

SALT & LIGHT

COMMUNITY CHURCH OF SEBASTOPOL
UNITED CHURCH OF CHRIST
SEPTEMBER 2024 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

Rev. Rachel Knuth

Congregational Administrator

Joy Richards

Choral Director

Andy DelMonte

Keyboardist

J. Althea

Handbell Director

Karna Roa

Bookkeeper

Deanna Euritt

Custodian

Keith Brown

Pastor Emeritus

Rev. Gene Nelson



The Three E's

Dr. Rev. Benjamin J. Broadbent, Lead Minister

If you've heard me preach for any amount of time, you know I like words. Specifically, I like to explore the root meanings of Hebrew and Greek words from scripture. When the sky is ripped open in Mark's version of Jesus' baptism, the Greek word for "ripped open" is *schizomenous*. I love that you can hear the ripping happen in the sound of the root word *schizo*.

Speaking of words, many years ago I started reflecting on three Latin-based words that all start with the letter "E." (They also start with the sound of the letter X, but triple X is not the connotation I want these words to convey. Lol.)



What I like about these words is that they convey the spirit in which a church community such as ours can embrace a diverse, creative, and inclusive theology that counters the flat, authoritarian, and exclusive Christianity that passes as normal these days.

E *Eclectic* comes from Latin words meaning "out of" (ec-) and "reading" (lect). So, eclectic means out of one reading, or outside of one reading, or out of many readings. One who is eclectic is open to different interpretations of the world, including different interpretations of a text like the Bible. As an eclectic church, we consider multiple readings of scripture, honoring different perspectives, and refusing to settle upon one flattened meaning.

E *Ecstatic* begins with the same prefix meaning "out of," and includes the word stasis, meaning "static" or "fixed." As an ecstatic church, we understand God's spirit to be a dynamic presence that refuses to leave us in one place. A spiritual director of mine once observed, "The only difference between a rut and the grave are the dimensions." God's ecstatic spirit lies in wait, ready to surprise us with the unexpected, to rouse us out of static lives and into the future God offers.

E *Eccentric* combines "centric" with "out of." Commonly, we use eccentric to mean weird, batty, or off. But if we're honest, the Gospel message is and an odd message. That the God of the universe chooses to be "not God" in order to be with humanity does not make logical sense, and yet it is the faith we proclaim. To be an eccentric church is to place God at the center and not ourselves. Or it is to remove ourselves from the center so we can dwell on the margins with those whom the world has pushed there. Imitating God, we renounce privilege and choose to be

August 2024 Worship

Worship Details:

We worship in the sanctuary on Sundays at 10:00 a.m.
Services live streamed on our church's [YouTube channel](#) & [Facebook page](#)
Weekly bulletin and announcements available at www.uccseb.org



September Worship Theme:
Eclectic, Ecstatic, Eccentric

SEPTEMBER 1 – 15th Sunday after Pentecost / Gathering of the Waters

On this last Sunday of summer worship, we gather and bless waters collected from across the globe. We celebrate Holy Communion, **Matt Witteman** shares a music piece by **Bob Dylan**, and **Rev. Benjamin Broadbent**, Lead Minister, preaches a sermon on [Mark 7:1-8, 14-15, 21-23](#) entitled, “From the Inside Out.”

SEPTEMBER 8 – 16th Sunday after Pentecost / Launch Sunday

Today we launch the 2024 – 2025 ministry program year of our congregation. The Chancel Choir, directed by **Andy DelMonte**, and the Handbell Ensemble, directed by **Karna Roa**, make their debut and **Pastor Benjamin** preaches a sermon on [Mark 7:24-37](#) entitled, “Eclectic Faith.”

SEPTEMBER 15 – 17th Sunday after Pentecost/ All-Church Camp Weekend

On this Sunday of our annual All-Church Camp Weekend, while many of our congregation worships under the redwoods in Occidental, others will gather in the sanctuary. **Pastor Benjamin** preaches a sermon on [Mark 8:27-38](#) entitled, “Ecstatic Faith.”

SEPTEMBER 22 – 18th Sunday after Pentecost / Outreach Sunday

Today we feature the Outreach giving and service projects of our congregation, from housing justice to ballot access, to environmental stewardship, to feeding the hungry. The Chancel Choir shares music and **Pastor Benjamin** preaches a sermon on [Mark 9:30-37](#) entitled “Eccentric Faith.”

SEPTEMBER 29 – 19th Sunday after Pentecost / Pastor Rachel Farewell

Today **Rev. Rachel Knuth** preaches her final sermon as our Associate Minister. We celebrate **Pastor Rachel's** ministry among us and send her with God's blessing into the next phase of her personal and professional growth. An all-ages luncheon follows worship in Memorial Hall.

Coming in October... World Communion Sunday, Pledge Drive Kick-Off, New Members Join, Neighbors in Need Special Offering

HEARTWOOD AND SAPWOOD

Rev. Rachel Knuth, Associate Minister

As you may already know, I have announced my resignation, and my time at Community Church is coming to a close. God is calling me to my family, and especially my father as he lives with terminal cancer. And God is calling me to postgraduate studies. My last Sunday will be September 29th.

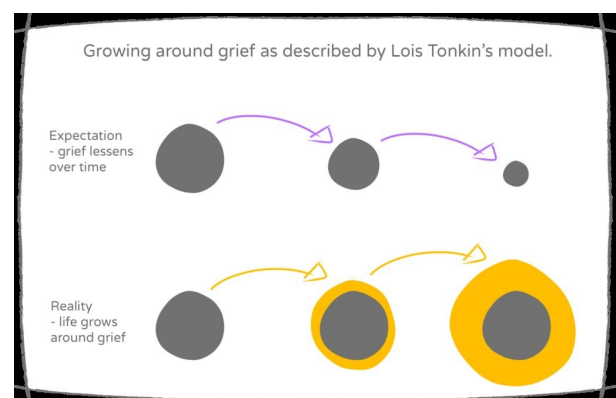
My heart is both filled with grief and gratitude at the same time: I am so deeply grateful for the relationships and spirit-filled connections and experiences we've shared these past 11 years. It's been my honor to come alongside this congregation for a season, as you enact your ministry in our world.

Back in 2022, as the world began to open up again after covid, a group of elders gathered in Fellowship Hall with masks and social distancing, they were called the "Co-Ho" which was short for "Coat - Holders" and came from one of our church members saying, "I can't do all the things I used to do, but I can *hold the coats* of others in this phase of life." We met for camaraderie and relationship, acknowledging that all change is grief.

We reviewed past experiences and strategized ways to reframe the challenges that still linger. We talked about the sense of having experienced a wide variety of life events that have widened our perspectives. We considered how looking back, taking stock, and re-thinking can afford us new experiences and new perspectives that are worthwhile. And how helpful it can be to frame life events as not to have "arrived" at a goal but to have grown. There was a lot of wisdom in this Co-Ho!

I was thinking about this the other day because I frequently don't think I've "arrived," but as a recovering perfectionist, I can say that I have "grown." And I am grateful for our church, the ways you've encouraged my growth and claimed growth in your own lives as well.

One of the journaling exercises we did in the CoHo class was around heartwood and sapwood. It was based on Lois Tonkin's grief model, which says often grief doesn't get smaller over time, but that we expand and grow around grief. Like how a tree metabolizes sapwood into heartwood:



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So, I invite you to use the following space to journal and doodle...

Some suggestions:

Center-- experiences you have metabolized in your life

Edge of the Center-- what you're processing right now

Outer Rings-- sapwood-- new growth in your life

Beyond the Bark-- what external forces might be around you as supports

So, yes: All life is change, and change is grief. And change is growth. And change is life. And God is in all of it. May the Peace of Christ be with you, now and always! ☪



GRAINS OF SALT



SPECS OF LIGHT



HANDBELL ENSEMBLE rehearses every Tuesday afternoon from 4 — 6 p.m. (This is a change of days from our traditional Wednesday rehearsals.) If you are interested in learning more about the handbell ensemble, contact director **Karna Roa** at 707-328-4905 or karnamarie@yahoo.com

FAITH FORMATION HOUR SOMETHING FOR EVERYONE! Starting on Launch Sunday, September 8, our Faith Formation Hour resumes with an exciting weekly lineup:

- Godly Play for Children K-5th
- God & Donuts for Youth Groups: 6-8th & 9-12th
- Church Chat for Adults

There will be something for everyone, every Sunday from 11:15 - 12:15!

INTER-CHURCH FOOD PANTRY: September is “Boxed Cereal” Month! Place your items in the grocery cart near the church office. Each month we focus on collecting one particular item, but we'll accept good-quality, non-expired pantry items of any kind, just put it in the cart for pick up by our kind volunteers.

For more info, or to volunteer at the pantry, contact **Mark Albin** at malbin@sonic.net.



Now Launching: Faith Formation Hour

There's something for everyone, 11:15 - 12:15 every Sunday
Pastor Rachel Knuth

Each of us gets to “own” our own faith lives. If you’re wishing to deepen and engage your mind, body, and soul, Faith Formation Hour is for you! If you’re hoping to connect with other people asking important faith questions, Faith Formation Hour is for you! If you’re looking to cultivate your perspective and hone your beliefs, Faith Formation Hour is for you!

For **Adults**, there is “Church Chat,” a thought-provoking, discussion-based gathering usually led by Pastor Benjamin. Sometimes there’s a second offering, like this month when the “Faithfully Engaged” group leads a program about getting out the vote.

For **Youth** in Grades 6 - 8 and 9 - 12, there is “God & Donuts,” where there will be God. And there will be Donuts. All the Youth will meet together in the Youth Lounge for the first 15 minutes, to watch a short video and eat donuts. Then they’ll break into Middle and High School groups (taking turns staying in the Youth Lounge, or going to Room 6) for discussion, games, and singing.

For **Children** in Kindergarten - 5th Grade, there is “Godly Play,” a Montessori-based storytelling program that invites children to wonder about Bible stories that are told on the carpet with beautifully handcrafted story pieces. Godly Play is an international phenom, and our leaders have been trained in Godly Play by a trainer from the Bay Area.

For **Infants - Preschoolers**, our Nursery is open from 9:45am - 12:15pm, with excellent, caring adults supervising the children in the Nursery Room and outside on the playground.

The idea is, that there’s something for everyone at Faith Formation Hour! So, after worship ends, grab a quick cuppa at Kinship Time, and then head on over to your Faith Formation program, we’ve got you covered!

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Here's the Faith Formation Hour schedule for September:

<p>September 8 (Launch Sunday)</p>	<p>Church Chat: Grace Saves All 2: "God is a Loving Parent to All," Podcast & discussion, led by Pastor Benjamin, Chapel * Faithfully Engaged Coordinated by Monica Canfield-Lenfest, Media Room</p>	<p>Godley Play "The Circle of the Church Year" Led by Terri Harper & Alvin Hukins For K-5th Graders, Room 5</p>	<p>Youth Groups God & Donuts: Can it be proven that God exists? Grades 6-8, 9-12 Youth Lounge & Room 6</p>
<p>September 15</p>	<p>Church Chat: Grace Saves All 3: "God, in Christ, Covers the Sin of All," podcast & discussion led by Pastor Benjamin, Chapel</p>	<p>"Creation" Led by Joanne Matson & Alvin Hukins</p>	<p>God & Donuts: Is God male? Grades 6-8, 9-12 Youth Lounge & Room 6</p>
<p>September 22</p>	<p>Church Chat: Grace Saves All 4: "God Is Sovereign Over All," podcast & discussion led by Pastor Benjamin, Chapel</p>	<p>The Flood and the Ark" Led by Terri Harper</p>	<p>God & Donuts: How can God be three-in-one? Grades 6-8, 9-12 Youth Lounge & Room 6</p>
<p>September 29</p>	<p>All-Church Farewell Luncheon With Pastor Rachel</p>		

2024 Women's Retreat is rapidly approaching!!

October 4-6 at Westminster Woods

Calling all Women!!!

Joyce Cox

We hope you can join us for our Women's Retreat. The theme is "Drawing from the Wisdom of Trees". [Westminster Woods](#) is the perfect setting for this theme. Our facilitator will be **Rev. Dr. Melinda McLain**, pastor of The Good Table UCC in El Cerrito. The committee who interviewed her was very excited to invite her to lead our retreat. Please join us for a wonderful weekend in the woods with new and old friends! Apply now and encourage your friends to come! Below, you can read about how retreats started and what they have meant to a few of the former participants.

Nancy Shimetz – The Beginning

One day in 1981, when I was the church secretary, Emily Davis came into the office and stated very strongly: "We need to have a women's retreat." Someone she knew had been to a church women's retreat and it sounded like a really good thing. I said, "Okay, let's do it!" Little did we know what a success retreats would be! Spending the weekend with a group of women is a lot of fun, along with the seriousness. It is a chance to learn more about ourselves as well as develop close relationships. It would take a very serious reason for me to miss a weekend with my long-time friends and to-be-friends.

Gail Thomas

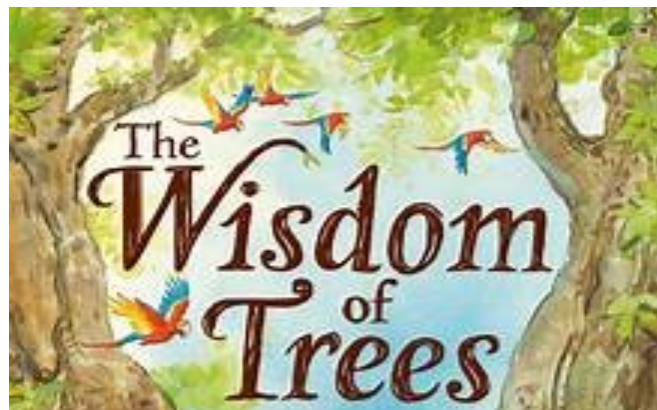
I went to retreat 50 years including the twice/year years and not only enjoyed the wisdom and spiritual growth which was important, but also developing deep friendships which have sustained me through the years. Life is often beautiful but there are times when you need a friend who knows the inner you. God Bless the women who keep this tradition alive.

Norma Watson

I always enjoy attending the women's retreat. I am certain that I wouldn't have made the loving and long lasting connections to UCC Sebastopol without the time spent together with the ladies, learning, worshipping, discussing theological issues and of course the game playing after the evening session.

Women's Retreat Committee; **Jane Huneke, Joyce Cox, Barbara Deedler, Joanne Feige, Marge Holland, Kathy Manchester, Nancy Shimetz, Norma Watson.**

[Register online](#), or in the church office, by September 20. Event contact: **Jane Huneke** at jane.huneke1@gmail.com.



MEN'S RETREAT NOVEMBER 8—10, 2024

Stuart Mitchell



"I've been attending the men's retreat since 2017 and it's always been a wonderful opportunity to meet new guys, experience introspection, and have fun. I believe everyone that has attended has experienced special spiritual moments, and the St. Columba Retreat Center in Inverness is a truly unique and beautiful locale" — Stuart Mitchell

Join us Nov 8-10, 2024, in Inverness at the beautiful and historic St. Columba retreat center. This year the facilitator will be Father Vincent Pizzuto, of the St. Columba Episcopal Church and the topic will be the "Mysteries of Faith." A number of us have heard Father Pizzuto preach and he has a wonderful way of engaging with his parishioners. He is a Professor of New Testament and Christian Mysticism in the Department of Theology at the University of San Francisco.

"The incarnation has made mystics of us all. What if we read the gospels as if that were true? Join Fr. Vincent Pizzuto, PhD., for an in-depth exploration of his book, *Contemplating Christ: The Gospels and the Interior Life* (Liturgical Press, 2018). Throughout this retreat, participants will explore the intimate link between the incarnation and Christian mysticism through conferences and Q & A sessions with Fr. Vincent, meditative practices on sacred art and scripture, poetry, and contemplative interpretations of the Bible that reveal fresh insights in new and surprising ways."

Come join us November 8, as we learn, laugh, cook, and explore life's mysteries together!

St. Columba website: <http://www.stcolumbasinverness.org>

The cost will be \$240 and includes all food and lodging. There are a limited number of scholarships available, and that can be indicated on your application. A \$60 deposit is required to reserve a spot, and we are encouraged to [REGISTER HERE](#) through our church's Realm page. Deadlines for refunds is October 27.



SCHOOL SUPPLY DONATION DRIVE

Kathy Matthies



Huge Thank You to all
those who donated to
this donation drive

The Outreach Team with support from the congregation collected back-to-school items for local children who need school supplies. All donations were taken to [Our Village Closet](#), a local Sonoma County organization that supports children and youth impacted by foster care and kinship care situations.

- Lunch boxes 3
- Metal water bottles (adult size) 2
- New tennis shoes (youth - adult sizes) 1 pair
- Pencil bags/boxes 2 bags 2 boxes
- Crayons (36-count or less) 30 boxes
- Crayons (oversized for small hands) 6 boxes
- Binder divider tabs • Character folders (2 pocket) 6 divider tabs 4 folders
- Spiral notebook (college & wide) 25
- Lined paper (college & wide) 4 packs
- Composition books (college & wide) 7
- 3 ring binders (1-inch or smaller) 6
- Glue sticks 8 multi packs
- Kids scissors (left & right-handed) 14
- Markers (24-count or smaller, thin & thick) 16 thick 13 thin
- Ice packs (for lunch boxes) 3
- Hand sanitizer (5-oz size) 1

Additional items donated:

Glue bottles 7

Colored pencils 6 packs

Pencils 6 packs

SEPTEMBER BIRTHDAYS



September 3	Sophia Broadbent-Bell	September 23	Carleen Madsen
September 3	David Kilpatrick	September 23	Henry Allen
September 4	Greg Davis	September 23	Hugo Basso
September 5	Chris Stoll	September 26	Spencer Allen
September 7	Jane Huneke	September 26	Drew Thomas
September 8	Catherine Reznik	September 26	Kelly Allen
September 9	Renee Murakami	September 28	Markus Wiser
September 9	Tony Sucheston	September 29	Edwin Wilson
September 10	Gregg Yaylian	September 29	Jonah Knuth
September 10	Michele Bowman	September 30	Carmen Yeager
September 11	Sheina Curtis		
September 11	Robyn Pitts		
September 12	Tom Tucker		
September 13	Kathy Bell		
September 14	Fran Rasmus		
September 15	Paula Pearce		
September 15	Henry Knuth		
September 15	Derrick Pelton		
September 16	Joshua Hovden		
September 19	Reena Burton		
September 21	Judy Hawkins		

A FAREWELL LUNCHEON
Sunday, September 29, 11:15 a.m.
Bobbie Johanson

As you have read, our dear **Pastor Rachel** has resigned and her last day with us will be on Sunday, September 29. As sad as we are to lose her as our Associate Pastor, we have much to celebrate for her 11 years of ministry with us. We have planned a farewell luncheon in her honor, to be held after church that day. There will be no Faith Formation Hour. Instead of Kinship time, you are all invited to a potluck luncheon and program in Memorial Hall.

Kathy Matthies will put on a salad bar including chicken and other goodies. Please bring desserts. Left-over cookies will be saved for future Kinship time. Remember Rachel is gluten-free so we could use some desserts without wheat flour. Fudge anyone? Crustless pie?

If you would rather make devilled eggs, potato, macaroni, or pasta salad, we could use a few of these. Please contact **Kathy Matthies** at 707.588.3970 or **Bobbie Johanson** at 707.494.9599 so we don't get too many.

Please bring a card or letter to place in a special box for **Pastor Rachel**. Tell her your favorite memory of her or how she has touched your life.

Mark your calendar and plan to join us for this special event to shower **Pastor Rachel** with our love and best wishes as she moves on to a new season of ministry.



September 2024 Events At Community Church

September 1	15th Sunday after Pentecost , Worship Service, 10:00 am, Sanctuary Kinship Time, 11:00 am, Bell Tower Courtyard Faith Formation 11:25 am, Various Location
September 2	Prayer Shawl Group, 10 am, Fireside Room
September 3	Grounds Team, 9 am, Church Campus Shower Program, 9 am, Memorial Hall Handbell Ensemble, 4 pm, Sanctuary Men’s Discussion Group, 6 pm, Fireside Room
September 4	Staff Team, 10 am, Fireside Room Women’s Bible Study, 10 am, Classroom 6
September 5	Meditation Group, Noon, Classroom 6 Faithfully Engaged, 5 pm, Media Room Chancel Choir Rehearsal, 6:30 pm, Choir Room
September 8	16th Sunday after Pentecost , Worship Service, 10:00 am, Sanctuary Launch Sunday Kinship Time, 11:00 am, Bell Tower Courtyard Faith Formation, 11:15 am, Various Locations Confirmation Class, 5 pm, Youth Lounge
September 10	Grounds Team, 9 am, Church Campus Shower Program, 9 am, Memorial Hall Associate Minister PPRT, 3 pm, Fireside Room Personnel Committee, 4 pm, Fireside Room Handbell Ensemble, 4 pm, Sanctuary Lead Minister PPRT, 5 pm, Fireside Room Outreach Committee, 7 pm, Fireside Room
September 11	Staff Team, 10 am, Fireside Room Women’s Bible Study, 10 am, Classroom 6
September 12	Meditation Group, Noon, Classroom 6
September 13—15	All-Church Camp Weekend, Occidental
September 14	Second Saturday Luncheon, Noon, Fellowship Hall

September 2024 Events at Community Church cont.

- September 15 **17th Sunday after Pentecost**, Worship Service, 10:00 am, Sanctuary
Kinship Time, 11:00 am, Bell Tower Courtyard
Faith Formation, 11:15, Various Locations
October SALT & LIGHT Newsletter Deadline
- September 16 Prayer Shawl Group, 10 am, Fireside Room
- September 17 Grounds Team, 9 am, Campus
Shower Program, 9 am, Memorial Hall
Facilities Committee, 10 am, Fireside Room
Handbell Ensemble, 4 pm, Sanctuary
- September 18 Staff Team, 10 am, Fireside Room
Women's Bible Study, 10 am, Classroom 6
Leadership Council, 6:30 pm, Media Room
- September 19 Meditation Group, Noon, Room 6
Faithfully Engaged, 5 pm, Media Room
Chancel Choir Rehearsal, 6:30 pm, Choir Room
- September 22 **18th Sunday after Pentecost**, Worship Service, 10:00 am, Sanctuary
Kinship Time, 11:00 am, Bell Tower Courtyard
Faith Formation, 11:15 am, Various Locations
Confirmation Class, 5 pm, Youth Lounge
- September 24 Grounds Team, 9 am, Church Campus
Shower Program, 9 am, Memorial Hall
Handbell Ensemble, 4 pm, Sanctuary
- September 25 Staff Meeting, 10 am, Fireside Room
Women's Bible Study, 10 am, Classroom 6
G & G Team, 6 pm, Fireside Room
- September 26 Meditation Group, 12 pm, Classroom 6
Chancel Choir Rehearsal, 6:30 pm, Choir Room
- September 29 **19th Sunday after Pentecost**, Worship Service, 10:00 am, Sanctuary
Nominating Committee, 9 am, Classroom 6
Farewell Luncheon for Pastor Rachel, 11:15 am, Memorial Hall

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