



MVCF

March 2004 Newsletter

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Worship Schedule

- 8:30 a.m. Sunday Adult Sunday School
- 9:30 a.m. Sunday Worship Service
- 10:00 a.m. Sunday Children's Bible Adventure

Pastor's pen

The Dreaded "R" Word Revisited

A few weeks ago we looked at the Fourth Commandment in Exodus 20 as part of our sermon series, "Monday Morning Worship." A clear part of how we love and worship God is by observing Sabbath. In other words, we worship God by resting.

This "rest" word is a foreign one in our culture. Rest simply doesn't seem compatible with everything we have on our plates and everything we want to do. Our culture much more reflects Henry Jones Sr., played by Sean Connery in *Indiana Jones in the Last Crusade*; even though his son (played by Harrison Ford) almost dies fighting Nazis and barely escapes falling off a cliff, and even though he can barely catch his breath, Henry scolds him for resting because they are so close to finding the Holy Grail. Rest is not an option when there are so many important things to do!

Rest is also a struggle because many people use busyness to keep from dealing with difficult and painful things in their lives. Rob Lowe's character from the show *Parks and Recreation* highlights this perfectly (as he is feverishly riding his bike): "If I keep my body moving, and my mind occupied at all times, I will avoid falling into a bottomless pit of despair." We don't rest because we are afraid of what we will have to deal with when we do rest.

And yet, we cannot escape the Fourth Commandment: "Remember the Sabbath Day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God" (Exodus 20:8-10). If God rested on the seventh day of creation, even though he did not need to, then certainly we as limited beings with limited strength not only should rest, we *need to rest*. Rest is a critical part of how we say "God is God, and I am not." Rest is a critical part of our love and worship of God.

As I shared a few weeks ago, rest is difficult for me. I do take a day off from my work, that is not the problem. The problem is that while I can tell my body to rest, my mind is not so agreeable. I can lay on the couch and relax, but as I do my mind is thinking about all of the stuff I need to do when my rest is over. Unfortunately a rested body but a restless mind does not equal Sabbath rest. So this is still very much a work in progress for me.

Pastor's pen continued on page 2

Pastor's pen continued

Given that Sabbath rest seems elusive for so many of us for so many different reasons, I wanted to offer some of the application points from the message a few weeks ago again in this article. This is not an exhaustive list, nor is it a legalistic one. I share these because I find them helpful for me as I seek to grow in experiencing true rest with God. Feel free to take this list and adapt it for your life and for the ways you struggle to experience rest. That said, here are seven ways to observe the seventh day:

1. **Worship:** Don't limit your time in worship to Sunday morning or to listening to and singing worship songs. We can also worship through prayer and silent meditation. These are practices that reorient our minds and hearts off of our to do list and onto God.
2. **Take a day off from work/chores/to do lists:** Outside of eating and sleeping, there are very few things that need to be done "right now." Of course, you don't want to be legalistic with this like the Pharisees of Jesus' time. For some, household chores can be a wonderful Sabbath rest from the regular labor of the week. But in general, try to block out a day to take off from your regular work.
3. **Adopt different patterns/Use your brain differently:** Joanna and I tend to overthink a lot. Both of our vocations involve a lot of thought and analysis. So we have found that watching a movie together is a wonderful way to rest because it forces our brains to do something different than what we normally do during the week. Or I have found that when I sit at my desk a lot (such as I am this week when writing a newsletter article and catching up on other administrative tasks), taking some time to ride my bike or swim on a day off is a wonderful way for my body and mind to experience rest.
4. **Take a nap:** This may seem like an obvious way to rest! But in addition to the physical rest, there is something deeply spiritual about closing your eyes in the midst of life's demands and saying "Lord, all of this can wait because you are in control." A nap is an act of surrender to God's sovereignty, an act that brings us peace and rest.
5. **Give:** At first glance this may seem like a weird thing to include in a list of suggestions on how to observe the Sabbath Day. But biblically it makes a lot of sense. Throughout the Old Testament and even in the history of the early church in the book of Acts, we never see the people of God come to worship on the Sabbath Day empty handed. They bring a portion of the harvest from their crops, an offering from their flock, freshly made bread, or proceeds from the sale of a property. This act of giving of our time, talent, and treasure helps us rest because it reminds us of an important point: Everything we have comes as a gift from God. We don't have to strive all day every day in order to prosper. Should we work hard? Absolutely. But at the end of the day, what we have is not solely due to our labor, it is first and foremost a gift from God. So our giving reminds us that we can rest in the hands of the giving God.
6. **Put the phone away:** In our digital age, so much time gets wasted by staring at our phones. Please don't misunderstand me, I am thankful for so many of the technological advances in our world today. But mindlessly scrolling on social media is not Sabbath rest. In fact, the accessibility of social media and being constantly connected has been linked to mental health struggles, especially in teens and young adults. Year ago I did a retreat for college students, and I challenged them to give me their phones for the weekend. That was a bridge too far for some students! But for those that did give up their phones, that weekend was a huge weekend of spiritual growth for them, and in some cases radically changed the trajectory of their lives.
7. **Let go:** We all have something we are holding onto, something that we are trying to control. Often we try to control things because we think that by doing so we will find resolution to that situation and find peace and rest. But trying to control only that which God can control can never bring peace and rest. And even for things that we can control, it is a wonderful blessing to let go of that thing for a short time in order to take a Sabbath rest.

As you look at your life, what does Sabbath rest look like for you this month? Rest is not easy in our culture, but rest will draw us closer to God and help us to fall more in love with him.

Blessings,
Pastor Steve

"Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead"

1 Peter 1:3

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 8:30am Adult Sunday School 9:30am Worship	4 6:30pm Women's Bible Study	5 6:30pm Zoom Prayer Meeting	6 10am-1:00pm SM Food Pantry 6:30pm Youth Group	7 De Vos Home Fellowship	8	9
10 Daylight Saving Time 8:30am Adult Sunday School 9:30am Worship	11 1:00pm Bible Study 6:30pm Women's Bible Study	12 6:30pm Zoom Prayer Meeting	13 10am-1:00pm SM Food Pantry 6:30pm Youth Group	14	15	16
17 8:30am Adult Sunday School 9:30am Worship	18 1:00pm Bible Study 6:30pm Women's Bible Study	19 6:30pm Zoom Prayer Meeting	20 10am-1:00pm SM Food Pantry 6:30pm Youth	21	22	23 8:30am All Church Work Party
24 Palm Sunday 8:30am Adult Sunday School 9:30am Worship	25 1:00pm Bible Study 6:30pm Women's Bible Study	26 6:30pm Zoom Prayer Meeting	27 10am-1:00pm SM Food Pantry 6:30pm Youth Group	28	29	30
31 Ester Sunday 8:30am Adult Sunday School 9:30am Worship						

Youth Ministry

Grief Support Group meetings are held on call, if you desire to meet MVCF would like to offer support.

If you are interested, please contact Russ Armstead

Small Groups:

Monday

1:00 p.m. Afternoon Bible Study at MVCF

Tuesday

6:30 p.m. Prayer Meeting Online

Wednesday

6:30 p.m. Youth Group at MVCF

1st Thursday

5:30 p.m.
de Vos Home Fellowship at MVCF

Church Work Party
Every Fourth

Saturday
of the month

8:30 a.m. to 11:00 a.m.
refreshment will be provided.

For more contact
Frank Romeo

March has come marching in! We are gearing up for Easter – coming quickly as the last day of March! What an awesome celebration that Jesus **LIVES!**

We are studying the Apostle's Creed line by line: the Youths are really loving it!

I'm going to ask them to try to memorize a version; maybe even present it!

So far this year we are at: **He was crucified, died and was buried:** next line next month. Should bring up some interesting view points (some vague) from the Youths & Pastor. We are having great conversational feedback like: One youth described his life to "Let God have control because the world is changing.' Another: I'd rather react on my belief in God than on an impulse. We discussed ways to get closer to God by praying everyday when you wake up; the more time you spend with God the deeper your relationship matures.

Pastor Steve diagramed **2 Corinthians 5:21** to encourage the Youth Group! The verse brought up good teachings points to emphasize: Our Lord Almighty!

Each student read out loud one of the following passages -so we heard them!

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life."

John 3:16

Youth Ministry Continued

2 Corinthians 5:21

God made him who had no sin be sin for us, so that in him we might become the righteousness of God.

1st John 4:10

This is love: not that we loved God, but that he loved us and sent his Son as atoning sacrifice for our sins.

Romans 3:23

For all have sinned and fall short of the Glory of God

Romans 6:23

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Apostle's Creed

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

Service Ministry

As we partake of Lent in preparation for Easter, I am reminded of our Savior, the Messiah, who became man and his take on service. Before the last supper, Jesus took off his robe and wrapped a towel around his waist and poured water into a basin. He then washed His disciples feet drying them with the towel He had around Him. Imagine, the creator of the universe washing the feet of those He loved as well as one He knew would betray Him.

So, what is the message to us. As believers, we are called to be the servant of all, even those who do not love us. As servants we are called to love one another as ourselves. In this season of Lent, I challenge all to look around and find ways to love one another in thought, word, and deed. As Jesus did, our mission is to obey the Father and do His will.

Carl Demas, Service

MARCH CELEBRATIONS

Happy Anniversary

Jean & Michele Fortanas	03/05
Michele & Tony Quion	03/05

Happy Birthday

Darryl Angus	03/04	Admasu Agiro	03/16
Tony Quion	03/04	Frances Chism	03/19
Tony DaVee	03/05	Frank Romeo	03/24
Andrew de Vos	03/07	Jayson Stone Jr.	03/25
Van Thibodeaux	03/07	Mike Loren	03/27



EASTER WORD SEARCH



Jesus said to her, "I am the resurrection and the life.
Whoever believes in me, though he die, yet shall he live.

John 11:25

T	O	C	H	U	R	C	H	B	H	D	C
R	I	S	E	N	R	T	O	M	B	R	
A	A	L	E	N	T	O	T	N	A	N	O
J	E	M	V	C	F	S	S	O	R	C	W
E	A	J	E	R	U	S	A	L	E	M	N
S	R	E	D	M	P	T	I	O	N	L	L
U	O	R	R	A	P	O	S	T	L	E	S
S	A	C	R	I	F	I	C	E	Y	M	O
S	A	V	I	O	R	R	I	L	M	B	N
N	P	R	A	Y	E	R	N	C	A	A	O
S	M	I	R	A	C	L	E	V	E	M	L
P	A	L	M	S	U	N	D	A	Y	E	B

CHURCH

CROWN

LENT

JERUSALEM

TOMB

CROSS

JESUS

SAVIOR

RISEN

SON

APOSTLES

SACRIFICE

LAMB

PALM SUNDAY

REDEMPTION

PRAYER

MIRACLE

MVCF

.as God's chosen people, holy and dearly loved, clothe yourselves with compassion,
kindness, humility, gentleness and patience. Col. 3:12

Mission Village Christian Fellowship

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We're on the web!

missionvillage.church

Council Members

Pastor	Steve de Vos
Moderator	Jennifer French
Clerk	Ronda Adams
Financial Secretary	Tony DaVee
Treasurer	June McCollough
Children's Ministry	Christopher French
Youth Ministry	Terri Carver
Adult Ministry	Joanna de Vos
Stewardship	Frank Romeo
Fellowship	Jenny Fiori
Service	Carl Demas
Missions / Evangelism	Matt & Ellen Davis
Finance Ministry	Ernie Garcia
Worship	Hannah French

Sunday Schedule

Worship & Children's Sunday School.....9:30 a.m.

Nursery & Toddler Care is Available During Worship

Service

Service will be live on [YouTube](#) or [Facebook](#)

Elders

Pastor /Elder.....	Steve de Vos
Administrative Elder	Tony DaVee
Elders.....	Chris French
	Carl Jensen

Staff

Administrative Assistant.....	Judy Yacob
Nursery Attendant.....	Hannah French