

The Bridge

Connecting ABC Barn & SVLC Community



Learn more about SVLC's participation in the SD Pride Parade this month on page two



Get to Know Our Pastor

Pastor Marcus is available for visits, pastoral care, counseling, or a cup of coffee. All are welcome. [Click here to make an appointment with him.](#)



Fantasy Football

The NFL season is coming up! If you've been looking for a chance to meet friends, enjoy a little competition, and win some prizes, [sign up for a Fantasy Football League now!](#)

Upcoming Grief Support Group

Grief comes in all shapes and sizes. Maybe it's the loss of a dream job, or the end of a relationship, the death of a significant friend or loved one, or a change in one's physical capacity.

Any loss or change can bring about feelings of grief, and acknowledging those feelings and working through them is an important step towards healing.

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LEAVE US A REVIEW

Thanks to those who have left the ABC Barn a five star review online.

Our preschool was named a Local Best of La Mesa in 2025 because of YOU!

MARK YOUR CALENDAR:

FALL KICKOFF 2026

Sunday, September 13

More info in August!

EARLY BIRD PROMO

Refer a friend for new enrollment at the ABC Barn in Fall 2026 and you will receive one free week of tuition for one child!

Referral info gathered upon enrollment. Expires 8/21/26.

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One of the major challenges in working through any loss is getting beyond what we think we know or understand about grief.

Many of us are familiar with the five “stages” of grief: denial, anger, bargaining, depression, and acceptance. This idea was popularized over fifty years ago and has stuck around in our collective imagination, especially since in many cases it absolutely provides a framework of help for folks struggling with grief.

The problem is that grief is rarely so straightforward. I wish it was. This is where a grief support group can come in and help, a safe place to work through the complicated landscape of grief.

This August, I’ll be leading a six-week grief support group here at SVLC. This is less of a class about grief – though we’ll likely learn a lot together – and more an opportunity for those carrying a loss looking for ways to work through their grief.

There is no grief barometer you need to hit to qualify for our group. All are welcome. If you’ve been experiencing grief of any kind, I invite you to sign up. The group will begin meeting weekly



“The problem is that grief is rarely so straightforward. I wish it was.”

Wednesdays on August 12th from 6:00 PM - 7:15 PM for six weeks.

Whatever you’re carrying, you are welcome here.
[Click here to sign up.](#)

Peace,
Pastor Marcus

SHEPHERD OF THE VALLEY’S PRIDE

Did you know that SVLC is an open and affirming, LGBTQIA+ inclusive worshipping community? In fact, we belong to a collection of local Lutheran churches that celebrate our welcome of all people together each year at the SD Pride Parade.

If you’re at San Diego Pride this year on July 18th, keep an eye out for our LUTHERANS FOR LOVE float, and the 150+ folks marching in the parade, and give us a wave! Pastor Marcus will be driving the truck.

[Check out SD Lutherans for Love Online](#)

