



SEBASTOPOL
UNITED
METHODIST
CHURCH

THE APPLESEED

NOVEMBER 2020 NEWSLETTER

MINISTRIES AND LEADERSHIP – SERVING TOGETHER, WORSHIPPING TOGETHER

FROM MEMBERSHIP TO DISCIPLESHIP... TO CARING... TO SHARING AND GIVING

HAPPY THANKSGIVING!

“Be thankful in all things.” – 1 Thessalonians 5:18

Greetings in the Agape of the Holy Trinity for the month of November. November is a time to celebrate the gathering of families and friends for Thanksgiving. A time of reviving great memories of loved ones, especially of our saints who departed their earthly families during the past year. The community of believers will also celebrate the beginning of Advent on the 29th. The nation is electing a President as well. People have so much to do, according to our circumstances – physically, spiritually, and politically. Be thankful to Paul, who reminds us to be thankful in all things. Let it be known that God has been with us, and is, and will be, with us and for us, as long as we live. The Apostle Paul wrote the epistle containing this recommendation to be thankful to the church at Thessalonica, a Greek city with Gentile believers who had questions about their new faith. Paul encouraged them to live diligently, waiting for the Lord, but not to give up everything and wait around for it, either. Instead, they are to live for God, obeying His commandments and commissions out of love.

Paul’s recommendation may be a hopeful encouragement to the newly converted Christians of that time, but it certainly applies to us Christians now, in our current circumstances. We are shadowed by the ongoing pandemic and by the onslaught of injustice, which continue to plague our society. In spite of such distractions, Paul’s writing can remind us to stay focused on God, and to always be thankful for what we have while we have the chance. We are to help one another and give encouragement to one another. Stay focused, pray at all times, hold up those who are weak in their faith, respect one another, reject divisiveness. These words of Wisdom needs to be heard again; *“There is a season for everything. There is time to mourn and time to be happy. There is a time to be born and a time to die.”* We can only find true happiness in God. Hear his word of hope through others. Be thankful to Him with rewards in sight; know that He is God. Before Jesus died, he prayed that God would bless all who heard his teaching, and also bless those who would hear them as well. He deserves our Love and our all. We should love him with our passions, hungers, perceptions and thoughts. Blessed are those who hunger in spirit, for they will be filled. We should love him by how we talk, what we do with our hands, and how we utilize our talents, and how we react to challenges in life. Do we deserve to be praised? No... God deserves to be praised for the blessings we have, those blessings we are given freely from God alone. We must *“seek him first and his righteousness, and all will be given”* (Matthew 6:33).

Paul encouraged rejoicing and giving thanks for God’s blessings, which is one way to live happily and courageously. We believe that November is calling us to give our all to God and to be thankful about everything. Use what we have to honor God, in the Presidential election, celebrating Saints, on Thanksgiving, and for the beginning of Advent. God’s honor will rise above our being, and the rest will be given.

Happy November with great thankfulness from the people of God.

Shalom! – Pastor Iunisi Tovo

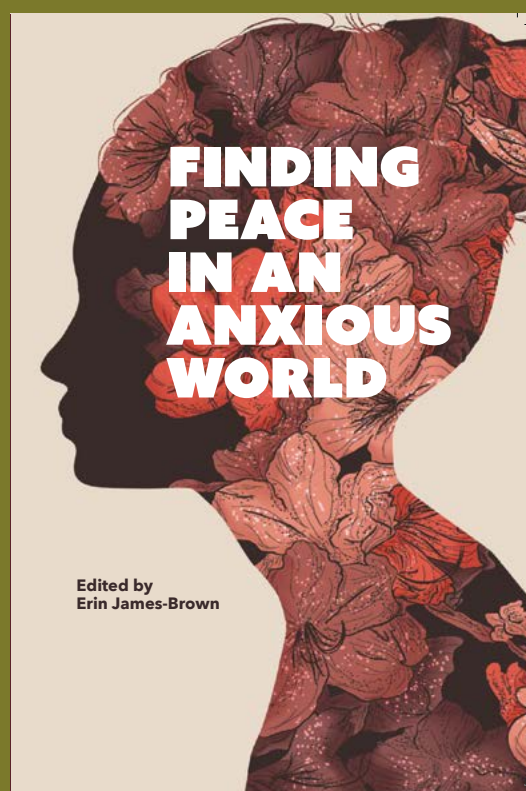
NEW ZOOM STUDY FOR ADVENT

We will begin a new study on Tuesday, December 1 at 2:00 pm and continue for 3 more Tuesdays, December 8, 15 and 22. We will be using the book ***Finding Peace in an Anxious World***, a 2020 Spiritual Growth Study through the Mission U of the United Methodist Women. This study is by the staff of the Urban Village Church and uses the book of Proverbs and “The Serenity Prayer” as a guide to help Christians find their way through anxiety, worry and fear and move towards God’s peace that surpasses all understanding. Using the Serenity Prayer as a scaffold, ***Finding Peace in an Anxious World*** explores ways to discover peace through scriptural disciplines so that we can be rooted in God and energized to live fully as disciples of Christ.

Please let Carol Wegner, carolwegner@yahoo.com, know if you plan to participate.

Here is a link to the hard copy of the book: https://www.umwmissionresources.org/shopping_product_detail.asp?pid=53481

It is available on Kindle only through Amazon.



FOR ELECTION DAY ANXIETY

via Crosswalk.com

Pushing back against anxiety starts with knowing who we are as followers of Jesus – an identity far more important than any political affiliation. Anxiety can distort how we see ourselves and our identity. What is the opposite of anxiety? For some, they would say it’s confidence. For others, peace. For you, I encourage you to choose one of these words or phrases and let the truths of Scripture, with the power of the Holy Spirit, fight for you against anxiety:

PEACE – Isaiah 26:3 (ESV), *“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”*

CONFIDENCE – 2 Timothy 1:7, *“For God gave us a spirit not of fear but of power and love and self-control.”*

JOY – Psalm 94:19, *“When anxiety was great within me, your consolation brought me joy.”*

trust – Psalm 56:3, *“When I am afraid, I put my trust in you.”*

STRENGTH – Isaiah 41:10 (ESV), *“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”*

NEARNESS OF GOD – Psalm 73:28 (ESV), *“But for me it is good to be near God; I have made the Lord GOD my refuge, that I may tell of all your works.”*

No matter who’s in the Oval Office, their influence and impact will forever pale compared to the One who sits on the throne of heaven. He is the One who gave it all to rescue our hearts.

Jesus is our refuge from those emotion-driven, headline-triggered, media-fearmongering hosts of so much anxiety right now. He is the One inviting you to take any thoughts, any fears, any whispers of anxiety, and place them in His care today.

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. – Matthew 11:28-29, ESV

ELECTION DAY IS TUESDAY NOVEMBER THIRD

Although our sanctuary is closed, people are invited to pray for a peaceful, secure, and safe election day, praying for the safety of everyone in all parts of the political spectrum.

HELP SUPPORT OUR YOUTH

BUY EQUAL EXCHANGE
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CALL PAT MUNSCH
707-823-2790

A DELICIOUS TRIBUTE

Susan Kinder is preparing an article and booklet to honor Jennie Cheshier's memory and to celebrate her love of good food and hospitality. If you have a favorite "Jennie recipe" and/or an anecdote, please contact Susan to share them – if you can't find the actual recipe, Susan can track it down for you.

707-823-2139
susankinder@comcast.net

SEBASTOPOL INTER-CHURCH FOOD PANTRY

The Pantry continues to serve hungry people in our community thanks to many donations and faithful volunteers. We could use some more volunteers on Saturdays. The shift is from 9:45 to noon. Volunteers answer the phone, hand out food, and stock shelves. For or more information, or to volunteer please call our Saturday Volunteer Coordinator Kim Merloud at 707-481-5466.

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Please let your friends and neighbors know that the Pantry provides food for **ANYONE** who needs it – on Mondays, Wednesdays, Fridays, and Saturdays from 10 a.m. to noon at

**500 Robinson Road, Sebastopol
(at St. Stephen's Episcopal Church)**

Call ahead, if possible, to 707-823-2483 during open hours. Donations may also be brought to the Pantry during open hours. Please do not leave food donations on the porch when the Pantry is closed. If you are unable to deliver donations during open hours, phone Karen Bohn at 707-791-4186 and she will arrange to meet you at the Pantry and open up for you. – *Karen Bohn*

· ALL SERVICES AND MEETINGS
ON CHURCH GROUNDS
CONTINUE TO BE SUSPENDED
UNTIL FURTHER NOTICE ·

by order of our Bishop

2020 CHARGE CONFERENCE

To the Chair of the Board of Trustees, the leadership team, all committee members, and the family of Sebastopol UMC:

It is my joy to thank you all for a successful annual Charge Conference, which we held on Monday, October 26th. It was a pleasure to work with our new District Superintendent, the Rev. Shinya Goto. Even though we walk through the darkness of COVID-19, the church managed to fulfill its important obligation, with your help and goodwill. Now we are looking forward to a wonderful Thanksgiving and a beautiful Advent season filled with Love, Hope, Joy, and Peace.

Thank you for the support of our admin Ann, and for the support of you all.
Pastor Iunisi Tovo

IT IS ALWAYS A JOY
TO HEAR FROM OUR
MISSIONARY
KATHERINE PARKER!

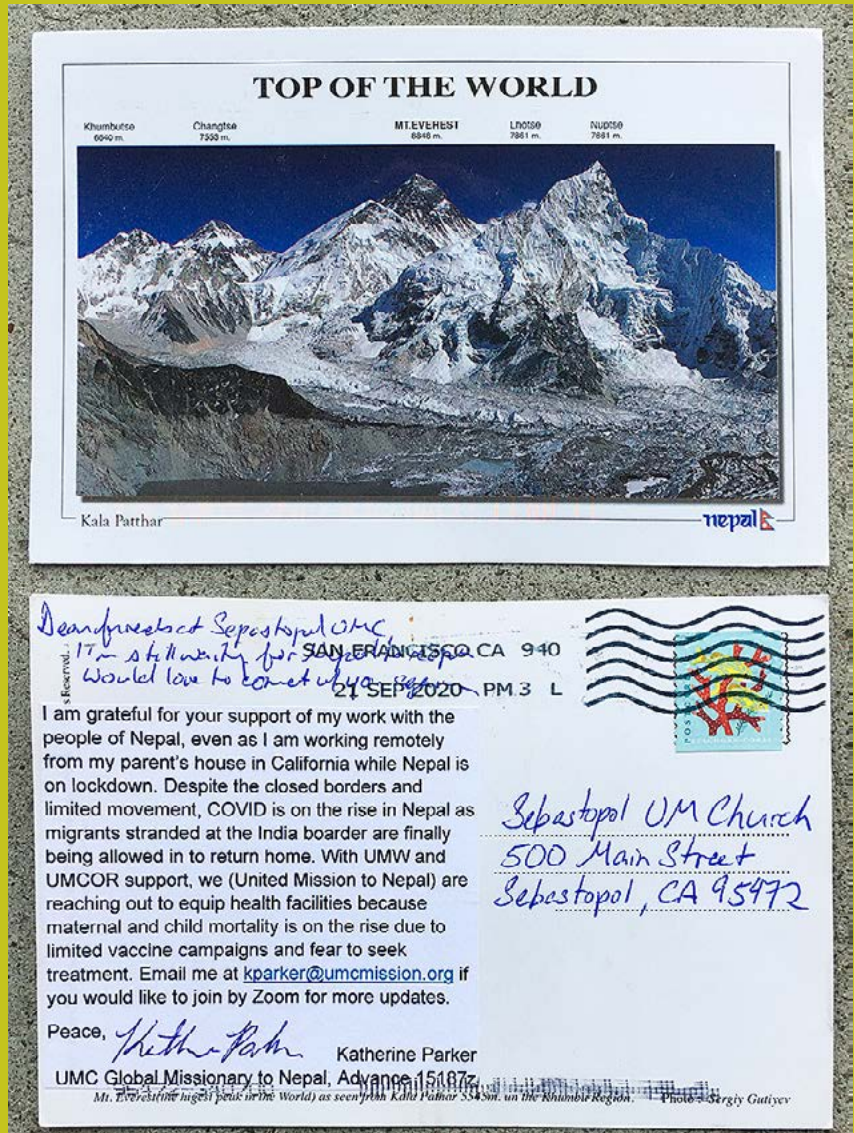


A RECENT POSTCARD

WHAT ARE YOU
THANKFUL FOR?



"All the beauty of our world."
– Vicky Ness



DAILY READINGS NOVEMBER 2020

- **Sunday, November 1, 2020: Proper 26 (31); : All Saints Day**
 - **Monday, November 2, 2020:**
Semi-continuous: Psalm 128; Joshua 4:1-24; 1 Thessalonians 2:13-20
Complementary: Psalm 5; Jeremiah 5:18-31; 1 Thessalonians 2:13-20
 - **Tuesday, November 3, 2020:**
Semi-continuous: Psalm 128; Joshua 6:1-16, 20; Acts 13:1-12
Complementary: Psalm 5; Lamentations 2:13-17; Acts 13:1-12
 - **Wednesday, November 4, 2020:**
Semi-continuous: Psalm 128; Joshua 10:12-14; Matthew 15:1-9
Complementary: Psalm 5; Proverbs 16:21-33; Matthew 15:1-9
 - **Thursday, November 5, 2020:**
Semi-continuous: Psalm 78:1-7; Joshua 5:10-12; Revelation 8:6-9:12
Complementary: Psalm 70; Amos 1:1-2:5; Revelation 8:6-9:12
 - **Friday, November 6, 2020:**
Semi-continuous: Psalm 78:1-7; Joshua 8:30-35; Revelation 9:13-21
Complementary: Psalm 70; Amos 3:1-12; Revelation 9:13-21
 - **Saturday, November 7, 2020:**
Semi-continuous: Psalm 78:1-7; Joshua 20:1-9; Matthew 24:1-14
Complementary: Psalm 70; Amos 4:6-13; Matthew 24:1-14
 - **Sunday, November 8, 2020: Proper 27 (32)**
 - **Monday, November 9, 2020:**
Semi-continuous: Psalm 78; Joshua 24:25-33; 1 Corinthians 14:20-25
Complementary: Psalm 63; Amos 8:7-14; 1 Corinthians 14:20-25
 - **Tuesday, November 10, 2020:**
Semi-continuous: Psalm 78; Nehemiah 8:1-12; 1 Thessalonians 3:6-13
Complementary: Psalm 63; Joel 1:1-14; 1 Thessalonians 3:6-13
 - **Wednesday, November 11, 2020:**
Semi-continuous: Psalm 78; Jeremiah 31:31-34; Matthew 24:29-35
Complementary: Psalm 63; Joel 3:9-21; Matthew 24:29-35
 - **Thursday, November 12, 2020:**
Semi-continuous: Psalm 123; Judges 2:6-15; Revelation 16:1-7
Complementary: Psalm 90:1-8, 12; Ezekiel 6:1-14; Revelation 16:1-7
 - **Friday, November 13, 2020:**
Semi-continuous: Psalm 123; Judges 2:16-23; Revelation 16:8-21
Complementary: Psalm 90:1-8, 12; Ezekiel 7:1-9; Revelation 16:8-21
 - **Saturday, November 14, 2020:**
Semi-continuous: Psalm 123; Judges 5:1-12; Matthew 12:43-45
Complementary: Psalm 90:1-8, 12; Ezekiel 7:10-27; Matthew 12:43-45
 - **Sunday, November 15, 2020: Proper 28 (33)**
 - **Monday, November 16, 2020:**
Semi-continuous: Psalm 83:1-4, 9-10, 17-18; Judges 4:8-24; Romans 2:1-11
Complementary: Psalm 9:1-14; Zechariah 1:7-17; Romans 2:1-11
 - **Tuesday, November 17, 2020:**
Semi-continuous: Psalm 83:1-4, 9-10, 17-18; Exodus 2:1-10; 1 Thessalonians 5:12-18
Complementary: Psalm 9:1-14; Zechariah 2:1-5; 5:1-4; 1 Thessalonians 5:12-18
 - **Wednesday, November 18, 2020:**
Semi-continuous: Psalm 83:1-4, 9-10, 17-18; Esther 7:1-10; Matthew 24:45-51
Complementary: Psalm 9:1-14; Job 16:1-21; Matthew 24:45-51
 - **Thursday, November 19, 2020:**
Semi-continuous: Psalm 100; Genesis 48:15-22; Revelation 14:1-11
Complementary: Psalm 95:1-7a; 1 Kings 22:13-23; Revelation 14:1-11
 - **Friday, November 20, 2020:**
Semi-continuous: Psalm 100; Isaiah 40:1-11; Revelation 22:1-9
Complementary: Psalm 95:1-7a; 1 Chronicles 17:1-15; Revelation 22:1-9
 - **Saturday, November 21, 2020:**
Semi-continuous: Psalm 100; Ezekiel 34:25-31; Matthew 12:46-50
Complementary: Psalm 95:1-7a; Isaiah 44:21-28; Matthew 12:46-50
 - **Sunday, November 22, 2020: Reign of Christ - Proper 29 (34)**
 - **Monday, November 23, 2020:**
Semi-continuous: Psalm 7; Esther 2:1-18; 2 Timothy 2:8-13
Complementary: Psalm 28; Numbers 27:15-23; 2 Timothy 2:8-13
 - **Tuesday, November 24, 2020:**
Semi-continuous: Psalm 7; Esther 8:3-17; Revelation 19:1-9
Complementary: Psalm 28; Zechariah 11:4-17; Revelation 19:1-9
 - **Wednesday, November 25, 2020:**
Semi-continuous: Psalm 7; Ezekiel 33:7-20; John 5:19-40
Complementary: Psalm 28; Jeremiah 31:10-14; John 5:19-40
- Note: For the readings after Pentecost: the first reading pairs with the semi-continuous strand of texts; the second, with the complementary.*
- **Thursday, November 26, 2020:** Psalm 80:1-7, 17-19; Zechariah 13:1-9; Revelation 14:6-13
 - **Friday, November 27, 2020:** Psalm 80:1-7, 17-19; Zechariah 14:1-9; 1 Thessalonians 4:1-18
 - **Saturday, November 28, 2020:** Psalm 80:1-7, 17-19; Micah 2:1-13; Matthew 24:15-31
 - **Sunday, November 29, 2020: First Sunday of Advent**
 - **Monday, November 30, 2020:** Psalm 79; Micah 4:1-5; Revelation 15:1-8
 - **Tuesday, December 1, 2020:** Psalm 79; Micah 4:6-13; Revelation 18:1-10
 - **Wednesday, December 2, 2020:** Psalm 79; Micah 5:1-5a; Luke 21:34-38
 - **Thursday, December 3, 2020:** Psalm 85:1-2, 8-13; Hosea 6:1-6; 1 Thessalonians 1:2-10



NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Worship online <i>COMMUNION</i>	2	3	4	5 Zoom Fellowship 2pm	6	7
8 Worship online	9	10	11	12 Zoom Fellowship 2pm	13	14
15 Worship online	16	17	18	19 Zoom Fellowship 2pm	20	21
22 Worship online <i>CHRIST THE KING SUNDAY</i>	23	24	25	26 <i>THANKSGIVING DAY</i>	27	28 Saturday Table
29 Worship online <i>FIRST SUNDAY OF ADVENT</i>	30	1 ADVENT Study Group 2pm via Zoom	2	<p style="text-align: center;">"Sebastopol UMC" <i>is our YouTube channel</i></p>		
		DECEMBER				

· PLEASE SUBMIT ITEMS FOR THE OCTOBER APPLESEED THIS WEEK!! THANK YOU ·

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