah Wilson**

Nursery: **Stephanie Cadiero**

Custodian: **Scott Tiemann**

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Pastor's E-mail: pastor@vlmcc.org

Church website: www.vlmcc.org