



THE APPLESEED

OCTOBER 2020 NEWSLETTER

MINISTRIES AND LEADERSHIP – SERVING TOGETHER, WORSHIPPING TOGETHER

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

“The Lord will fight for you; you need only to be still.” – Exodus 14:14

“Come to me, all of you who are weary and are carrying heavy burdens, and I will give you rest.” – Matthew 11:28

INVITATION TO A PARTNERSHIP WITH CHRIST – KNOW THAT HE IS GOD!

I love how Eugene H. Peterson, in *The Message*, clarifies Matthew’s meaning of heavy burdens – Peterson’s version of the final verses of Matthew 11 begins with this: *“Are you tired? Worn out? Burned out on religion?”* He continues in Chapter 12: *“If you had any idea what this Scripture meant – ‘I prefer a flexible heart to an inflexible ritual’ – you wouldn’t be nitpicking like this. The Son of Man is no lackey to the Sabbath; he’s in charge.”*

Welcome to October 2020. It is a great joy to contemplate being blessed recipients of God’s saving grace. *“Be still and know that I am God”* (Psalm 46:10). Praise be to God and his steadfast, everlasting love. We have been sheltering at home for six months now, and we will be victorious coming out of it together. The voice of God is heard, reminding us to be still and to trust in Him. We have proof that his grace is sufficient for all, because we are still connected by it and it is within us. The actions we have shared at church in his presence still echo throughout our campus. His grace is also shown by faithful volunteers, who continue to do mission work with our neighbors who need food and shelter. The tireless work of empowered volunteers (faithful people) who refuse to give up and who continue tirelessly to brave the weather of COVID-19, smoky red skies, and the uncertainties about future vaccines, administer the love of God by feeding those who are considered the least of our society.

We are still connected with everyone, including through your pledges and offerings, and during our Sunday online services. Advent season is around the corner, but this current season of God’s all-embracing grace never fades, especially during these six long months of worshipping at home. Be still and know that God is the River whose streams make glad to the city of God. He will be exalted among nations and exalted on the earth. He knows you and me. Be still, and know that he is God. Peterson’s *The Message* invites us in this time to *“Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me, watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”* (this is his rephrasing of Matthew 11:28-30).

We must enjoy life while we can. Keep your prayer line open. Are we weak and heavy-laden, encumbered with a load of care? Our precious Savior is still our refuge, so take it to the Lord in Prayer. Yes, absolutely, brothers and sisters: Jesus knows and cares for us. Be still, and know that He is still our God.

Be safe this month, especially on Halloween. Wear your masks. Wash your hands, remember to observe social distancing, and stay home as much as you can – together we are helping to slow the spread of the deadly virus. God enjoys your company anywhere and everywhere! From my heart to you with abundant grace,
Shalom! – Pastor Iunisi Tovo



To Applesed

Have Extra tomatoes?
This is a great tomato soup

**Oven Roasted
 Tomato Soup**
Makes 8 cups
 4 pounds heirloom tomatoes, cut into 8 pieces → *any kind of tomatoes*
 5 whole garlic cloves
 1/4 Spanish onion, cut into large dice → *I use yellow onion*
 1/2 cup extra virgin olive oil
 1/2 cup basil leaves
 2 sprigs thyme
 2 sprigs marjoram
 Salt and pepper

Preheat oven to 350 degrees. Using a roasting pan, add all the ingredients and mix well. Place into the oven and cook until the garlic becomes soft, 30 to 40 minutes, stirring the mixture a couple of times. The tomatoes will reduce, brown a little and intensify in flavor. Add 2 cups of water. In a blender, filled to three-quarters full, blend until smooth.
 Garnish with basil and serve with a grilled cheese sandwich

Can also freeze extra tomatoes and make the soup in winter.

This is the recipe Jennie gave us to print in this month's Applesed. Rather than re-type it, here it is with her handwritten notes.

We send our deepest condolences to the family of Genevieve (Jennie) Cheshier:
 Christina and Forrest Beaty
 daughter Jennifer, granddaughter Isabelle
 Julee & Oli Fraenkle
 sons Jack and Parker

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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

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

by order of our Bishop

SEBASTOPOL INTER-CHURCH FOOD PANTRY

THANK YOU to the members of our congregation who volunteer at our local pantry by shopping and/or distributing food during these challenging times: Chris Beaty, Heidi Cusworth, Charlotte Fisher, Arthur George, Dee Schilling, Pat and Paul Schoch, Beth Wakelee, and Pastor Iunisi (If I missed anyone, please let me know so that I can thank you next month). And THANK YOU to everyone who has donated food and funds.

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*

KEEPING CHURCH ALIVE DURING THE PANDEMIC

At the beginning of September, our Thursday Fellowship Group members asked ourselves, “*How can we ‘do’ church when we can’t come to the sanctuary?*” All of us had our special ways of celebrating and amplifying the love of God during our daily lives. This pandemic period seems to offer a perfect opportunity to consider new and meaningful ways to engage in more prayerful, mindful, grateful, and joyful living. Here were some of our suggestions:

NURTURE YOURSELF

Begin your day with quiet time to pray, meditate, and be replenished by inspirational readings. The Bible and *The Book of Common Prayer* are excellent places to start; the *Daily Word* devotional & apps (visit Unity.Org for info); the *Upper Room* (monthly) and the *Upper Room Disciplines* (annual) daily devotionals are excellent for quick uplift; and *The Book of Joy: Lasting Happiness in a Changing World* (conversations with His Holiness the Dalai Lama and Archbishop Desmond Tutu) offers an interfaith perspective.

Remember that “This is the day the Lord has made...” and give yourself time to list all that you are GRATEFUL for. One suggestion to spark wonder of our natural world is the documentary “[Call of the Forest: the Forgotten Wisdom of Trees.](#)”

Making time for **MUSIC** is also a great way to stir the soul. Play or sing beloved hymns, or tune into radio programs such as [KDFC 89.9 FM](#) on Sunday mornings (7 to 9 a.m. is choral music; 9 to 11 a.m. is Baroque music). [YouTube](#) is an endless source of free music streams, with some hymn-only streams that last 5 hours or longer!

EXERCISE – whether walking (with or without a dog!), yoga, or gardening – is immensely helpful. Routines such as gentle stretching can help you slow down and can ground you in recognizing the simple joys of the moment. Walks around a park, in a forest, or simply in your own garden noticing birds, animals, and trees in the day -- and stars at night -- open the eyes of the soul!

Take online classes (via Zoom, on a college website, on YouTube, etc.) that help you learn something new and grow spiritually. A special **THANK YOU** to Carol Wegner for tirelessly organizing and hosting our weekly fellowship and study gatherings.

And of course, we encourage you to join us online for services with Pastor Lunisi each Sunday, and to share Holy Communion with your family on the first Sunday of each month.

Sometimes it’s good to **INDULGE** in yourself – to be as kind to yourself as you would be to a beloved family member or friend. Maybe that means starting the day with coffee in bed, or ending the day with a book under the redwoods to relax.

Creative activities such as drawing, cooking, and quilting are great ways to celebrate your own talents, build your skills, or to create gifts to share with others.

There are safe ways to **VISIT** in person with the ones you love: safe-distance visits to outdoor restaurants, picnics in a park, or simply meeting on a porch – these are time-honored ways to be together while keeping at least six feet apart.

Practice **LETTING GO** of whatever is bothering you... forgive yourself, forgive others. Give it up to God.

HELP YOUR COMMUNITY

Share produce from your garden... Give a gift of SCRIP to someone who is struggling to put food on the table (Pat Schoch will deliver SCRIP directly to you!)... Support our local food pantries by volunteering your time and energy, or with food or cash donations... Our local thrift stores are opening up again – can you help them?... Sew cloth face masks for Saturday Table or for people who work with the public (“frontliners”)... Write postcards or make calls to help ensure that others can vote in the next election... Reach out to your neighbors and friends who may feel isolated

Look out for each other. Some examples that came up: baking a birthday cake for a neighbor; listening to a relative who needed a sympathetic ear; even rescuing a goat caught in a fence!

Let us know in what ways you **celebrate your faith** during these difficult times! – Vicky Ness

The digital version of this page contains active links to online resources, which you can click through.

DAILY READINGS OCTOBER 2020

• Thursday, October 1, 2020:

Semi-continuous: Psalm 19; Exodus 23:1-9; Colossians 2:16-23 OR Complementary: Psalm 80:7-15; Jeremiah 2:14-22; Colossians 2:16-23

• Friday, October 2, 2020:

Semi-continuous: Psalm 19; Exodus 23:14-19; Philippians 2:14-18; 3:1-4a OR Complementary: Psalm 80:7-15; Jeremiah 2:23-37; Philippians 2:14-18; 3:1-4a

• Saturday, October 3, 2020:

Semi-continuous: Psalm 19; Exodus 23:10-13; John 7:40-52 OR Complementary: Psalm 80:7-15; Jeremiah 6:1-10; John 7:40-52

• Sunday, October 4, 2020: Proper 22 (27)

• Monday, October 5, 2020:

Semi-continuous: Psalm 119:49-56; Deuteronomy 5:1-21; 1 Peter 2:4-10 OR Complementary: Psalm 144; Ezekiel 19:10-14; 1 Peter 2:4-10

• Tuesday, October 6, 2020:

Semi-continuous: Psalm 119:49-56; Deuteronomy 5:22-6:3; 2 Corinthians 5:17-21 OR Complementary: Psalm 144; Isaiah 27:1-6; 2 Corinthians 5:17-21

• Wednesday, October 7, 2020:

Semi-continuous: Psalm 119:49-56; Deuteronomy 6:10-25; John 11:45-57 OR Complementary: Psalm 144; Song of Solomon 8:5-14; John 11:45-57

• Thursday, October 8, 2020:

Semi-continuous: Psalm 106:1-6, 19-23; Exodus 24:1-8; 1 Peter 5:1-5, 12-14 OR Complementary: Psalm 23; Isaiah 22:1-8a; 1 Peter 5:1-5, 12-14

• Friday, October 9, 2020: Semi-continuous: Psalm 106:1-6, 19-23; Exodus 24:9-11; James 4:4-10 OR Complementary: Psalm 23; Isaiah 22:8b-14; James 4:4-10

• Saturday, October 10, 2020:

Semi-continuous: Psalm 106:1-6, 19-23; Exodus 24:12-18; Mark 2:18-22 OR Complementary: Psalm 23; Isaiah 24:17-23; Mark 2:18-22

• Sunday, October 11, 2020: Proper 23 (28)

• Monday, October 12, 2020:

Semi-continuous: Psalm 97; Exodus 32:15-35; Jude 17-25 OR Complementary: Psalm 34; Exodus 19:7-20; Jude 17-25

• Tuesday, October 13, 2020:

Semi-continuous: Psalm 97; Exodus 33:1-6; Philippians 3:13-4:1 OR Complementary: Psalm 34; Amos 9:5-15; Philippians 3:13-4:1

• Wednesday, October 14, 2020:

Semi-continuous: Psalm 97; 2 Kings 17:7-20; John 6:25-35 OR Complementary: Psalm 34; Song of Solomon 7:10-8:4; John 6:25-35

• Thursday, October 15, 2020:

Semi-continuous: Psalm 99; Exodus 33:7-11; 3 John 9-12 OR Complementary: Psalm 96:1-9; Judges 17:1-6; 3 John 9-12

• Friday, October 16, 2020:

Semi-continuous: Psalm 99; Exodus 31:1-11; 1 Peter 5:1-5 OR Complementary: Psalm 96:1-9; Deuteronomy 17:14-20; 1 Peter 5:1-5

• Saturday, October 17, 2020:

Semi-continuous: Psalm 99; Exodus 39:32-43; Matthew 14:1-12 OR Complementary: Psalm 96:1-9; Isaiah 14:3-11; Matthew 14:1-12

• Sunday, October 18, 2020: Proper 24 (29)

• Monday, October 19, 2020:

Semi-continuous: Psalm 63:1-8; Exodus 40:34-38; Revelation 18:1-10, 19-20 OR Complementary: Psalm 98; Daniel 3:1-18; Revelation 18:1-10, 19-20

• Tuesday, October 20, 2020:

Semi-continuous: Psalm 63:1-8; Numbers 12:1-9; Revelation 18:21-24 OR Complementary: Psalm 98; Daniel 3:19-30; Revelation 18:21-24

• Wednesday, October 21, 2020:

Semi-continuous: Psalm 63:1-8; Numbers 13:1-2, 17-14:9; Matthew 17:22-27 OR Complementary: Psalm 98; Daniel 6:1-28; Matthew 17:22-27

• Thursday, October 22, 2020:

Semi-continuous: Psalm 90:1-6, 13-17; Deuteronomy 31:14-22; Titus 1:5-16 OR Complementary: Psalm 1; Numbers 5:5-10; Titus 1:5-16

• Friday, October 23, 2020:

Semi-continuous: Psalm 90:1-6, 13-17; Deuteronomy 32:1-14, 18; Titus 2:7-8, 11-15 OR Complementary: Psalm 1; Deuteronomy 9:25-10:5; Titus 2:7-8, 11-15

• Saturday, October 24, 2020:

Semi-continuous: Psalm 90:1-6, 13-17; Deuteronomy 32:44-47; John 5:39-47 OR Complementary: Psalm 1; Proverbs 24:23-34; John 5:39-47

• Sunday, October 25, 2020: Proper 25 (30)

• Monday, October 26, 2020:

Semi-continuous: Psalm 119:41-48; Numbers 33:38-39; James 2:8-13 OR Complementary: Psalm 119:41-48; Deuteronomy 6:1-9, 20-25; James 2:8-13

• Tuesday, October 27, 2020:

Semi-continuous: Psalm 119:41-48; Exodus 34:29-35; James 2:14-26 OR Complementary: Psalm 119:41-48; Deuteronomy 10:10-22; James 2:14-26

• Wednesday, October 28, 2020:

Semi-continuous: Psalm 119:41-48; Deuteronomy 26:16-27:7; Matthew 19:16-22 OR Complementary: Psalm 119:41-48; Proverbs 16:1-20; Matthew 19:16-22

• Thursday, October 29, 2020:

Semi-continuous: Psalm 107:1-7, 33-37; Joshua 1:1-11; Romans 2:17-29 OR Complementary: Psalm 43; 1 Samuel 2:27-36; Romans 2:17-29

• Friday, October 30, 2020:

Semi-continuous: Psalm 107:1-7, 33-37; Joshua 2:1-14; 2 Peter 2:1-3 OR Complementary: Psalm 43; Ezekiel 13:1-16; 2 Peter 2:1-3

• Saturday, October 31, 2020:

Semi-continuous: Psalm 107:1-7, 33-37; Joshua 2:15-24; Matthew 23:13-28 OR Complementary: Psalm 43; Malachi 1:6-2:9; Matthew 23:13-28

• Sunday, November 1, 2020: Proper 26 (31)

• Sunday, November 1, 2020: All Saints Day



OCTOBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Sebastopol UMC" <i>is our YouTube channel</i></p>				<p>1 Zoom Fellowship 2pm</p>	<p>2</p>	<p>3</p>
			<p>4 Worship online <i>COMMUNION</i></p>	<p>5</p>	<p>6 Zoom Study Group 2pm</p>	<p>7</p>
<p>11 Worship online</p>	<p>12</p>	<p>13 Zoom Study Group 2pm</p>	<p>14</p>	<p>15 Zoom Fellowship 2pm</p>	<p>16</p>	<p>17</p>
<p>18 Worship online</p>	<p>19</p>	<p>20 Zoom Study Group 2pm</p>	<p>21</p>	<p>22 Zoom Fellowship 2pm</p>	<p>23</p>	<p>24 Saturday Table</p>
<p>· PLEASE SUBMIT ITEMS FOR THE OCTOBER APPLESEED THIS WEEK!! THANK YOU ·</p>						
<p>25 Worship online</p>	<p>26</p>	<p>27 Zoom Study Group 2pm</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31 <i>HALLOWE'EN</i></p>

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