



# The Appian Wayfarer

The United Methodist Church: Open hearts · Open minds · Open doors

September 2021

## Online Motion Class

Hope you all had a lovely weekend. It is challenging to find ways to be together/apart. Zoom communities are great and I hope you benefit from them. They can never replace a hug longed for, but our hope is our trust that this will end. We will have a different 'normal' but a better one than this. Moving is good for your muscles and your mood. It raises endorphins! So, let's feel good!

You will need a chair, a block, and a ball (one of the bigger ones if you have it). Of course, all the moves can be done without props, but I find they add an element of challenge and just plain change. See you soon!

Jacqueline Corl is inviting you to a scheduled Zoom meeting.

Monday & Thursday: Balance Range of Motion – 1:30 PM

**ID: 310 058 896**  
**Password: 558140**

Monday, Tuesday, Wednesday, & Friday: Stretching for Balance & Yoga - 10:00 AM

**ID: 864 405 132**  
**Password: 120140**



El Sobrante United Methodist Church presents:

*different brews*



*different views*



## PUB THEOLOGY

BEER, CONVERSATION & GOD

*all perspectives welcome*

Bring a drink, a meal, and a friend.  
Questions? [esumc@esumconline.org](mailto:esumc@esumconline.org)

Every 4th Sunday at 6pm  
Meeting ID: 917 7770 3718  
Password: 613213

## WOMEN'S RETREAT GARAGE SALE

September 4th @ 9 AM

**4984 Hilltop Drive**

Sorting begins August 30th - September 3rd  
at 10 AM - 2 PM

Please call Marilyn if you can help any of these days including the day of the sale at 10AM– 2PM

We need people on the 4th  
6:30 - 9 AM Set up  
9 AM - 12 PM selling  
12 - 3 PM selling  
3 - 4:30 PM clean up

## BIBLE STUDY

With Psalms, there's so much more than meets the eye. Psalms formed the worship of ancient synagogues and the earliest churches and they can do the same for our churches today. Come learn more and enjoy in good discussions!

E-mail [pastoremily@esumconline.org](mailto:pastoremily@esumconline.org) for more information!

Wednesdays at 10am  
Thursdays at 7pm  
on Zoom



JOURNEY  
THROUGH  
THE  
Psalms

## Rev. Emily Musing

### The Lord works in mysterious ways...

But the last few weeks have been especially mysterious. Thank you to all who have prayed for us, sent cards, meals, and more. My wife and I have felt very loved during this difficult time. Our SPRC chair, Noel Stout, thought it might be helpful for me to write about all that has been going on.

As many of you know, I was scheduled to take a vacation in August. My wife, Jacey, has not been to see her family in several years due to COVID-19 and other circumstances. We were taking time to go to her homeland of Pennsylvania to see friends and family across the state. We would also be meeting our new nephew, Wesley, who was born in June, and seeing Jacey's brother before he deploys with the Navy for eight months. We had been praying on what to do in light of the variants spreading, but felt that it was the right time to travel before we wouldn't be able to once again. We were vaccinated, so we were safe! Jacey showed signs of allergies or a minor cold, so we thought that she should get a COVID-19 test, just to be on the safe side, but we weren't sure when we would get the results.



Just a few seconds after this photo was taken as we landed for our layover in Phoenix, Jacey got a notification that her test was positive for COVID-19. Mine was negative. We were shocked and confused. We have been so careful, sometimes overly careful about making sure we were not putting our health at risk. How could this be possible? Finding out on a plane with hundreds of strangers was not the way for this to happen! We scrambled to get off the plane and sat down, unsure of

what to do. Do we keep traveling? Do we get on a plane and go home? We didn't want to put anyone else at risk, so we decided that the best thing to do would be to rent a car and drive home. We were devastated and worried about Jacey traveling. We sat in the airport and cried while we desperately tried to make hotel and car reservations. We spent the night in Phoenix where Jacey started showing signs of a fever. The next day, we made our way home on the 13 hour journey. With Jacey's declining health and the fear of my own impending sickness, it was hard to know what to do, but we decided to make the trip over two days, as I am the only one who can drive (due to Jacey's visual impairment). Getting home was a relief, but the adrenaline started to wear off, and I started showing signs of my own illness. We deeply grieve that we were not able to take the vacation we both desperately needed, especially to be with family. Instead, we spent the next week in bed and in quarantine.

This was a journey that we did not expect, and we are still recovering from its effects. It's a reminder to us all that this virus is no joke, even when you are vaccinated, even when you think you are safe and out of harm's way. We continue to thank God that we are safe, we are vaccinated, we have a home, the means to rent a car, and jobs that have supported us during this time. Your support has allowed us to take time to heal and recover from this traumatic experience. We're not sure when we'll be able to travel again, but we hope to do it soon. Please, everyone, stay safe. We're not out of the woods yet!

### ESUMC Financials

July 2021

Income	\$124,386.94
Expenses	\$121,116.53
Surplus	\$3,270.41

**We know that these are unusual times. Our church is working harder than ever to support our community. Remember to send in your pledges. Please consider your gifts and how you are helping. A BIG thank you to all who are keeping up with their pledges! You can always send in a check or donate online at [www.esumconline.org](http://www.esumconline.org). If you would like a copy of the financial report/giving statement, please contact Marilino Lomelino.**

# Book Recommendations

## Recommendations by Charlene Kafer

“Maid for Murder” (1st book in a series of 8) by Barbara Colley. Looking for escape in light, funny summer reading? This is it! Charlotte LaRue, owner of Maid for a Day Cleaning Service, enjoys a comfortable, simple life in New Orleans where she spends her spare time reading mystery novels and caring for Sweetie Boy, her pet parakeet. The only problem is when she and her company are hired for housekeeping jobs, crime seems to follow—usually in the form of murder! Charlotte can never resist jumping in to help (?) the local police. Confusion, twists, interesting characters, and clever solutions follow. You will not be intellectually challenged by these books, but you will be well entertained! Available on Amazon (1.99 used) and Kindle. Five of the 8 books are in the CCC library system—unfortunately, not #1. Should be read in order as many of the same characters follow through. Enjoy!

“Black Man in a White Coat” by Damon Tweedy, M.D. Explore the world of medicine from both a black doctor’s and black patient’s experiences. As a scholarship student, he navigates the mostly white medical schools and sees firsthand the inequalities leveled at him and those seeking care. This book is filled with stories and case histories (including the diagnosis of his own serious illness and treatment) which make it a real page turner! Dr. Tweedy does not emphasize any particular agenda, nor does he make accusations toward any one group. He does make common sense suggestions for possible solutions to medical racial injustice. New York Times bestseller and one of Time magazine Top Ten Books. Don’t miss this one! It is not just an ordinary book on race relations! Available on Kindle, Amazon and through the CCC library system.



Sept. 1 - Ricki Walters  
 Sept. 4 - Marilyn Patterson  
 Sept. 9 – Jacob Garcia  
 Sept. 10 - Karlyn Rahmgren  
 Sept. 13 - Irv Bork  
 Sept. 15 - Robert Abrams  
 Sept. 17 - Pat Rockeman  
 Sept. 18 - Marilyn Lomelino  
 Sept. 22 - Emery Phillips, Levi Wieland  
 Sept. 23 - Peggy Abrams  
 Sept. 27 - Carolyn Weishahn  
 Sept. 29 - Aaron Steiner



Oct. 3 - Judith Scarborough  
 Oct. 4 – Janice Rhodes  
 Oct. 5 - Arlene Baker  
 Oct. 8 - Sandy Oberg  
 Oct. 13 - Ren Partridge, Rita Nozzolillo  
 Oct. 15 - Laurie Corl  
 Oct. 16 - Kelsey Rahmgren  
 Oct. 20 - Arlene Woodburn  
 Oct. 22 - Bill Slessinger



## Los Rios District UMW

Greetings!

It is time for all the Los Rios District UMW to celebrate 2021. We plan to do that via Zoom on Saturday - September 18 - 10:00 am to Noon

The Zoom link will be open at 9:45 am for ease in joining the call.

This has been a difficult year and we are taking this time to share, learn from each other, participate in discussion groups and be blessed with a wonderful, featured speaker. A spiritual 'time out' for each of us to connect and renew. A PDF file is attached that has information on the Celebration. Please forward this e-mail to your group so everyone has a chance to attend.

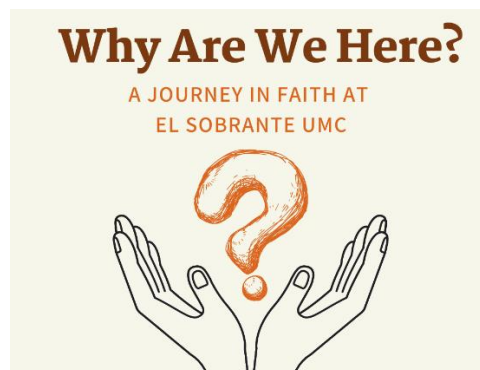
Our featured speaker, Rev. Debra Brady, has provided a biography of her journey and that can be found on the Los Rios District website - <http://www.losriosumw.org>. Please scroll down on that events page and you will also find the registration form. The Annual Celebration is free and knowing how many are attending helps us set up breakout rooms for discussions. You are also welcome to contact the Los Rios District Secretary, Shigeko Shibata, to register. The reach information for Shigeko is found on the website.

Should you have pictures of your activities this year, I am happy to put together a video to share your experiences. Just send your photos to [schade932lls@att.net](mailto:schade932lls@att.net) and they will be added to the video.

The Los Rios District UMW leadership team warmly encourages all of you to attend the Annual Celebration. This is a time for us to be 'knit together' in spirit and mission. See you all on September 18th!

The Los Rios UMW Leadership Team

Linda Schade  
Communications Coordinator



What's the point of church? We live in a society where we're told that church doesn't feel necessary. We all are on different journeys in how we view faith. Maybe we're spiritual, but not religious. Maybe our parents taught us to go to church. Maybe we've struggled with religion. Maybe we have a hard time waking up on a Sunday morning. In our worship and study groups over the next year, we will be exploring the question: Why are we here? We will be looking at specific topics that help us learn what it means to be a part of an intentional community connected by the sacred.

Religious communities are one of the few intergenerational communities left in our society. It's where people can get together from all perspectives and walks of life. In our divisive world, this is all the more important. You are invited to be a part of this discernment. Is your faith important to who you are? Are you searching for a community? How do you find meaning?

For those of you who struggle with the church: What keeps you from being a part of your church community?

For those of you that go to church: Why do you go to church and why do you stay?







No matter who you are or what you believe, you are invited to be a part of something more. Church is more than worship on Sunday morning in a sanctuary. It's living out the best versions of who we are through the grace that God has given us. Church looks like justice, service, and connection with God. It's not about getting into heaven. It's not about how you've been good or bad. It's about grace, beloved community, healing, and trust. At El Sobrante United Methodist Church, we believe in having questions, exploring important life topics, and supporting one another in an inclusive Christian community. This is why we have intentional study groups, fellowship, worship, and service opportunities for the whole community. We always have a seat open for you. So, why are we here? Come and let's find out together.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 10 AM Bible Study (online) 10 AM Motion Class (online) 7:30 PM Choir (online)	<b>2</b> 10 AM Photo Club, (online) 1:30 PM Motion Class (online)	<b>3</b> 10 AM Motion Class (online)	<b>4</b> 9 AM Women's Retreat Garage Sale 10 AM Worship Rehearsal (online)
<b>5</b> 10 AM Worship, (online) 12:15 PM Small Group (online)	<b>6</b> 1:30 PM Motion Class (online) 7 PM Worship Committee (online)	<b>7</b> 10 AM Motion Class (online) 4 PM Faith Exploration (online) 7:30 PM Kairos (online)	<b>8</b> 10 AM Bible Study (online) 10 AM Motion Class (online) 7:30 PM Choir (online)	<b>9</b> 10 AM Photo Club, (online) 1:30 PM Motion Class (online)	<b>10</b> 10 AM Motion Class (online)	<b>11</b> 10 AM Blessings Closet 5 PM Worship Rehearsal (online)
<b>12</b> 10 AM Worship, (online) 12:15 PM Small Group (online)	<b>13</b> 1:30 PM Motion Class (online) 7 PM Worship Committee (online)	<b>14</b> 10 AM Motion Class (online) 4 PM Faith Exploration (online) 7:30 PM Kairos (online)	<b>15</b> 10 AM Bible Study (online) 10 AM Motion Class (online) 7:30 PM Choir (online)	<b>16</b> 10 AM Photo Club, (online) 1:30 PM Motion Class (online)	<b>17</b> 10 AM Motion Class (online)	<b>18</b> 10 AM Worship Rehearsal (online) 10 AM Los Rios District UMW to celebrate 2021 (online)
<b>19</b> 10 AM Worship, (online) 12:15 PM Small Group (online)	<b>20</b> 1:30 PM Motion Class (online) 7 PM Worship Committee (online)	<b>21</b> 10 AM Motion Class (online) 4 PM Faith Exploration (online) 7:30 PM Kairos (online)	<b>22</b> 10 AM Bible Study (online) 10 AM Motion Class (online) 7:30 PM Choir (online)	<b>23</b> 10 AM Photo Club, (online) 1:30 PM Motion Class (online) 7 PM Bible Study (online)	<b>24</b> 10 AM Motion Class (online)	<b>25</b> 10 PM Worship Rehearsal (online)
<b>26</b> 10 AM Sunday Worship, (online) 12:15 PM Small Group (online) 6 PM Pub Theology (online)	<b>27</b> 1:30 PM Motion Class (online) 7 PM Worship Committee (online)	<b>28</b> 10 AM Motion Class (online) 4 PM Faith Exploration (online) 7:30 PM Kairos (online)	<b>29</b> 10 AM Bible Study (online) 10 AM Motion Class (online) 7:30 PM Choir (online)	<b>30</b> 10 AM Photo Club, (online) 1:30 PM Motion Class (online) 7 PM Bible Study (online)		

### Prayer Concerns

Paul and Kitty Haagen (neighbors of Vickie Resso); Jade Jarrell (fur-daughter of Karen Jarrell); Michael and Steve Fleming (son and husband of Darlene Fleming); Pat and Tak Yamamoto for the passing of their son; Kinleight Rockeman the grand-daughter of Pat Rockeman; Marilyn Mangle and Dorothy Phillipi; Clara Saprasa; Pam Webster; Darlene Fleming; The Family of David Hollingshead; Marilyn Patterson; Carolyn and family of Mort Weishahn; Jo Rogers (for the death of her son, Dave Rogers); family of Lee Hunt, Flor Sanchez and Stacy Papps, and (Karen Jarrell's colleagues); Patty (a colleague of Karen Jarrell's sister Sharon Dean); Rie and Jim Ott; Jimmie Harvey (son-in-law of Wendy Allen); Marion Damon (mother of Eileen's step-daughter, Heather); Slessinger family; Edna Luffey; Paulette Collins; Morie Oberg; Teresa Berenger (Madeleine Trouerbach's daughter); Sherry Banks; Hailie James; Leota Merrithew; Victor Nozzolillo; the Fleming family (Darlene, Steve, Denise Roby, & Michael); Laureen Kelly and Linda Goodman (nieces of Darlene); Gary Spearie (Paula Hammond's brother); those who continue to be impacted by natural disasters and the COVID-19.

**COVID-19 Vaccines**  
DEBUNKING THE MYTHS Banner Health

VACCINE MYTH	VACCINE FACT
 It was rushed and isn't safe	Researchers took no safety shortcuts. Large studies show the vaccine is safe.
 It changes your DNA	It's impossible for the vaccine to change your DNA
 It can give you COVID-19	The vaccine doesn't contain a live virus strain
 It contains egg protein	It doesn't have egg proteins and can be given to people with egg allergies
 It causes severe side effects	For most, the vaccine causes mild side effects that resolve in a few days
 It makes women infertile	There is no evidence that the vaccine causes infertility

SOURCE: Sanford Health

# Wayfarer

September 2021 issue

**El Sobrante United Methodist Church**  
670 Appian Way, El Sobrante, CA 94803



**ADDRESS SERVICE REQUESTED**

Resident Bishop, Minerva Carcaño  
District Superintendent, Shinya Goto  
Pastor, Rev. Emily Pickens-Jones  
Director of Music, Rev. Eileen M. Johnson  
Lay Leader, Jacqueline Corl-Seidel  
Lay Minister, Charlene Kafer  
Treasurer, Marilyn Lomelino  
Office, Erika Cortez

**Find ESUMC online**  
[www.esumconline.org](http://www.esumconline.org)  
Facebook, search for "El Sobrante United Methodist Church"