



OPEN HEARTS • OPEN MINDS • OPEN DOORS

The APPLESEED

OCTOBER 2019 NEWSLETTER

FROM MEMBERSHIP TO DISCIPLESHIP FROM DISCIPLESHIP TO SHARING AND CARING

“Brothers and sisters, if a person is caught doing something wrong, you who are spiritual should restore someone like this with a spirit of gentleness. Watch out for yourselves so you won’t be tempted too. Carry each other’s burdens and so you will fulfill the law of Christ.” – Galatians 6:1-3

Welcome to the tenth month of 2019 with the Grace of God leading us. The Grace of passion inspires us to do what is right in the eyes of faithfulness, as prescribed by the apostle Paul in his letter to the Galatians. Paul’s aim was to inspire them to show the fruit of being in faith as love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. Paul specified what is needed with Christian liberty; those who follow this guidance belong to Christ.

We are constantly frustrated by confusion in all aspects of our lives. Even in church, we are not immune to criticism because of our policies and doctrines. But we are reminded by St. Paul of the spiritual direction that will guide our lives to be better as Christians and as supporters for those of weaker faith. If we are not aware of what is all around us, we may get caught up in some unexpected circumstances that can hinder us physically as well as emotionally. The strength of our faith might be deeply shaken by what we see and hear; however, Paul clearly rallied for total faith and trust in God, and *not to be anxious about anything, but in everything to make our requests known -- anything in his father’s name will be given*. As we can tell from Paul’s epistle, he was a caring and passionate leader who continuously reminded those who listened to him to bear each other’s burdens, which can be translated as *“watch out for each other,”* and he shared what might possibly be done to help. So, if anyone deviates from the true path, those who consistently walk that path and exemplify living in the Spirit can help care for those who struggle, in order to restore them back to life; and this can be done with love and gentleness. The passion of love signifies the totality of awareness, of sharing and caring without boundaries. It takes skill to bring one who has slipped off the slope of grace back to Christ; it takes meekness, tender consideration, and forbearance.

As we continue faithfully on our journey, we can bear each other’s burdens by listening, by lending a helping hand in lifting the heavy loads of those we meet on our way, whether we agree with each other’s beliefs or not. Our burdens can be lighter when many hands join in to help us lift, too. If we satisfy the visions of Christ through us blessings overflow, as described in Ecclesiastes 11:1 – *“Cast your bread upon the waters and thou shall find it after many days”* – which most of us believe to mean that profit will come back as a reward for generous behavior. If we hear the message of Paul today, we can be moved by these excerpts from William McDowell’s 2011 praise song **I Give Myself Away**: *“I give myself away... So you can use me... Here I stand/Lord, my life is in your hands/Lord, I’m longing to see your desires revealed in me... Take my life/As a living sacrifice...”* To care and to help others is to sacrifice our needs, and what is ours becomes others’ also. Sharing and caring with others is a constant challenge, and a constant gift, in our lives.

May the grace of God overflow to all families, with constant prayers for you all.
Pastor Lunisi Tovo

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2020 BUDGET MEETING

Thank you for your support of our SebUMC! We are now planning the 2020 budget and welcome your input. Please attend our 2020 Budget Information Meeting on Sunday, October 6, in Epworthian Hall, right after worship.

– LUNCH IS PROVIDED –

Everyone is welcome and encouraged to attend!

SATURDAY TABLE

We provide a monthly hot meal for our neighbors in need. Contributions of food and time are greatly appreciated. Can you help us with setup, serving, and/or clean-up? Can you provide food? Please sign up on the Saturday Table sheet in Epworthian Hall – Vi Moir and the team thank you!

- **October Saturday Table is 10/26** •
- **November Saturday Table is 11/23** •

WOMEN'S STUDY GROUP

Saturday, October 12th at 10:00 a.m.

Hosted by Barbara Stranzl.

The location will depend on the weather forecast, so watch the bulletin and/or your email.

We continue our study of *Messy People of the Bible*.

INFO: 707-829-9323 — blstranzl@gmail.com

OCTOBER WORSHIP LEADERS

10/6 Laura Williams

10/13 Matt Witteman

10/20 Arthur George

10/27 Vicky Ness

GOLDEN RULE

Golden Rule meets on the second and fourth Thursdays of each month from 11:30 am to 1:00 pm in Epworthian Hall. We share a potluck meal and discuss religious and philosophical issues of mutual interest.

For info please contact the church office.

Next Meetings: 10/10 • 10/24 • 11/14

EGG CARTONS FOR THE SEBASTOPOL INTER-CHURCH FOOD PANTRY

Thank you to everyone who once again donates clean, empty egg cartons for the Sebastopol Inter-Church Food Pantry! Hens are laying, so your cartons are needed and appreciated. Drop them off at the SCRIP table in Epworthian Hall on Sundays during Fellowship Hour. **THANK YOU.**

ADVENT STUDY GROUP

Four Thursday meetings:
October 10, 17, 24, and 31
at 2:30pm in the Chapel.

Our text will be
Light of the World
by Amy-Jill Levine.

INFO: Carol Wegner
707-829-8267 or 707-479-4800

THE RUMMAGE SALE WAS A GREAT SUCCESS!

This is the Church's largest annual fundraising effort. Our goals were to serve our community through providing quality, low-priced goods and make a little money for the Church. We did it! With the help of over 20 volunteers and wonderful donations from everyone, including our Church supporters, we served hundreds of people and raised over \$2,000 which will go towards the Epworthian Hall Improvement Project.

Thank you to the many volunteers who contributed their time to help with set up, running the sale, and clean up: Vicky Ness, Vicki Amtower, Charlotte Fisher, Jennie Cheshier, Chris Beaty, Florence Stone, Darlene Andreotti, Chris Eberle, Gabby and Desi, Bob Kinder, Paul Schoch, Lunisi Tovo, Claire Reed, Billie Herring, Vi Moir, Mary Blom, Joan Wilbur, Betty Stychno, Rob Wegner, Kaci Wegner, Michael Ost, and Moses Ost. If we forgot your name, forgive us – it was a busy and crazy week.

WE COULDN'T HAVE DONE IT WITHOUT YOU!!

The community loves our rummage sale.

Over 40 people were waiting outside the Hall when it opened!

Comments we heard: *"Best Rummage Sale in Sebastopol."* "I come every year."

"Thank you for doing this." "You guys are the best!"

For the first time this year, we gave merchandise vouchers to our Saturday Table attendees and many of the vouchers were used. The event was a blessing for us and for our community.

The Rummage Sale Committee,
Barbara Stranzl, Susan Kinder, and Julie Barbic

THANKSGIVING FOOD DRIVE

It's not too soon to start collecting food to donate to the Sebastopol Inter-Church Food Pantry for their annual Thanksgiving Drive.

Donations may be placed on the altar on *any Sunday in November*, beginning November 3. Some suggested packaged foods are: tuna, canned vegetables, rice, beans, pasta, pasta sauce, soups, and cereals.

***'Tis the season for
sharing our abundance!***

– Karen Bohn

SEBASTOPOL INTER-CHURCH FOOD PANTRY

A hands-on mission opportunity: The Sebastopol Inter-Church Food Pantry needs more weekday volunteers. This is a 2-hour commitment, packing orders for food pantry clients on Mondays, Wednesdays, or Fridays from 10 am to noon. Volunteers work in teams of three, and they may ask for a regular schedule or may work on-call.

To sign up or for more information, phone the co-ordinator, Nancy Davidson, at 707-823-3771.

THE DOME PRESENTS
A Harvest of Music

From Folk to Rock, Jazz and Bach



Sunday October 13

From 3 to 4:30 p.m.

Sebastopol Methodist Church

500 North Main Street, Downtown Sebastopol
(Opposite Safeway, at Hwy 116 near Analy High School)



Enjoy The Music Of

Jackson Browne, Leonard Cohen, John Coltrane,
Norah Jones, Antonio Carlos Jobim,
The Great American Songbook,
Original Compositions & Johann Sebastian Bach

Performances By

Nancy Berger, Gail Bowers, Cheri Buonaguidi,
Mary Cornett, Oli Fraenkle, Jim Johnson,
Maury Manseau, Micheal Ost, Celeste Ray,
Mark Reed, John Schelling Jr, India Wade, Rob Wegner

**Guitars, Brass, Piano, Dulcimer, Drums, Voice
and a 108~Pipe Organ Vintage 1916**

Under the Soaring Acoustic Dome of a Sanctuary
Inspired by Spanish and Moorish Architecture.




Free Admission. \$10 Donation Encouraged.
A Benefit for Music Programs.

DAILY READINGS OCTOBER 2019

- **Tuesday, October 1, 2019:** Psalm 119:49-56; Jeremiah 32:36-44; James 5:1-6 OR Psalm 62; Hosea 10:9-15; James 5:1-6
- **Wednesday, October 2, 2019:** Psalm 119:49-56; Jeremiah 33:1-13; Matthew 19:16-22 OR Psalm 62; Hosea 12:2-14; Matthew 19:16-22
- **Thursday, October 3, 2019:** Lamentations 3:19-26; Jeremiah 52:1-11; Revelation 2:8-11 OR Psalm 37:1-9; 2 Kings 18:1-8, 28-36; Revelation 2:8-11
- **Friday, October 4, 2019:** Lamentations 3:19-26; Jeremiah 52:12-30; Revelation 2:12-29 OR Psalm 37:1-9; 2 Kings 19:8-20, 35-37; Revelation 2:12-29
- **Saturday, October 5, 2019:** Lamentations 3:19-26; Lamentations 1:7-15; Matthew 20:29-34 OR Psalm 37:1-9; Isaiah 7:1-9; Matthew 20:29-34
- **Sunday, October 6, 2019: Proper 22 (27)**
- **Monday, October 7, 2019:** Psalm 137; Lamentations 1:16-22; James 1:2-11 OR Psalm 3; Habakkuk 1:5-17; James 1:2-11
- **Tuesday, October 8, 2019:** Psalm 137; Lamentations 2:13-22; 1 John 5:1-5, 13-21 OR Psalm 3; Habakkuk 2:5-11; 1 John 5:1-5, 13-21
- **Wednesday, October 9, 2019:** Psalm 137; Lamentations 5:1-22; Mark 11:12-14, 20-24 OR Psalm 3; Habakkuk 2:12-20; Mark 11:12-14, 20-24
- **Thursday, October 10, 2019:** Psalm 66:1-12; Jeremiah 25:1-14; 2 Timothy 1:13-18 OR Psalm 111; Leviticus 14:33-53; 2 Timothy 1:13-18
- **Friday, October 11, 2019:** Psalm 66:1-12; Jeremiah 27:1-22; 2 Timothy 2:1-7 OR Psalm 111; Numbers 4:34-5:4; 2 Timothy 2:1-7
- **Saturday, October 12, 2019:** Psalm 66:1-12; Jeremiah 28:1-17; Luke 5:12-16 OR Psalm 111; Numbers 12:1-15; Luke 5:12-16
- **Sunday, October 13, 2019: Proper 23 (28)**
- **Monday, October 14, 2019:** Psalm 102:1-17; Jeremiah 29:8-23; Acts 26:24-29 OR Psalm 61; 2 Kings 5:15-19a; Acts 26:24-29
- **Tuesday, October 15, 2019:** Psalm 102:1-17; Jeremiah 29:24-32; Ephesians 6:10-20 OR Psalm 61; 2 Kings 5:19b-27; Ephesians 6:10-20
- **Wednesday, October 16, 2019:** Psalm 102:1-17; Jeremiah 25:15-32; Matthew 10:5-15 OR Psalm 61; 2 Kings 15:1-7; Matthew 10:5-15
- **Thursday, October 17, 2019:** Psalm 119:97-104; Jeremiah 26:1-15; Acts 17:22-34 OR Psalm 121; Isaiah 54:11-17; Acts 17:22-34
- **Friday, October 18, 2019:** Psalm 119:97-104; Jeremiah 26:16-24; 2 Timothy 2:14-26 OR Psalm 121; Genesis 31:43-32:2; 2 Timothy 2:14-26
- **Saturday, October 19, 2019:** Psalm 119:97-104; Jeremiah 31:15-26; Mark 10:46-52 OR Psalm 121; Genesis 32:3-21; Mark 10:46-52
- **Sunday, October 20, 2019: Proper 24 (29)**
- **Monday, October 21, 2019:** Psalm 129; Jeremiah 38:14-28; 1 Corinthians 6:1-11 OR Psalm 57; 1 Samuel 25:2-22; 1 Corinthians 6:1-11
- **Tuesday, October 22, 2019:** Psalm 129; Jeremiah 39:1-18; James 5:7-12 OR Psalm 57; 1 Samuel 25:23-35; James 5:7-12
- **Wednesday, October 23, 2019:** Psalm 129; Jeremiah 50:1-7, 17-20; Luke 22:39-46 OR Psalm 57; 1 Samuel 25:36-42; Luke 22:39-46
- **Thursday, October 24, 2019:** Psalm 65; Joel 1:1-20; 2 Timothy 3:1-9 OR Psalm 84:1-7; Jeremiah 9:1-16; 2 Timothy 3:1-9
- **Friday, October 25, 2019:** Psalm 65; Joel 2:1-11; 2 Timothy 3:10-15 OR Psalm 84:1-7; Jeremiah 9:17-26; 2 Timothy 3:10-15
- **Saturday, October 26, 2019:** Psalm 65; Joel 2:12-22; Luke 1:46-55 OR Psalm 84:1-7; Jeremiah 14:1-6; Luke 1:46-55
- **Sunday, October 27, 2019: Proper 25 (30)**
- **Monday, October 28, 2019:** Psalm 87; Joel 3:1-8; 1 Peter 4:12-19 OR Psalm 84:8-12; 1 Samuel 2:1-10; 1 Peter 4:12-19
- **Tuesday, October 29, 2019:** Psalm 87; Joel 3:9-16; 1 Peter 5:1-11 OR Psalm 84:8-12; Daniel 5:1-12; 1 Peter 5:1-11
- **Wednesday, October 30, 2019:** Psalm 87; Joel 3:17-20; Matthew 21:28-32 OR Psalm 84:8-12; Daniel 5:13-31; Matthew 21:28-32
- **Thursday, October 31, 2019:** Psalm 119:137-144; Jeremiah 33:14-26; 2 Corinthians 1:1-11 OR Psalm 32:1-7; Proverbs 15:8-11, 24-33; 2 Corinthians 1:1-11
- **Friday, November 1, 2019: All Saints Day**
- **Saturday, November 2, 2019:** Psalm 119:137-144; Habakkuk 2:5-11; John 8:39-47 OR Psalm 32:1-7; Isaiah 1:1-9; John 8:39-47
- **Sunday, November 3, 2019: Proper 26 (31)**



OCTOBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Centering Prayer 12-1pm Sanctuary	3	4 Open Prayer 12-1pm Sanctuary	5
6 Worship 10:30 COMMUNION Discussion Table	7	8	9 Centering Prayer 12-1pm Sanctuary	10 Mission Team Golden Rule Advent Study Group 2:30	11 Open Prayer 12-1pm Sanctuary	12 Women's Study Group
13 Worship 10:30 HARVEST of MUSIC 3pm – Sanctuary	14 	15	16 Centering Prayer 12-1pm Sanctuary	17 Advent Study Group 2:30	18 Open Prayer 12-1pm Sanctuary	19
20 Worship 10:30	21	22	23 Centering Prayer 12-1pm Sanctuary	24 Golden Rule Advent Study Group 2:30	25 Open Prayer 12-1pm Sanctuary	26 Saturday Table
27 Worship 10:30	28 CHARGE CONFERENCE 5pm – Chapel	29	30 Centering Prayer 12-1pm Sanctuary	31 Advent Study Group 2:30 HALLOWE'EN	11/1 Open Prayer 12-1pm ALL SAINTS DAY	11/2 ALL SOULS DAY

WE PREPARE FOR ADVENT

Sebastopol United Methodist Church 500 North Main Street, Sebastopol CA 95472
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SCRIP SALES SUPPORT SEB UMC! THANK YOU!!