

SALT & LIGHT

COMMUNITY CHURCH OF SEBASTOPOL
UNITED CHURCH OF CHRIST

AUGUST 2021 NEWSLETTER

The Community Church of Sebastopol

United Church of Christ
707.823.2484
www.uccseb.org
office@uccseb.org

Lead Minister

Rev. Dr. Benjamin J. Broadbent

Associate Minister of Faith Formation

Rev. Lacey Hunter

Associate Minister of Congregational Care

Rev. Rachel Knuth

Handbell Ensemble Director

Karna Roa

Keyboardist

J. Althea

Congregational Administrator

Chris Chang Weeks

Bookkeeper

Deanna Euritt

Custodian

Maria Mojica

Pastor Emeritus

Rev. Gene Nelson



Learning How to Be Community Again

By Rev. Benjamin Broadbent, Lead Minister

Following a year of isolation, we have begun to spend more time in each other's physical presence, and it has been awesome. I've been giddy on Sunday mornings now that I can see and talk to church members and visitors face-to-face. I also enjoy watching others reunite. As people of the incarnation, Christians find particular delight when we can be a community in the flesh. It is life-giving to us to be with other people.

Except when it's not. Being together can be a challenge. We bump into each other, step on each other's toes, literally and metaphorically. In our coming back together, I've noticed that we're a bit out of sync. Perhaps we became used to living in our Covid bubbles. Maybe our community-building muscles have atrophied a bit. The good news is that as branches of the one true Vine, we remain connected in Christ who nourishes us through every circumstance, even when we are learning to be a community again.

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One of the books I read during the pandemic is called "Conflict Is Not Abuse: Overstating Harm, Community Responsibility, and the Duty of Repair." Author Sarah Schulman describes ways in which normal conflict escalates to a degree where communication is no longer possible. In one section, she points out specifically unhelpful ways of communicating when it comes to conflict: "Email and texts are so often the source of tragic separations of potentially enriching relationships... We must speak to each other especially when events or feelings are fraught." Because email and texts are "unidirectional," Schulman says, "they don't allow for the normal cycle of human response."

I've experienced this dynamic in the midst of our church community in recent months and, I must confess, I've contributed to it. Over the past year, we became accustomed to physical separation, which means that we were mainly responsible for ourselves. As we come out of isolation and are in each other's presence, conflict is inevitable. But we're out of practice when it comes to navigating conflict and staying in relationship. We need to exercise the muscle of communicating at least by phone

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AUGUST 2021 WORSHIP: WOVEN TOGETHER

We are now worshipping in person Sundays at 10:30 a.m. in the Fountain Courtyard. Services are live streamed on our church's our Facebook page. Services can also be viewed later on our YouTube channel. See weekly emails or visit www.uccseb.org for more details.

August 1 – 10th Sunday after Pentecost / Holy Communion

Continuing to allow the Holy Spirit to weave us together again, today we celebrate Holy Communion. The gospel reading is John 6:24–35, a passage in which Jesus describes himself as the “Bread of Life.” The sermon title is “Becoming What We Eat?”

August 8 – 11th Sunday after Pentecost

Today the Singers in the Wild lead us in singing and we hear a reading from Ephesians 4:25–5:2, which includes the verses: “we are members of one another” and “be angry but do not sin” and “be imitators of God.” What do these encouragements mean for us as a community of faith?

August 15 – 12th Sunday after Pentecost

Today we hear the story of King David's death and God's promise to his son Solomon: “If you will walk in my ways... then I will lengthen your life” (1 Kings 2:10–12; 3:3–14). The sermon title is “The Big IF”.

August 22 – 13th Sunday after Pentecost

Today we hear Ephesians 6:10–20, a reading which includes the verses “Put on the whole armor of God.” How does the writer of Ephesians use this militaristic metaphor to describe a posture of nonviolence?

August 29 – 14th Sunday after Pentecost

On this fifth Sunday of the month, we will return to the Gospel of Mark, to chapter 7, where we hear Jesus' words, “there is nothing outside a person that by going in can defile, but the things that come out are what defile” (Mark 7:1-8, 14-15, 21-23). As we face the beginning of new program year in September, what do we want to come out of our community that will express God's love for all the world?

Coming in September... Return to worship in the sanctuary (hopefully!), launch of our regular program year, and Homecoming Sunday.

Salt & Water, Pen & Paper

A Care Note from Pastor Rachel



On a sunny Sunday morning in July worship, we remembered those we have loved and lost during this extended pandemic season. Pastors read aloud names of those who have died, and as a symbol of our tears, salt was sprinkled into water as each name was read. Just as water and salt are essential to life, so are tears. In this way we gathered in ritual to honor those who have died, and to make space for our own grief in the safe container of a worship service.

The New York Times recently had an opinion article entitled, "We Need to Process What We've Lost," by Emily Esfahani Smith. She writes about the importance of telling our grief stories as a way to move through them, using a technique called expressive writing. Participants in a study were asked to write about their grief for 15 minutes, four days in a row. In a series of these studies, researchers found that "those who wrote about their upheavals in this way were later less likely to visit a doctor for health concerns, reported greater psychological well-being and had lower blood pressure and stronger immune systems." But why was the expressive writing healing for them? It turns out that when the writing itself was analyzed, researchers realized that the participants were working to make sense of their grief. Their stories may have begun disjointed and raw, but as the days went on, became more coherent and insightful. In short, they were processing their grief through writing as a tool.

Esfahani Smith writes, "Psychologists say that it's not a good idea to process extreme trauma on your own immediately after it happens. But for those ready to confront the difficulties of the past 16 months, storytelling can be a useful tool. To begin, you might write down your pandemic story, identifying its key themes. You can also reflect with your loved ones and peers on how the pandemic has changed you--what you've lost and what, if anything, you've gained. Finally, you can spend time thinking about your story of the future. As you come out of the pandemic what sort of life do you want to lead? What sort of person do you want to become?" She writes, "Facing suffering head-on is not an easy task or one that's encouraged in our culture, which values happiness inordinately. Telling or changing our story takes time, and it can be a painful process. But it's a necessary one if we want to move past the brokenness of this difficult year toward a newfound sense of wholeness."

I encourage us as a community, and as individuals, to keep sprinkling the salt, keep putting pen to paper, keep letting the tears fall. And let us hold on to hope, that as the scripture says, those who go out weeping may come home with shouts of joy. ✿



LEADERSHIP COUNCIL MEETING SUMMARY - July 21, 2021

Summary of what was accomplished during the Leadership Council Meeting:

- ◇ Debriefing of Leadership Council Retreat. Some topics identified to be moved forward were:
 - Hospitality Committee
 - Membership engagement
 - Open and Affirming: Education, Pride Parade & Reaching Out, OWL for adults
- ◇ Feedback on Safe Church Policy
- ◇ Considered budget priorities
- ◇ Considered how to improve decision making process
- ◇ Financial report: June ended with a positive net result of \$9,593

For future discussion:

- ◇ Overview of financial reports
- ◇ Safe Church policy
- ◇ Discuss O&A Committee functions
- ◇ Conduct survey of interest among members
- ◇ Review financial priorities. All committees should start budget conversations in anticipation of 2022 budget. Leadership Council will determine three budget priorities for next year.

Quick Updates:

- ◇ Recycle Kiosk project is still in process
- ◇ There will be a downsized version of the Apple Pie sale on August 14 and 15. This will allow us to test the new peeling/coring/slicing machine. The pies will be sold on campus.
- ◇ The Conestoga Huts are the topic of the agenda of the Sebastopol Planning Commission Meeting on July 27 at 6:00 p.m. via Zoom.
- ◇ Mesh wifi is being installed on campus.

The congregation is invited to discuss these items as well as any other issues, concerns, ideas or appreciations to any of the Council Members. The Council Members are:

Robert Curtis – Moderator

Kathy Bell – Council Officer for Personnel

John Henel – Council Officer for Finances

Tom Terry – Council Officer for Facilities

Joyce Cox – Council Member for Outreach

Larell Fineren – Council Member for Faith Formation

Kathy Matthies – Council Member for Care and Fellowship

Linda Roa – Council Member for Worship and Arts

Danelle Tognozi - Clerk☼

Farming in the Bible

by Garth Watson

The Garden of Eden

Agriculture started in the Fertile Crescent. An arc of fertile land which stretches from the Nile Delta along the east Mediterranean coast and round the Tigris/Euphrates basin- The Garden of Eden. Not only did the Fertile Crescent have the perfect climate and soil for agriculture, but also 7 domesticable animals (sheep, goat, pig, cow, chicken, one humped camel, duck) and 60 domesticable plants (most significantly apple, grape, fig, olives, barley, wheat and legumes) all originated in the Middle East. This accounted for more than the rest of the world put together. The Garden of Eden was then, the original source for an explosion of potential temptations, because agriculture initiated the need for ownership. So, the Middle East was the place in the world where God through Moses was first needed to provide guidance for people to live in a civil society.

Agriculture quickly spread to areas that were less suitable. The Bible was necessary as a moral guide, to provide hope in bad times, and also provide practical rules for the agriculturalist, and to prepare for cycles of droughts, floods, pests and plagues.

Noah and The Ark

From the end of the Ice Age to the Bronze Age (the time of Moses), the earth was warming up in fits and starts. This caused periods of severe floods and droughts. Noah represented the farmer, unlike his herder friends who would move their heads to higher ground in a potential flood season, he was stuck with his fields and flocks and had to cope with potential rapid floods. Noah represented the wise man who was prepared to deal with the changing conditions.

Cain and Abel

Since Cain is the Hebrew word for agriculturalist and Abel is the word for herder, this be a metaphor for the farmer versus the herder. Herders would need open land for their animals to pass through as they moved from pasture to pasture during different seasons. Farming was much more productive and profitable than herding. As time progressed, herders were pushed out and the population of farmers must have grown as the herders died out. Hence Cain murdered Abel.

Exodus, Deuteronomy, Leviticus and Ruth

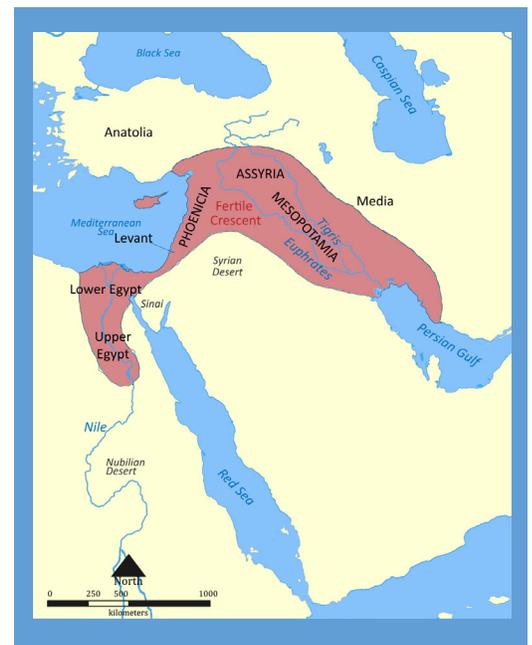
These gospels contained many rules about agriculture and the social responsibility of land owners. Rules in the bible were instructions for keeping the land healthy and fertile, ultimately serving their own interests as well as honoring the integrity of the creation. For example, God commanded that the land lie fallow every seventh year, a practice that allowed the regeneration of nutrients crucial to growth. They also allowed for a measure of justice for the poor. In Ruth, Ruth provides for herself and her mother-in-law Naomi by gleaning.

The challenge of knowing and respecting God's Law is as relevant today as ever, and the consequences of not respecting them are resulting in climate change, depletion of forests and top soil, loss of natural habitat, poisoning of the earth, air and water.

New Testament

Many of the people in Jesus's audiences would have been farmers so he used farming analogies in his Parables. I found ten – can you?

Also, Jesus referred to himself as the good Shepherd, the humbler of farming occupations. ☸



Map of Fertile Crescent

Providing a Safe Haven Through Safe Parking

By Gary Bachelor

If you are not aware, Community Church has been providing a safe location for people to park at night for nearly four years. Individuals seeking a safe place to park are referred by Catholic Charities, Sonoma County's Coordinated Entry System. They are interviewed and if they seem like a good fit, they become a part of our Safe Parking program.

This program was a restart of a prior program that was completely managed by Catholic Charities. When they let us know they would no longer be managing the program, it was dropped and parkers had to find other places to sleep. I can't exactly remember how Ben asked me if I would be interested in restarting the program, but he did, and I agreed. I didn't know what to expect when I met with the first potential parker but since that time our allocated five spaces have been taken. I have grown to consider our parkers a part of our community. We have at least two veterans, both with disabilities. I try not to invade their privacy but I have grown to value any communications we share and I have learned that most have jobs or receive some disability assistance. At one point we had a family of two adults and two children all living in a 4-door sedan. They found housing after a couple of months and moved. We are providing a safe place for our parkers but they are also providing security for our church. If something unusual takes place on campus, I will receive a call from a parker. In addition they clean up around the church and help clean the bathrooms. I like these people. They are good people and when one of them finds a place to live, I'm happy when they find housing but sad to see them leave. But it does open up another spot for another person in need.

I am a very lucky person. I have a wonderful family, a wonderful church family, I have a home and I am comfortable in my 78th year. I don't know how our parkers ended up living in their cars but they did. I'm glad that in some small way I am able help them feel they have a safe place to sleep and that as a church community we want them to be safe. I know our volunteers feel the same way. ❀

If you feel you would like to know more about what we are doing or if you might be able help our parkers feel safe at night by driving through the lot, give Gary Bachelor a call. at 707 235 3582 or gbachelor@att.net.



Learning How to Be Community Again, Continued from page 1

if not face to face. I agree with Schulman who writes, "I wish that all the people of the industrial world would sign a pledge that any negative exchange is followed by a live, in-person conversation."

Friends, we serve a God who insists on encountering us face-to-face in the person of Jesus. Ours is a God who does not avoid conflict but enters it in order to transform the world. Most of our life as a community is harmonious – we're here because we want to be, because we like each other, because being a part of this church gives us life. But conflict will arise, and what it asks of us is that we face each other fully ourselves and that we listen, seek mutual understanding, and lift each other up. That is nearly impossible via email, but nearly inevitable as embodied disciples of Christ. ❀

2021 Apple Pie Event

by Kathy Matthies

Even though the Graevenstein Apple Fair has been cancelled for 2021, the church is going forward with a very scaled down version of our annual Apple Pie Event. This will give us a chance to try the new apple



processing machine that we purchased in 2019. We purchased the machine since we couldn't find any apple processing companies like the ones we had used for several years. The new machine peels, cores and slices apples. We will be our own apple processing producer.

When the pandemic hit causing the cancellation of the Apple Festival in 2020, we were not been able to use the new machine. We decided to still go forward this year for the main purpose to practice using the new machine and to figure out how this new production will be logistically handled, so that next year, we will be fully prepared and better than ever! In this year's scaled down version, we have set a goal of producing 100-150 pies to sell to our church people, friends, and neighbors. With that low number of pies to bake, we will also be using premade pie dough to avoid bringing all the other heavy equipment out for a low number of pies to bake.

The dates of the event will be:

- ➔ Saturday, August 14 - 8:00a.m.-5:00 p.m. production, baking and selling.
- ➔ Sunday, August 15 - 8:00a.m.-5:00 p.m. selling and clean up.

We cannot do this without your help and will need volunteers to make this happen. Please email Kathy Matthies to sign up to volunteer at kathleenmatthies57@gmail.com ✨

An important milestone to look forward to...in 2022, it will be the 50th Anniversary for the Apple Pie Event!!!



Save the Date!

The **Women's Retreat** is being planned for Friday, Oct. 8 - Sunday, Oct. 10 at Westminster Woods.

Our own Rev. Lacey Hunter and Dr. Sharon Fennema will be the retreat leaders.

We hope you can join us for a weekend together in the woods! ✨

August Birthdays

1	Marin Broadbent-Bell	8	Rod Look	16	Elias Galletto	26	Laura (Van Gorder)
1	Caroline Cassells	8	Hugh Huffman	16	Jameson Buchanan		Victor
2	Emily Nestor	9	Chris Dawson		-Curran	26	Rachel Melone
2	Sam Nestor	9	Jeff Johanson	17	Suzanne Gordon	27	Pam Oakes
2	Dan Porter	9	Vicki Mayster	17	Andy Berndt	27	Ruby Melone
3	Bobbie Johanson	10	Brian Deedler	20	Alicia Peton	28	Alex Wilson
3	Harry Polley	10	Corrine Kauwe	20	Jerry Warren	28	Lisa Atwater
3	Marcel Coder	10	Craig Sterling	21	Lynne Tripathi	29	Kevin Caldwell
3	Chloe Madden	12	Gina Scribner	22	Doris Rowe	29	Yolan Christy
3	Elizabeth Schultz	12	Lucas Trevino	22	Tim Allen	30	Judy Bowman
4	Peggy Porter	13	Susan Wahl	22	Eli Pineda	30	Roger Klein
4	Liam Stone	13	David Lennox	23	Jack Curtis	30	Aaron Knuth
4	Al DeBella	15	Sohni Yaylian	24	Elia DelMonte	31	Scott Carlson
5	Norman Broadbent	15	Rachel Knuth	24	Monica Goodell		
7	Austin Presley	15	Jocelyn Nelson	25	Joanne Feige		
8	Kathy Manchester	15	Juliet Hole	26	Stuart Wilson		



Events in August at Community Church

We are gradually reopening at Community Church. Outdoor in-person worship services have commenced. Check our online calendar at <https://uccseb.org/Calendar.php> for updates.

- August 1 10th Sunday after Pentecost/Holy Communion, 10:30 a.m., Fountain Courtyard
Kinship Time, 11:45 a.m., Bell Tower Courtyard
Camp Tam: Senior High (10th – 2021 HS graduate) thru August 7
- August 3 Grounds Team, 9:00 a.m., church campus
Men's Discussion Group, 11:30:00 p.m., Bell Tower Courtyard
Handbell Ensemble, 4:30 p.m., Sanctuary
- August 4 Staff Team, 10:00 a.m., Youth Lounge
Women's Bible Study, Fountain Courtyard
- August 5 Outdoor Choir Singing, 7:00 p.m., Fountain Courtyard
- August 8 11th Sunday after Pentecost/Holy Communion, 10:30 a.m., Fountain Courtyard
Kinship Time, 11:45 a.m., Bell Tower Courtyard
- August 10 Grounds Team, 9:00 a.m., church campus
Men's Discussion Group, 11:30:00 p.m., Bell Tower Courtyard
Handbell Ensemble, 4:30 p.m., Sanctuary
Pastor Parish Relations Team (Ben), 5:00 p.m., Zoom
- August 11 Staff Team, 10:00 a.m., Youth Lounge
Women's Bible Study, Fountain Courtyard
Handbell Ensemble, 2:00 p.m., Sanctuary
Outreach Committee, 7:00 p.m.
- August 12 Outdoor Choir Singing, 7:00 p.m., Fountain Courtyard
- August 13 Apple Pie event setup, 12:00 p.m. Fellowship Hall
Card writing ministry, 1:00 p.m., Zoom
- August 14 Apple Pie Event, 8:00 a.m. Fellowship and Memorial Hall
Second Saturday Lunch, 11:30 a.m., Bell Tower Courtyard



August 15 12th Sunday after Pentecost/Holy Communion, 10:30 a.m., Fountain Courtyard
 Kinship Time, 11:45 a.m., Bell Tower Courtyard
 Apple Pie Event, 8:00 a.m. Fellowship and Memorial Hall
 Salt & Light Newsletter Deadline

August 17 Grounds Team, 9:00 a.m., church campus
 Handbell Ensemble, 4:30 p.m., Sanctuary

August 18 Anniversary of Community Church Founding
 Staff Team, 10:00 a.m., Youth Lounge
 Women's Bible Study, Fountain Courtyard
 Handbell Ensemble, 2:00 p.m., Sanctuary
 Leadership Council meeting, 6:30 p.m., Media Room

August 19 Handbell Ensemble, 1:00 p.m., Sanctuary
 Outdoor Choir Singing, 7:00 p.m., Fountain Courtyard

August 22 13th Sunday after Pentecost/Holy Communion, 10:30 a.m., Fountain Courtyard
 Kinship Time, 11:45 a.m., Bell Tower Courtyard

August 24 Grounds Team, 9:00 a.m., church campus
 Handbell Ensemble, 4:30 p.m., Sanctuary

August 25 Staff Team, 10:00 a.m., Youth Lounge
 Women's Bible Study, Fountain Courtyard
 Handbell Ensemble, 2:00 p.m., Sanctuary

August 26 Outdoor Choir Singing, 7:00 p.m., Fountain Courtyard

August 29 14th Sunday after Pentecost/Holy Communion, 10:30 a.m., Fountain Courtyard
 Kinship Time, 11:45 a.m., Bell Tower Courtyard

August 30 Rev. Rachel Knuth Ordination Anniversary (2015)



Suspended until further notice:

- Conversation with the Bible
- Prayer Shawl Group
- Showers
- UkeStars



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