



SEBASTOPOL  
UNITED  
METHODIST  
CHURCH

# THE APPLESEED

JUNE 2021 NEWSLETTER

## FROM MEMBERSHIP TO DISCIPLESHIP... ... FROM DISCIPLESHIP TO SHARING WITH JUSTICE FOR ALL

*"Therefore do not worry about tomorrow, for tomorrow will worry about itself...  
Each day has enough trouble of its own." – Matthew 6:34*

Happy Father's Day! Welcome Summer! We are now halfway through 2021, and while Covid-19 is still a big part of our daily journey, we move forward with the guidance of our Almighty Father, the Son, and the Holy Spirit as One. Since the CDC has given a little more flexibility within the existing health and safety restrictions, our anxiety continues because the future is unknown. Speaking of the future, Roy Bennett says, *"If you want to be happy, do not dwell in the past, do not worry about the future, focus on living fully in the present."* He encourages us all to do what is right and not waste our time in anger, regret, worry, and grudges. Life is too short to spend it unhappy. Be creative, using God's bountiful gifts to us. Be inspired to live a good, healthy life with Christ at the center. Be optimistic and see the goodness in all souls. Be helpful as much as you can. Smile a lot.

Matthew assures us, through Jesus's famous words spoken on the mount (which we call The Sermon on the Mount), that we need not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. This sounds obvious to people with discernment; for those who have great faith in God know the truth of God's love and trust in His power. The future is known only to God alone; let Him guide us forward and not encroach upon His omniscience. Those who trust God completely always receive the best that God provides. We are also reminded by Apostle Paul to let nothing worry us, to stay trusting in God all the time.

These days we see increased violence against those who are different from us in skin color, sexual orientation, or economic status. We are among the intellectual people of God, inspired by faith and hope, able to lead and to teach others about the great life that can be found through living in peace with equality for all.

June 20th is Father's Day, our day to celebrate fatherly love and the responsibility that fathers have in a family. For Christians, parents are the heads of families just as Christ is the head of our church. Ideally, home is the place where all members of the family feel happy and where children are prepared for the future. Home is where seeds of love and peace are sown for the future. Remember, there will be no worries about tomorrow when we have trust and have faith in God.

Speaking of church, we are excited and grateful to be able to open our sanctuary doors again for worship this month (we expect to open June 20th – Father's Day – barring any prohibition from our Bishop or our local authorities). Thank you for your faith-filled patience during these long months; and, when we gather again, thank you for observing the still-necessary protocols of mask-wearing and keeping distanced, even if you are fully vaccinated. (More information about re-opening the church can be found elsewhere in this newsletter, and in email messages which we will send you soon.).

I wish all Fathers of the Church, and all guardians of families, a Blessed Day and a Christlike life, always.

Shalom,

Pastor Iunisi Tovo

# CHURCH WILL OPEN FOR SUNDAY WORSHIP ON FATHER'S DAY, JUNE 20

*Barring any change in UMC or governmental guidelines, we will open the sanctuary for in-person worship on Father's Day, June 20th!\**

**Worship will begin at 10:30 a.m.  
Masks and Safe Distancing Required  
Please be fully vaccinated**

*Pastor Lunisi and the Worship Team,  
with the Administrative Board,  
look forward to welcoming you back to church.*

**NO SUNDAY SCHOOL OR CHILD CARE  
WILL BE PROVIDED ON JUNE 20**  
*Children stay in the sanctuary with families*

**LET US CELEBRATE FATHERS!  
LET US CELEBRATE SUSTAINING OUR FAITH  
THROUGH THE LONG MONTHS AT HOME!**

*If all goes well, and if regulations allow,  
worship will continue in the sanctuary. We will  
provide Covid-safe Communion supplies  
on First Sundays.*

**THURSDAY FELLOWSHIP AND STUDY GROUPS  
WILL CONTINUE TO MEET VIA ZOOM**

*\*NOTE: this information is correct as of 5/28;  
please watch email for possible updates*

*Alleluia!*

## WHAT IS A FATHER TO YOU?

A FATHER IS A CORNERSTONE OF A FAMILY

F -- Faithful, Facilitator

A -- Administrator, Advocate

T -- Teacher, Trainer

H -- Hero

E -- Excellent Educator

R -- Reservoir

Glory to God that He created fathers, special people who have a multitude of tasks to perform within their families. Playing around with the word "FATHER" I came up with the acronym above. Amazingly, they all point to words of leadership, except "Reservoir." To me, a reservoir refers to the wisdom that a father has – his wealth of understanding is reserved for times of need.

*Think about this...*

A father is the hero his child hopes to be.

A father may only be a dad for a little while, but he is a child's hero forever.

Great men are not born, but molded by their fathers and their fathers before them.

This is all true for some, but not for fatherless children like myself. I felt the void of fatherlessness at a young age. God, however, gave me the blessings of loving uncles and good male Sunday School teachers who, with honesty and love, taught us about the love of Father God, who will not leave us at any time. Father God will make sure that we are fed and clothed by his loving people. So, even if we lose our earthly father, we still have a Father who helps us throughout our lives in so many ways that we need.

**BLESSINGS TO ALL FATHERS!**

*Thanks, Dad!*

# MEDITATIONS *from* MEMBERS

*This month we are printing more selections from a gathering of favorite Scripture passages, chosen by members, and their reflections and meditations on the passages. If you have a favorite passage and would like to share your thoughts about it, please contact Vicky Ness at vickyness61@gmail.com*

*This is the Day that the Lord has made; let us rejoice and be glad in it. – Psalm 118:24*

This verse comes to me every day when I wake up. It begins my day in an attitude of gratitude and joy and reminds me to keep God in front of me. I don't know what lies ahead and it's not in my control; but I have been given a gift of this day and the simple instruction to rejoice and be glad.

Thank you, God. – Susan Kinder

*For whatsoever is born of God conquers the world. – 1 John 5:4*

In spring of 2009, Macy's laid off their entire West Coast buying and marketing departments and I found myself, at 60, looking for work in a serious recession. This verse often reminded me to look for that which is born of God around me. The beauty of a poppy blossoming alongside the road, the generosity of the community to those in need, and lately, the news stories of courageous first responders around the world. Surely I can be a tiny part of that which is shown to be kind, beautiful, true, and noble each day, even with acts as small as holding the door for someone behind me, or leaving a jar of flowers for a neighbor who is feeling down. If God's grace can conquer the world, then, of course, that grace could conquer my fear and anxiety too! – Vicky Ness

*What does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.*

– Micah 6:8

These three simple requirements condense in one place much else that the Bible directs. They follow the Ten Commandments historically. They are in accord with about two dozen other places in the Bible that instruct to protect the widow and orphan, the alien, the prisoner, the powerless, and the oppressed. They meet Jesus's Great Commandment found in three places in the New Testament: to love the Lord with all heart, soul, and mind, and to love your neighbor as yourself. They fulfill the Great Commission of Matthew 28: 19-20: to go, make disciples, and teach obedience to everything Jesus has commanded.

"Everything" can be quite a list, not easily remembered or understood. But here, in Micah 6:8, everything is contained in only three little words, in one place: Justice, mercy, humility.

Micah 6:8 is a simple path for life, transformative in creating a new heart and new spirit, as the Bible also instructs in many other places. It gives us tasks and keeps us "right-sized." Through mercy, helpful and forgiving of ourselves and others, we avoid harsh excesses. Our egos, our perceived entitlements, and our disappointments are reined in by humility.

Finally, this verse fits John Wesley's Methodist "quadrilateral" analytical framework of how to live as Christians. It is rooted in (1) scripture and (2) the ancient traditions, but reflects (3) experience and (4) reason: what works combined with common sense. One phrase, just three requirements, to tell us how to be. With this, we serve. – Arthur George

# MEDITATIONS *from* MEMBERS

*As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.*

– Colossians 3:12-15

This is one of my favorite scripture passages because it's a clear-cut recipe I can try to follow to live my life as one of God's people. Following it is not always easy, but I keep it in mind every day when I find myself impatient, angry, annoyed, or any of the other emotions that bubble up in daily life that are counterproductive to living as a faithful Christian. And most of all I try to be thankful. – *Janice Magnoli*

The hymn that I love, and which makes me a little emotional, is "*Here I Am, Lord*," because I joined a Volunteers in Mission trip in July 1999 to Nicaragua.

We sang "*Here I Am, Lord*" at our preparation meeting and also when we were in Nicaragua. Hurricane Mitch had gone through Nicaragua and caused a lot of damage. My older sister was also on the trip and our Mother has passed away the year before. We knew we were going to help repair things, but as we were leaving, we had no idea what the conditions would be or where we would be working. We were on a team of about 15 people. When we arrived, we were met at the airport by the on-site organization that helped organize the trip. We spent the first night in a compound circled by high fences with barbed wire on top. We always traveled in the open back of a truck. In the morning, we were taken way up in the mountains to work in a town called Casa Blanca. The whole trip was remarkably interesting, and we worked with local people who were genuinely kind. It is something I will never forget, and every time we sing "*Here I Am, Lord*" it takes me back to those memories. – *Vi Moir*

*Summer is Here!*

*Virtual Session of the ACS  
"PRESENTE!"*

*Saturday, June 26  
Zoom virtual session 9 a.m. to Noon*

*Sunday, June 27  
Livestream service at 10:00 a.m.*

*– See Pastor Lunisi for info. –*

***"Sebastopol United  
Methodist Church"  
is our NEW  
YouTube channel !!!***

• PLEASE FIND US THERE •

# DAILY READINGS JUNE 2021

- Tuesday, June 1, 2021: Psalm 20; Exodus 25:1-22; 1 Corinthians 2:1-10
- Wednesday, June 2, 2021: Psalm 20; Numbers 6:22-27; Mark 4:21-25
- Thursday, June 3, 2021: Semi-continuous: Psalm 138; 1 Samuel 4:1-22; 1 Peter 4:7-19 Complementary: Psalm 130; Isaiah 28:9-13; 1 Peter 4:7-19
- Friday, June 4, 2021: Semi-continuous: Psalm 138; 1 Samuel 5:1-12; 2 Corinthians 5:1-5 Complementary: Psalm 130; Deuteronomy 1:34-40; 2 Corinthians 5:1-5
- Saturday, June 5, 2021: Semi-continuous: Psalm 138; 1 Samuel 6:1-18; Luke 8:4-15 Complementary: Psalm 130; Genesis 2:4b-14; Luke 8:4-15
- Sunday, June 6, 2021: Proper 5 (10)
- Monday, June 7, 2021: Semi-continuous: Psalm 108; 1 Samuel 7:3-15; Revelation 20:1-6 Complementary: Psalm 74; 1 Samuel 16:14-23; Revelation 20:1-6
- Tuesday, June 8, 2021: Semi-continuous: Psalm 108; 1 Samuel 8:1-22; Revelation 20:7-15 Complementary: Psalm 74; 1 Kings 18:17-40; Revelation 20:7-15
- Wednesday, June 9, 2021: Semi-continuous: Psalm 108; 1 Samuel 9:1-14; Luke 11:14-28 Complementary: Psalm 74; Isaiah 26:16-27:1; Luke 11:14-28
- Thursday, June 10, 2021: Semi-continuous: Psalm 20; 1 Samuel 9:15-27; Hebrews 2:5-9 Complementary: Psalm 92:1-4, 12-15; Genesis 3:14-24; Hebrews 2:5-9
- Friday, June 11, 2021: Semi-continuous: Psalm 20; 1 Samuel 10:1-8; Hebrews 11:4-7 Complementary: Psalm 92:1-4, 12-15; 1 Kings 10:26-11:8; Hebrews 11:4-7
- Saturday, June 12, 2021: Semi-continuous: Psalm 20; 1 Samuel 13:1-15a; Mark 4:1-20 Complementary: Psalm 92:1-4, 12-15; 2 Kings 14:1-14; Mark 4:1-20
- Sunday, June 13, 2021: Proper 6 (11)
- Monday, June 14, 2021: Semi-continuous: Psalm 53; 1 Samuel 13:23-14:23; Galatians 6:11-18 Complementary: Psalm 52; Ezekiel 31:1-12; Galatians 6:11-18
- Tuesday, June 15, 2021: Semi-continuous: Psalm 53; 1 Samuel 15:10-23; Revelation 21:22-22:5 Complementary: Psalm 52; Jeremiah 21:11-14; Revelation 21:22-22:5
- Wednesday, June 16, 2021: Semi-continuous: Psalm 53; 1 Samuel 15:24-31; Luke 6:43-45 Complementary: Psalm 52; Jeremiah 22:1-9; Luke 6:43-45
- Thursday, June 17, 2021: Semi-continuous: Psalm 9:9-20; 1 Samuel 16:14-23; Acts 20:1-16 Complementary: Psalm 107:1-3, 23-32; Job 29:1-20; Acts 20:1-16
- Friday, June 18, 2021: Semi-continuous: Psalm 9:9-20; 1 Samuel 17:55-18:5; Acts 21:1-16 Complementary: Psalm 107:1-3, 23-32; Job 29:21-30:15; Acts 21:1-16
- Saturday, June 19, 2021: Semi-continuous: Psalm 9:9-20; 1 Samuel 18:1-4; Luke 21:25-28 Complementary: Psalm 107:1-3, 23-32; Job 37:1-13; Luke 21:25-28
- Sunday, June 20, 2021: Proper 7 (12)
- Monday, June 21, 2021: Semi-continuous: Psalm 119:113-128; 1 Samuel 18:6-30; Acts 27:13-38 Complementary: Psalm 65; Exodus 7:14-24; Acts 27:13-38
- Tuesday, June 22, 2021: Semi-continuous: Psalm 119:113-128; 1 Samuel 19:1-7; Acts 27:39-44 Complementary: Psalm 65; Exodus 9:13-35; Acts 27:39-44
- Wednesday, June 23, 2021: Semi-continuous: Psalm 119:113-128; 1 Samuel 19:8-17; Mark 6:45-52 Complementary: Psalm 65; Joshua 10:1-14; Mark 6:45-52
- Thursday, June 24, 2021: Semi-continuous: Psalm 130; 1 Samuel 19:18-24; 2 Corinthians 7:2-16 Complementary: Psalm 30; Lamentations 1:16-22; 2 Corinthians 7:2-16
- Friday, June 25, 2021: Semi-continuous: Psalm 130; 1 Samuel 20:1-25; 2 Corinthians 8:1-7 Complementary: Psalm 30; Lamentations 2:1-12; 2 Corinthians 8:1-7
- Saturday, June 26, 2021: Semi-continuous: Psalm 130; 1 Samuel 20:27-42; Luke 4:31-37 Complementary: Psalm 30; Lamentations 2:18-22; Luke 4:31-37
- Sunday, June 27, 2021: Proper 8 (13)
- Monday, June 28, 2021: Semi-continuous: Psalm 18:1-6, 43-50; 1 Samuel 23:14-18; 2 Corinthians 8:16-24 Complementary: Psalm 88; Leviticus 21:1-15; 2 Corinthians 8:16-24
- Tuesday, June 29, 2021: Semi-continuous: Psalm 18:1-6, 43-50; 1 Samuel 31:1-13; 2 Corinthians 9:1-5 Complementary: Psalm 88; Leviticus 15:19-31; 2 Corinthians 9:1-5
- Wednesday, June 30, 2021: Semi-continuous: Psalm 18:1-6, 43-50; 1 Chronicles 10:1-14; Mark 9:14-29 Complementary: Psalm 88; 2 Kings 20:1-11; Mark 9:14-29
- Thursday, July 1, 2021: Semi-continuous: Psalm 48; 2 Samuel 2:1-11; 1 Corinthians 4:8-13 Complementary: Psalm 123; Jeremiah 7:1-15; 1 Corinthians 4:8-13
- Friday, July 2, 2021: Semi-continuous: Psalm 48; 2 Samuel 3:1-12; 2 Corinthians 10:7-11 Complementary: Psalm 123; Jeremiah 7:16-26; 2 Corinthians 10:7-11
- Saturday, July 3, 2021: Semi-continuous: Psalm 48; 2 Samuel 3:31-38; Matthew 8:18-22 Complementary: Psalm 123; Jeremiah 7:27-34; Matthew 8:18-22
- Sunday, July 4, 2021: Proper 9 (14)



# JUNE 2021

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY        | THURSDAY   | FRIDAY   | SATURDAY   |
|---|---|--|------------------|--|--|--|
| <p><b>SCRIP IS AVAILABLE – PAT WILL DELIVER TO YOU!</b><br/>           Pat Schoch can take your order by phone and deliver it to you!<br/>           Please call 707-823-3889</p> |   |  |                  |  | <p><b>HELP SUPPORT OUR YOUTH!</b><br/>           Buy Equal Exchange<br/>           Fair-Trade coffee + tea!<br/>           call Pat Munsch<br/>           707-823-2790</p> |  |
|   |   | <p><b>1</b><br/>           Zoom<br/>           Study Group<br/>           2pm<br/> <i>Week 3</i></p> | <p><b>2</b></p>  | <p><b>3</b><br/>           Zoom<br/>           Fellowship 2pm</p>      | <p><b>4</b></p>  | <p><b>5</b></p>  |
| <p><b>6</b><br/>           Worship online<br/> <i>COMMUNION</i></p>   | <p><b>7</b></p>   | <p><b>8</b><br/>           Zoom<br/>           Study Group<br/>           2pm<br/> <i>Week 4</i></p> | <p><b>9</b></p>  | <p><b>10</b><br/>           Zoom<br/>           Fellowship 2pm</p>     | <p><b>11</b></p>   | <p><b>12</b></p>   |
| <p><b>13</b><br/>           Worship online</p>  | <p><b>14</b></p>  | <p><b>15</b></p>   | <p><b>16</b></p> | <p><b>17</b><br/>           Zoom<br/>           Fellowship 2pm</p>     | <p><b>18</b></p>   | <p><b>19</b></p>   |
| <p>· PLEASE SUBMIT ITEMS FOR THE NEXT APPLESEED THIS WEEK!! THANK YOU ·</p>   |   |  |                  |  |  |  |
| <p><b>20</b><br/>           CHURCH IS<br/>           OPEN: SERVICE<br/>           10:30 AM<br/> <i>FATHER'S DAY</i></p>   | <p><b>21</b><br/> <i>SUMMER<br/>           BEGINS</i></p> | <p><b>22</b></p>   | <p><b>23</b></p> | <p><b>24</b><br/>           Zoom<br/>           Fellowship 2pm</p>     | <p><b>25</b></p>   | <p><b>26</b><br/>           ACS Virtual<br/>           Session 9 am<br/> <i>Saturday Table</i></p> |
| <p><b>27</b><br/>           Worship online<br/>           ACS Livestream<br/>           Session 10 am</p>   | <p><b>28</b></p>  | <p><b>29</b></p>   | <p><b>30</b></p> | <p><b>July 1</b><br/>           Zoom<br/>           Fellowship 2pm</p> | <p><b>2</b></p>  | <p><b>3</b><br/> <i>JULY 4TH<br/>           WEEKEND</i></p>  |

· PLEASE WATCH FOR MESSAGES REGARDING THE SAFE RE-OPENING OF CHURCH FACILITIES ·